

Message from: Inky Zondi, Head of Programme, TuksHockey



The end of the year always provides an opportunity to reflect and review, this particular moment is no different. I look back at the year with an extreme sense of pride and achievement at the successes that individual club member and stakeholders have contributed in 2022. This year, like every year before it, was not without its challenges, not least characterized by the lack of a training/playing surface for a majority of the season. The calendar seemed busier than ever before and the student population returned to full capacity on-campus learning.

The performances of the teams and individuals alike as always were shining lights during this season. Special mention must be made to all league winners within the Northerns league and the Tuks 1st teams for another outstanding year within the University tournament arena. As a club we are blessed with some exceptional coaches and they must be thanked for their contribution to the on-field progress and success of the teams.

Congratulations to all national representatives who were selected across U21, senior and indoor teams, TuksHockey remains incredibly proud of the effort, dedication and quality you exhibit. Provincially TuksHockey continues to be the flagship club when it comes to provincial representation and it was certainly pleasing to see the contribution those selected made to the success of the provincial teams at the respective tournaments.

It was pleasing to see so many of our members in attendance during our social events at the end of the year, namely Summer league, TuksHockey dinner as well as the recent Varsity Hockey tournament. This is an element of our club we want to reinvigorate in the year to come and we hope this is just the beginning. The TuksHockey committee have been at the centre of this process and we look forward to the next steps in the journey.



I would like to thank the club members for their continued support and commitment once again, an environment like ours relies heavily on the people. A special mention and appreciation to the TUKS Masters for their contribution to the club behind the scenes through the guidance of club presidents Blaise Sommerville and Rory Richardson.

Lastly, I must express my gratitude to the TUKS Hockey staff who work relentlessly and often go above and beyond for the success of the programme, I am truly blessed to work with such competent and wonderful people.

We look forward to 2023 with a sense of excitement and determination, fuelled by the prospects of the achievements we can attain together.

Until then, we wish all students a fruitful examination period and a safe festive season to all. Enjoy the time with those you love and we will see you next year.

Yours in hockey



TUKS Hockey Student/Player Committee

Portfolios for 2023:

Chairlady: Max Hannan

Finance: Aimee Anticevich

Facilities: Calvin Davis

Social: Tom Dixon/Guy Morgan

Social media: Kenny Kgongwane/Sphesihle Kuuheka



National representatives:

Senior Women

1. Onthatile Zulu
2. Lerato Mahole
3. Hanrie Louw
4. Tegan Fourie
5. Edith Molikoe
6. Jean-Leigh du Toit

Assistant Coach: Inky Zondi

u/21 Women

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

Manager: Kagiso Mathaba

Provincial representatives:

u/21 Women

1. Amelie Claasen
2. Anrize Smit
3. Bulelwa Mzimela
4. Cara du Plessis
5. Cerian Fourie
6. Emmeré Steenkamp
7. Kiana-Ché Cormack
8. Kiara Fitzhenry
9. Kutlwano May
10. Laikén Brisset
11. Megan Vosloo
12. Taryn Saunderson
13. Xanthé van Zyl
14. Alexis Terblanche
15. Caitlin Breytenbach
16. Indipile Ndamase
17. Mienke Seebach

Manager: Kgothatso Maboea
Manager: Chadwin Peterson

Senior Men

1. Nduduzo Lembethe
2. Bradley Sherwood
3. Nqobile Ntuli
4. Guy Morgan
5. Trevor de Lora
6. Sihle Ngubane
7. Cameron le Forestier

Assistant Coach:
Sihle Ntuli

u/21 Men

1. Sihle Ngubane
2. Joshua Davies
3. Cameron le Forestier
4. Ayakha Mthalane
5. Calvin Davis

u/21 Men

1. Sihle Ngubane
2. Sihle Ngcongco
3. Joshua Davies
4. Cameron Le Forestier
5. Grant Pio
6. Caleb Arries
7. Calvin Davis
8. Ayakha Mthalane
9. Nathan Meyer
10. Joshua v d Bergh
11. Thomas Dixon
12. Richard Porter
13. Tinotenda Chirovzi
14. Kenny Kgongwane
15. Garish Mohlaba
16. Callen Stephen

Coach: Kagiso Mathaba

Senior Women

1. Onthatile Zulu
2. Lerato Mahole
3. Hanrie Louw
4. Tegan Fourie
5. Edith Molikoe
6. Jean-Leigh du Toit
7. Amelie Claasen
8. Celia Seerane
9. Emmeré Steenkamp
10. Kiara Fitzhenry
11. Kiana-che Cormack
12. Lerato Mahole
13. Maikemisetso Marokoane
14. Micaela Roos
15. Tegan Fourie
16. Xanthe van Zyl
17. Tristan Crawford
18. Cara Du Plessis
19. Anlú Harmse
20. Kgothatso Maboea
21. Nicola Meyer
22. Bulelwa Mzimela
23. Indipile Ndamase
24. Tanika Pieterse
25. Anrize Smit
26. Kgodisho Tema
27. Lexi Terblanche
28. Megan Vosloo

Assistant Coach: Inky Zondi

Manager: Kgothatso Maboea

Senior Men

1. Nduduzo Lembethe
2. Bradley Sherwood
3. Nqobile Ntuli
4. Guy Morgan
5. Trevor de Lora
6. Sihle Ngubane
7. Matt Dewar
8. Jared Campbell
9. Mathiee Estiaan
10. Trevor de Lora
11. Tinotenda Chirovzi
12. Caleb Arries
13. Nathan Meyer
14. CJ Engelbrecht
15. Onke Letuka
16. Thomas Dixon
17. Jason Coombes
18. Kenny Kgongwane
19. Polite Setloboko
20. William Gillat
21. Joshua van den Berg

Inky Zondi is confident that the SA women's national field hockey team can be better

Author Wilhelm De Swardt
January 29, 2022

Inky Zondi got a simplified vision when it comes to coaching hockey. All that matters is to get every player to be at their best every time they play. And he is succeeding. The results speak for themselves. The South Africa women's national field hockey team recently won the 2022 Hockey African Cup of Nations in Ghana. Zondi currently serves as the interim head coach of the national team.

Zondi, who is the TuksHockey Head of Programme & Women's Head Coach at TuksSport, is not the one to take credit for what happened on the Astroturf.

"It is a really fantastic result. All credit must go to the players. Everyone was motivated to win as there was a lot at stake. Being African champions means the team has qualified to play the World Cup. That was the mission from the start. The players showed a lot of character and resilience." South Africa scored 26 goals in the five games and only conceded one. It was in the final against Ghana. South Africa won 3-1. Zondi is quick to emphasise that statistics are not always an accurate reflection.

"There were many changes over the last few months as quite a few players retired. So we had our challenges in the build-up to the tournament. The most important was to regroup as a team. I wanted the players to evolve in how they play and tactically think about the game.

"As a national coach, I tried to keep the same philosophies in the game, but obviously, every detail is essential at the highest level.

"I learned a long time ago that there is no blueprint coaching manual. Every player is unique in how they think and react to things. I always try to understand a player to get them to play to their best ability. Players should also be accountable for what happens during any game," Zondi said.

"I wanted the team to be defensively solid, to concede as few goals as possible. We managed to do so. The other challenge was to try and score more than three goals in every game. It was easier said than done, especially in a tournament like the Africa Cup of Nations. Every team we played had a very spirited mindset. It was a matter of honour trying to prevent South Africa from scoring against them."

Zondi was impressed by the tenacity of South Africa's captain and goalkeeper, Phumelela Mbande.

"She was brilliant. She justifiably got the award as best goalkeeper. Tarryn Lombard, one of the top goal scorers, was like a breath of fresh air in the way she played."

Zondi is unsure what the future holds for him, but he has some definite ideas if he continues to coach the national women's team.

"From a hockey perspective, we have to keep growing our understanding to compete with teams tactically. I want us to 'imprint' ourselves on the opposition. The team must start securing some notable wins. To do so will mean the players have to be more effective in the way they go about scoring goals. In Ghana, we focused quite a bit on our play from penalty corners."





Pure passion is why, Jean-Leigh du Toit, will represent South Africa at her second FIH Women's World Cup tournament this year

Author Wilhelm De Swardt
May 25, 2022

The one thing that becomes abundantly clear when talking with Jean-Leigh du Toit is that hockey is genuinely her first love. She recently graduated having obtained a BIS Information Science qualification at UP-Tuks.

It is guaranteed that the conversation will be peppered with phrases like the overhead pass . . . drag-flick . . . teamwork . . . composure. The Tuks player can't help to do so.

"What I like about hockey is that it boils down to continuous hard-hitting action. I won't lie . . . hockey is demanding. You got to be physically and mentally on top of your game. You also got to be able to master the technical side of things."

Du Toit's passion is undoubtedly paying dividends. In July, she will represent the South Africa senior women's national field hockey team at the 2022 Women's FIH Hockey World Cup. It will be the second time this year; that she is playing in an FIH Women's World Cup tournament.

In April, she starred for South Africa during the 2021 Women's FIH Hockey Junior World Cup in Potchefstroom, South Africa. Du Toit scored two goals. She is pretty proud of her achievement. According to her being a defender does not mean she can't score goals.

"I consider myself to be an attacking defender. My best traits are my overhead passes and out letting skills. To me, playing hockey is a forever quest for perfection.

That is why I am continuously setting myself new goals. I won't quit until I have achieved what I set out to do."

If there is one thing the Tuks player is serious about, it is to master the art of being a drag-flicker.

"Our coach at Tuks, Inky Zondi, emphasises that games are being won or lost by drag-flicks. That is why weekly, those who feel up to it got to flick at least 100 balls.

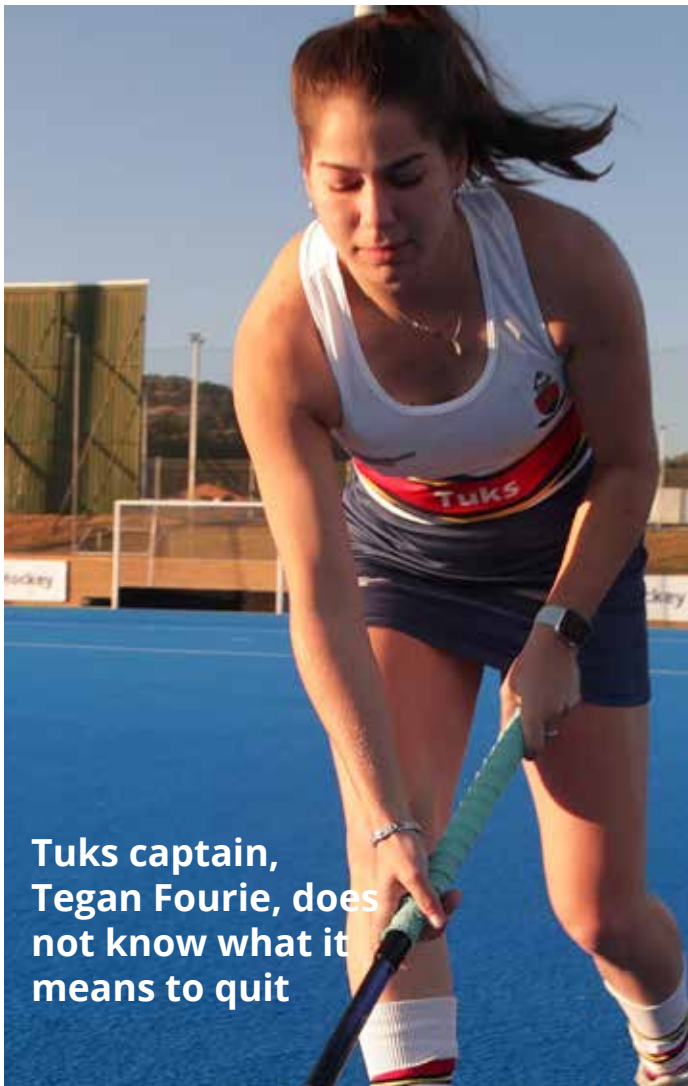
"What is exciting about being part of the senior national women's team is that we got someone taking videos of your drag-flick technique. It is then analysed by a coach in the Netherlands who is continuously finding ways in which you can finetune your skills."

Du Toit considers the TuksHockey alumni, Matthew Guise-Brown, as a she looks up to.

"He has fantastic composure on the ball and can execute massive overheads. He is also drag-flick artist par excellence. If I can be half as good as he is, I will be happy," the 20-year old said.

The other Tuks players selected for South Africa at the upcoming 2022 Women's FIH Hockey World Cup are Marizen Marais (alumna), Phumelela Mbande (alumna), Edith Molikoe, Hanrie Louw and Onthatile Zulu. The tournament is being hosted by the Netherlands and Spain.

South Africa is in Pool D with Australia, Belgium and Japan. Their World Cup campaign starts off against Belgium at the Estadi Olímpic de Terrassa, Terrassa in Spain on 3 July.



Tuks captain, Tegan Fourie, does not know what it means to quit

Author Wilhelm De Swardt
June 29, 2022

A good "push, hit and never quit" hockey game on any Astroturf is guaranteed to get Tegan Fourie's blood rushing.

When the TuksHockey captain dribbles the ball past opponents, most will not realise what a remarkable story she has to tell. It is one in which the words never quit is spelt in capital letters.

At the age of five, Fourie was diagnosed with Type 1 diabetes. It could have meant an immediate end to days of playing hockey. But even at such a young age, she somehow knew she got to continue what she loved doing and that was playing hockey.

Her tenacity certainly paid dividends. Today, she holds a profile of 13 senior field hockey caps, 34 senior indoor hockey caps and 10 junior caps from major tournaments such as the 2016 Junior African Cup, 2016 Women's Hockey Junior World Cup, 2022 Women's FIH Hockey Junior World Cup and 2022 Africa Cup of Nations. Next week, Fourie will be captaining Tuks at the 2022 USSA Hockey Women's Championships at the University of Cape Town in Cape Town.

To her, life is living every day to its fullest. But she admits that it is not always easy.

"Some days can be challenging. Living with diabetes can be unpredictable...maybe unpredictable is the wrong word. It is just at times, what happens in one's body is hard to explain, which frustrates me. But there was never a time I wondered why,"

"Sometimes, there is a bit of a stigma around diabetes. It is as if people believe I can't do what other players can. To me, it is extra motivation to give 100% during training sessions and each game."

According to the Tuks captain, getting an insulin pump with a medical tube inserted into her body changed her life. It has a sensor that provides continuous glucose monitoring.

"Now, I don't have to do any guessing. That is important. Every match day requires meticulous planning. I got to ensure that I eat precisely at the right time because I don't want insulin in my body when I play. I don't play with the pump as it burdens me. At halftime, I would check to see if my sugar levels are at a good level. I will connect the pump to top it up if it is not. Then I carry on playing.

"Controlling my nerves is also important. It is easy to get too excited or nervous during a high-intensity game. The risk for me is that an adrenaline rush can impact my sugar levels."

Fourie is looking forward to captaining Tuks during the USSA Hockey Champs. She plays as a midfielder and firmly believes in leading by example.

"We got so much potential as a team. So it will be exciting to see what we can achieve at the tournament."

Tuks is in Pool A with Wits, UFS Kovsies and Varsity College. The upcoming USSA Hockey Champs will be held from 4 to 8 July in Cape Town.



"Controlling my nerves is also important. It is easy to get too excited or nervous during a high-intensity game. The risk for me is that an adrenaline rush can impact my sugar levels."

Tegan Fourie, UP-Tuks hockey player

TuksHockey



TuksSport

Ayakha Mthalane makes his USSA Hockey debut in Stripe Generation colours

Author Wilhelm De Swardt
July 08, 2022

Another year, different challenges, but in the end, with the same result, is seemingly how the USSA Hockey Tournament will play out. Last year, the Tuks teams – men and women, were crowned USSA Hockey champions.

This year, both teams finished second. On a positive note, the Tuks teams were top goalscorers of the tournament in their respective divisions. The men's team had 25 goals and the women's team with 17 goals in a joint place with Maties.

Ayakha Mthalane is one of the young players making his USSA debut for the TuksHockey men's team. Being a novice does not mean he lacks confidence. He backs him and his teammates to win. It is just a case of sticking to what they practised.

Playing as a striker is a challenge he loves.

"To me, a good striker thinks on his feet. In a nutshell, it is about being aware of the space around you and the weaknesses in your opponent's defence so that when you hit the ball, you know exactly what will play out. Actually, it boils down to outsmarting the opposition defenders. It is pressure, but I love it as it keeps me on my toes."

According to Mthalane, his dad has significantly influenced the way he thinks about life and his approach to playing hockey.

"Back in the day, my dad was an avid marathoner. I am not sure, but I think he has completed seven Comrades Marathons and countless other marathons. Since I can remember, he has been trying to instil that sense of perseverance of finishing what you start in us, his children. I always try to take his words and advice too hard in everything I do."

In the back of his mind, Mthalane is considering taking up the challenge of trying to run the Comrades Marathon one day. But he will only do so once he packs his hockey stick away for good. For now, the only hard running he does is on the Astroturf trying to score goals.

Hockey is one of the sports in which players run the most. According to an article in the Runners World, a hockey player can run up to nine kilometres in a tough encounter. Mthalane quickly points out that most of it is done at speed.

"During a game, we continuously sprint 10 to 30 metres. In three minutes, we quickly make ten or more sprints."

Only footballers run more. They can do 11 kilometres in a game, but they play 30 minutes longer.



Q & A with Micaela Roos and her emphasis on the importance of youth hockey development

Author Bhekani Bright Ndebele
August 12, 2022



Micaela Roos is a queen of all trades - from being an Admitted Attorney to coaching the Youth Girls at TuksHockey. Early this year, she graduated having obtained an LLB at UP-Tuks. She lives up to the means of fear lies in freedom, knowledge has power and what you do today determines who you will be tomorrow, thus, your future is being written today.

Here, Roos tells us about her experience as a student-athlete of TuksHockey, venturing into coaching and her advice to the next generation of hockey players at TuksSport.

1. Who is Micaela Roos?

I am a full-time candidate attorney and hopefully soon to be an Admitted Attorney, LL.M. Mercantile Law student, Tuks first team hockey player, indoor and outdoor umpire and coach of TuksHockey Youth Girls. At first glance, my life looks demanding, but truth be told, it is merely a balancing act and even though it gets challenging, one must look at the bigger

picture. Like someone said to me recently; ***"something big is coming your way"***.

I grew up next to a sports field, learning to live up to the expectations of both my big brothers shaped into being professional rugby players and provincial cricket players respectively. It formed the basis of my love for all sorts of sporting codes from rugby, athletics, Formula 1 and even lawn bowls. Therefore, sports will forever be a big part of my life whether it is playing hockey, coaching or umpiring.

I am a driven, motivated, and passionate individual who believes in working towards something in life whether it is in my professional, coaching or umpiring career. Staying busy is a method of staying productive as we all know a person who cannot sit still. Even though I am a firm believer in woman empowerment, I am a disbeliever in undervaluing the other gender as equality and fairness lie deep in my heart. I am known to be a person that speaks up easily and one that will always stand for what is right.

2. What has your experience been like as a student-athlete of TuksHockey?

In all fairness, I am where I am at today due to TuksHockey due to its astonishing and sensational management that keeps the club together. My experience as a student-athlete has been a rollercoaster, from torn hamstrings, torn calve muscles, broken bones and even the passing of a close family member. TuksHockey has always prioritised my health and mental state and consequently never stopped providing a continuous support system.

TuksHockey motivates and drives each member to be successful, whether it is in their profession off the turf or playing career. Since my first appearance back in 2018, my coach, Inky Zondi, has repeatedly stated over the years that we are here (at Tuks) to study and to make sure you get the degree behind your name but we are also here to perform on the field. Consequently, a student-athlete is probably one of the most underrated individuals in my opinion. From training at a high intensity for four to sometimes five times a week, playing games on the weekend and still having to go home and study is rather difficult and strenuous

on the body. It collectively consists of early mornings, late nights, laughter as well as tears. Again, when we work, we work towards something.

I have had the privilege to have represented the Stripe Generation for four years and won three back-to-back gold medals at the USSA Hockey Championships. Now I can honestly and openheartedly say, there is no better team to play for than this one. It has been an energetic and bustling few years even so the Stripe Generation family has motivated me to study for my Master's degree. Every year, we have a team motto that we take with us leading up to our tournaments, but it is never left on the turf but also carried into our daily lives such as; **"Run for Gold", "Beyond Number 1", "Don't duck the Boat" and "PPUG - Pride, Passion, Unity and Grit"**. It is true what everyone else says, once you have played for in Stripe colours, you will never want to play for any other team.

3. Where does the love of youth hockey development come from?

I started playing hockey at the tender age of eight; I was immediately hooked from the first training and my very first hockey stick. My skills developed and my dedication grew with the hunger to be better, faster and more successful. I grew up with the motto **'to be the best, you got to beat the best'**. With each achievement, I have set my next objective.

Over the years I have gained knowledge about the game and decided to broaden it by doing my coaching courses. All sporting codes start at one place and that is in the developing years of adolescence. In society, we tend to give less attention to the forming years of an individual. Sports and their skillsets are like building a house, you lay a foundation to set them up for greater success in the future. Thus, adequate coaches need to have adequate skills to develop youngsters in their various sports.

I am a firm believer that basic hockey is the best

hockey which goes along with my coaching principles - giving positive criticism, and positive feedback and using every setback as a starting block to reach higher achievements. For a team to succeed, one must focus on team goals, structure, strong points, weak points and most importantly, a team culture. Team culture can win games or lose games, build relationships, or break relationships.

4. What motivated you to venture into coaching?

I would say, I am a person that speaks a lot on the field as communication is a key factor in a team's success on and off the field. I have always been one of those players who wanted to understand why I am doing what I am doing on the field, of which led me to go into coaching, to get a way for players to think outside the box. In addition, seeing how players grow is one of the biggest gifts we can receive back from the players and one I would regard as an achievement.

5. What is your advice to the next generation of hockey players at TuksSport?

We are all unique and should never try to be and play like another player. Our minds and thought processes differ from one another. Thus, learn the skill and implement it into your own game. Create your legacy and something my coach told me that I would want to carry over to the youth; **"Don't go looking for flair but let flair find you."**

6. Why do you love hockey?

Hockey is an escape game from reality. It is satisfying to master a skill and to use it in a game. Every game is different with new opportunities and new challenges. It is quick and one can say, *there is never a dull moment*. It is just such a great sport and with it comes lifelong friendships and bonds from strangers to family and friends. That is what this sport is about.



Sihle 'Sigz' Ntuli wants every player to be at their best against Maties in the 2022 Men's Varsity Hockey edition

Author Wilhelm De Swardt
October 05, 2022

No second chance is the motivator for the 2022 Varsity Hockey edition at the TuksHockey Astro. The team that loses its first match will play out for third/fourth place. That is why the TuksHockey men's head coach, Sihle 'Sigz' Ntuli, considers the match against Maties as a final before the final. The two teams were the main protagonists at the recent 2022 USSA Hockey Championships. Tuks got the better of Maties during the group stages, but Maties played the better hockey when it mattered in the final. That is why they are the champions.

According to Ntuli, if one takes the statistics of the USSA Hockey final into account, Tuks was the better team. But he adds on to say that matches are never being won on paper.

"Tuks and Maties sort of balance each other when it comes to having national players. Most of our team has played for the senior national team and the South African under-21 side as has Maties. But it does not make my job as the coach any easier.

"It can be challenging to get good players to play together as a team and not do their own thing trying to prove a point. But we have succeeded in the past. There is no reason why we can't do so again.

"What made the difference in the USSA final was that Maties made their opportunities to score count. We only got ourselves to blame. At crucial times, we let ourselves down through a lack of discipline. There were too many yellow cards. It left us at a disadvantage for most of the game.

"The only way to fix this on Wednesday when we play Maties again is to focus on what we are good at. Every player will have to be at their best. More importantly, the players need to remain on the field.

"One of the drawbacks we have as a Tuks team is that we are not playing enough crunch games. Our players hardly ever get challenged in any local league game. They are cruising. Winning one game after another. It is different in the Johannesburg and the Western Cape leagues. That is why the Maties, Wits and UJ players are used to handling pressure situations on the field."

Interestingly, this will be Ntuli's Varsity Hockey debut.

UJ and Wits will be playing the other semi-final in the afternoon. The final will be played on Thursday, 6 October. Hockey forms part of the Varsity Sports Festival hosted at the Hillcrest Sports Campus of the University of Pretoria.



TuksHockey teams make history by claiming their respective 2022 Varsity Hockey titles

Author Wilhelm De Swardt
October 08, 2022





For the Tuks men's team head coach, Sihle 'Sigz', the 2022 edition was a case of "I love it when hard work pays dividends".

According to him, the fact that Morgan and Sherwood ended up with a 100% scoring record from four penalty corner attempts is not something that just happened. Their heroics is the result of hard work and long hours.

"The final was an excellent example of how good Guy (Morgan) and Bradley (Sherwood) are as drag flickers. They are world-class. Guy proved that during last year's Junior World Cup tournament by being one of the top goal scorers. Bradley is a classic striker who can score in any situation.

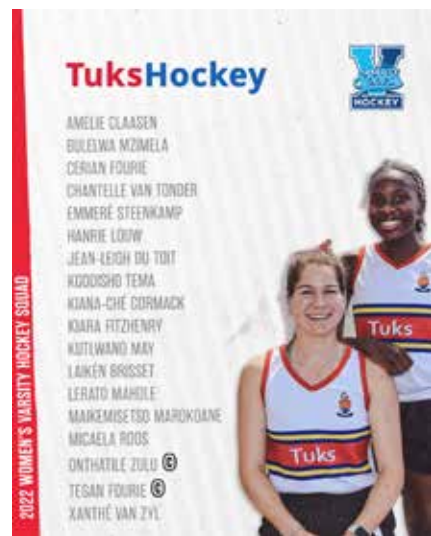
"Our team strategy is to get teams to concede penalty corners partly due to their exceptional drag flick skills. It is crucial to bank on scoring from penalty corners, especially if you don't score field goals.

"Guy and Brad are committed to being the best they can. They train every day of the week. After their teammates finish, they will still be honing their drag-flicking skills. Even on Sundays, you will see them and me on the TuksHockey Astro strategising to find ways to be better."

According to Ntuli, playing Wits in the final was challenging.

"Wits play a different brand of hockey. Their style is very confrontational. They love one on one situations being in their opponent's face. It is their way of putting an opposition team under pressure.

"I am proud that my team did not let it get to them. The statistics will show that we dominated most facets of the game. Hats off to Wits' goalkeeper. He is the one



who kept them in the game right to the end. I also got to complement the Tuks defenders, they hardly erred over the two days.

"The 'Tuks Boys' deserved to be champions. As a coach, I am happy . . . so happy," Ntuli said.

Inky Zondi who is the Head of Programme & Women's Head Coach at TuksHockey ascribed the women's success to pure guts and determination.

"They wanted to be champions. That is why they never gave up, even though the Maties were leading 3-2 in the game's dying moments."

Zondi does not like singling out specific players, but he can't help but be excited about how Hanrie Louw played on defence.

"I was also impressed by how the team's two captains, Onthatile Zulu and Tegan Fourie, combined. Onthatile set up the move that led to Tegan scoring our winning goal. Hats off to Tegan. It took 'ice in your veins' to score the goal she scored."

All thanks to TuksHockey's heroics, the University of Pretoria has won four of the six Varsity tournaments this season. TuksRugby won the Varsity Cup and the Varsity Young Guns.

Joshua Davies hopes to continue his dad's legacy as a master "dribbler of balls"

Author Wilhelm De Swardt
November 09, 2022

Dribbling balls, whether with a boot or a stick, seem to come naturally when your surname is Davies.

Diehard South African football fans will hopefully still remember the heroics of the legendary Mark Davies. After all, he is the first player to leave his fingerprints on the Premier Soccer League Trophy. He captained Manning Rangers to victory in the inaugural tournament in the 1996/97 season. He also nearly got the team to qualify for the CAF Champions League final.

Well, as often said, there is a case to be made out for saying like father, like son. Joshua Davies is as adapted to dribbling a ball, but he is doing it with a hockey stick in hand. Like his dad he is also a natural leader. He has captained the Northerns under-21-side. He was also the vice-captain for the SA under-21 side. But still, that is not all. Davies has also been instrumental in helping Tuks to win the Varsity Tournament.

Needless to say, the youngster credits his dad for what he has achieved as a hockey player.

"My dad and my grandad, who played semi-professionally, are the ones who kindled my passion for the sport. While at school, I played football and hockey. But it is hockey that gets my adrenaline pumping. However, I still play the odd football game when an opportunity arises.

"Football is a big thing in our family. My mom and I are Liverpool supporters, while my dad and brother support Manchester United. Things tend to get tense when the two teams face off on match day. We draw a line in the lounge with the Liverpool supporters on the one side and Manchester United on the other."

Davies plays as either a centre midfielder or left half. He views his role as captain as bringing calmness to the team.

"In those frantic moments, when some players might get flustered, I bring an element of calmness to the field. Also, when I see that there might be problems in the team, I see my role as the voice between the players and the coaches. A good captain's primary responsibility at all times is to make sure that the team gels.

"It helps to be tactical savvy because there are never any guarantees in any game. You can have the perfect game plan, but still, things can go awry. If it does, the captain has to step up and resort to Plan B as the coach is on the sidelines."



TuksHockey 2022 Club Awards Winners

Category	Women's 1st Team	Women's 2nd Team	Women's 3rd Team	Girls Youth Team
Most Improved Player	Laikén Brisset	Samantha Brander-A-Brandis	Yanga Mhatu	Mpumelelo Netshivhungululu
Most Valuable Player	Tegan Fourie	Tristan Crawford	Juanette Prinsloo	Anlu Harmse
Player of the Year	Hanrie Louw			
	Men's 1st Team	Men's 2nd Team	Men's 3rd Team	
Most Improved Player	Calvin Davis	Francois Robbertse	Ethan Crawford	
Most Valuable Player	Matt Dewar	Russell Stainbank	Kenny Kgongwane	
Player of the Year	Bradley Sherwood			
TuksHockey Club Awards				
Coach of The Year	Trevor de Lora			
Team of The Year	Tuks 1 Men & Tuks 1 Women			
Club Member of the Year	Russell Stainbank			
TuksHockey Club Recognition Award	Jared Cass			
	Keagan de Castro			
	Bradley Sherwood			





Coach: Lerato Mahole,
Player: **Juanette Prinsloo**



Coach: Trevor de Lora,
Player: **Kenny Kgongwane**



Coach: Inky Zondi,
Player: **Laikén Brisset**



Coach: Celia Seerane,
Player: **Samantha Brander-A-Brandis**



Coach Rep: Tom Dixon,
Player: **Francois Robbertse**



Coach: Inky Zondi,
Player: **Tegan Fourie**



Coach: Celia Seerane,
Player: **Tristan Crawford**



Coach Rep: Tom Dixon,
Player: **Russell Stainbank**



TuksSport Director: Steven Ball,
Coach: **Trevor de Lora**



TuksSport Director: Steven Ball,
Player: **Russell Stainbank**



TuksSport Director: Steven Ball, Player:
Bradley Sherwood, Coach: **Sihle Ntuli**



TuksSport Director: Steven Ball,
Players: **Bradley Sherwood, Jared Cass, Keagan de Castro**,
Coach: **Sihle Ntuli**



TuksSport Director: Steven Ball,
Player: **Hanrie Louw**, Coach: **Inky Zondi**



TuksHockey

Merchandise

NEW!

We are happy to introduce new TuksHockey Merchandise for all our club members and supporters!

Prices

Training/Supporters Shirt
R380

TuksHockey Mali Top
R520

Combo: Shirt & Mali Top
R850 (incl. Free TuksHockey Mug)



Send your order to:
tukshockey@gmail.com, you will receive banking details once you have placed your order. We will need your POP to confirm your order.

Provide the following information when placing your order:

- Name and Surname
- Item/s
- Quantity
- Sizes

Club Order will be sent to the supplier by 25 June, delivery to be expected 6-8 weeks. Your items will only be included if you've paid for them.



TuksHockey

2023 Junior Coaching

Book your
one on one
coaching
session
NOW!



Cost per 1 Hour Session:

R250 Registration Fee

R350 per Player

R400 per Goalkeeper

Sessions will be booked on a first come first serve basis, book now to avoid disappointments.

Provide 2 preferred dates and time, NO WEEKENDS.

For more information please contact:

TuksHockey Office

Email: tukshockey@gmail.com

TuksHockey Office, Hillcrest Sports Campus, Pretoria, 0002

Candid Club Team Moments





2023 Trials:

Women's New Member Trials:

Date: 20 February 2023

Time: 17:30-21:00

Men's New Member Trials:

Date: 22 February 2023

Time: 17:30-21:00

Who do I contact?

Club Manager:

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Administrator:

Kgothatso Maboea

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