

Message from Inky Zondi, Head of Programme, TuksHockey

This time of year often allows for reflection and deliberation as we take stock of what has been in 2023. My mind is immediately cast back to the club trials and all the excitement that accompanied this period. 2 additional teams added to the club offering allowed us to accommodate more players with the students of UP sharply in focus, this proved successful after over 200 players attended the new member trials.

The preseason phase was a productive one as teams prepared for the rigours of the upcoming season and TuksHockey club day wrapped up this phase in a fantastic way. The TuksHockey committee showcased their intent and drive for the social element of the club from the early stages of the season and did a stellar job for the rest of the season culminating with the TuksHockey dinner.

A restructured mens section provided new impetus and challenge for coaches and players as we looked to enhance opportunities and competitive quality for all players, this proved highly beneficial as the league and USSA performances indicated. Congratulations to the league winners across the whole club and special praise to the Tuks HP men for an outstanding performance at USSA which resulted in a gold medal.

TuksHockey contributed to the provincial and national structures with players and coaches alike involved across the spectrum, a large Tuks contingent present in the Northern Women's silver medal at IPT. The Africa Olympic qualifier was hosted by TuksHockey with teams from across the continent descending onto Pretoria to secure a place in the 2024 Olympic games. This was a great experience for all and provided the chance for the club to showcase the facilities on offer and for club members to enjoy international hockey on their doorstep. The competition was a resounding success with the South African teams winning gold and the collaboration between the club and LOC proving instrumental.

As I write this the SA U21 teams are currently competing in Chile (Women) and Malaysia (Men) at the respective Junior world cups, good luck to the players involved. A massive thanks to our club coaches for their dedication to the teams in another busy year, the teams benefit greatly from your direction. Mention

must be made to outgoing committee chairperson Maxine Hannan for the impact her and the committee have made on the club this year. My appreciation and well-wishes to all club members who are moving on to new pastures in 2024, we have enjoyed sharing experiences at this great club whilst you have been here.

The masters team as well as the club presidents: Rory Richardson and Blaise Sommerville continue to be custodians of the club as well as our biggest supporter, my thanks once again. The club operates at the level it does due to the outstanding characters who are in the office and I am again privileged to have had these people by my side as we navigated this rather chaotic year, a heartfelt thank you to Tebogo, Kgothatso and Sihle. Good luck to all those still writing exams, we trust all will go well.

TuksHockey is a member of a highly successful sports programme led by an incredible executive lead by Mr Ball, we are grateful for all the support we have been afforded this year.

I encourage all of us to take this festive break to recharge as we look forward to an Olympic year and we pursue more success on and off the field. Once again, this club is nothing without its members, so to each of you I extend my heartfelt gratitude and hope this festive season is kind to you and your loved ones.



Message from Maxine Hannan, Player Committee Chairlady, TuksHockey

The club culture of any sports club is paramount to the success and longevity of that club. TuksHockey encompasses the shared values, attitudes, traditions, and behaviours that bring the members of the club together, creating a unique identity and sense of belonging. The emphasis on the value of club culture shows that TuksHockey has an outlook that goes beyond the accomplishments of the best teams. This attitude conveys the strong idea that each team's participation is important and that it shapes the overall club experience. Creating a sense of community that extends throughout all teams is a noble aspiration that fosters unity and camaraderie. As a result, an environment is created where growth is not constrained by ability level but rather propelled by a shared passion for the game. It promotes mentorship, mutual respect, and a willingness to learn from one another. TuksHockey is a prime example of a dedication to quality that goes beyond the field by embracing change, appreciating the importance of all teams, and fostering a feeling of community.

The purpose of the committee is to uphold, enhance, and improve this TuksHockey Club culture. The year kicked off with Club Day which was a tournament where we used a handicapped system to level the playing field. This day was used as an introductory event where members across different teams got to know each other and great fun was had by all. Two teams emerged victorious, namely the Tuks 1 ladies and the Tuks 3 men. After a successful day of hockey we hosted a Selection Party where the teams stayed around for a couple of drinks and a braai. Our next big, and much anticipated event was Summer League, which always draws out the fun and social side of players. This 7-a-side competition allows people of all hockey levels to take part in an exciting and enjoyable version of hockey that is accessible to all skill levels.

The bar has been a great success since it has been up and running and we would like to thank everyone for their continuous support. I would like to extend my thanks to the committee for giving up a big portion of their weekend to ensure that the bar was open on game days. A special thanks must be given to Masters Team who single-handedly fund a week's worth of booze in a couple of hours, you guys really are our biggest supporters.

One individual who has worked tirelessly to ensure that all our club members and supports are kept up-to-date with fixtures, results, birthdays, and events by creating and running our Instagram page is Arinze. On behalf of the club I would like to say thank you for all the effort and time you put into creating a very successful, informative, and above all else, a really pretty platform used to celebrate the club and its achievements.



On that note I would like to welcome Georgie, Jaydon, Alex, Paige, Shanay, and Hannah to the executive committee for the 2024 season, I have no doubt that you will be valuable additions to the team that will allow us to improve and to grow.

As usual our Tuks teams showed an exemplary performance throughout the Northerns League. In the women's premier division our Tuks 1 ladies brought home the trophy with 21 points and the Tuks 2 ladies ended 5th. The Tuks 3 ladies ended 4th in the women's second division, and after dominating the women's 3rd division our Tuks 4 ladies ended on top with a total of 31 points. In the men's premier division after an exciting final our Tuks 1, or Redsox, men finished 2nd overall, and our Tuks 2 men put up a really good performance ending in 4th place. In the men's second division our Tuks 3 men finished off in 6th place. Although our Tuks HP did not participate in the league this year, they played a number of games against some top-level teams from Johannesburg, Pretoria, and KZN where they ended winning 17 of 20 games and drawing the remaining 3. Our Masters men reigned not only victorious in their league but also in a Cup following their league.

The results of league reflect not only on the hard work of the players but also the coaches. We take for granted how much effort and time goes into team selection, planning sessions, and just overall how much each coach brings to the club. Your commitment to nurturing our athletes both on and off the field has helped shape them into the remarkable individuals they are today. On behalf of the players I would like to say a huge thank you to all our coaches for the countless hours of hard-work, time, and effort that you put in for your respective teams, it does not go unnoticed.

Our Tuks 1 Ladies and HP Men headed down to Durban to compete in the annual USSA tournament where they played some exceptional hockey. The hockey was tough but both our teams rose to the occasion with our ladies snagging the dirty gold and our men walking away as USSA victors.

It is no secret that TuksHockey is home to incredible athletes, some of whose success goes beyond that of our blue Astro. At senior IPT we had 27 athletes, as well as 3 coaches, representing Northerns, and a further 4 athletes selected to represent the SA U21's. The Northerns men ended up 7th, and the women 2nd. The SA U21 ladies finished 4th and the SA U21 men finished 2nd. Following their performance at IPT, 6 players were selected to form part of the SA National Squads in preparation for AFCON, and an additional 3 players were included in the Talent Squad. At Master's IPT we had 6 men representing Northerns.

Although TuksHockey is not home to an indoor hockey sector we cannot overlook the achievements of the four ladies who represented South Africa at the 2023 Indoor World Cup, and the 5 players who are included in the 2023 South African Women's Indoor squad.

I would like to end off by giving thanks to the people who make this possible. Inky, Tebogo, KG and Sigz this club would not be functioning without you. Your tireless efforts behind the scenes have been instrumental in creating an environment where our athletes can thrive. Your commitment to providing resources, your organisation of seamless events, and ensuring our facilities remain at the best quality pay tribute to your commitment to the club. It is through your leadership and dedication that TuksHockey has reached new heights of excellence, and for that we are extremely grateful. In addition, I would like to thank Rory and Blaise for their unwavering support of club, we appreciate everything you do for the club and its members. We look forward to a future filled with continuous success and growth under your guidance.

Lastly I would like to thank the committee for all the time they put into making sure that this year was fun and exciting for the club, and for ensuring that all events ran smoothly. Your input and support has been the key to a successful year, and I cannot wait to see what the committee does in the future.



TuksHockey Student/Player Committee

Portfolios for 2023

Chairlady: Max Hannan

Finance: Aimee Anticevich

Facilities: Calvin Davis

Social: Tom Dixon/Guy Morgan/Joshua Davies

Social media: Anrize Smit

National representatives:

Senior Women

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

Assistant Coach: Inky Zondi

u/21 Women

1. Cara de Plessis
2. Cerian Fourie
3. Laiken Brisset
4. Kutlwano May

Senior Men

1. Guy Morgan
2. Trevor de Lora
3. Cameron le Forestier

Assistant Coach: Sihle Ntuli

u/21 Men

1. Calvin Davis
2. Cameron le Forestier
3. Sian Maart

Manager: Kagiso Mathaba

Provincial representatives:

Senior Women

1. Edith Molikoe
2. Lerato Mahole
3. Hanrie Louw
4. Tegan Fourie
5. Jean-Leigh du Toit
6. Celia Seerane
7. Amelie Claasen
8. Celia Seerane
9. Emmeré Steenkamp
10. Kiara Fitzhenry
11. Kiana-che Cormack
12. Maikemisetso Marokoane
13. Anrize Smit

Coach: Inky Zondi

Senior Men

1. Guy Morgan
2. Trevor de Lora
3. Cody Posthumus
4. Sihle Ngubane
5. Matt Dewar
6. Sihle Ngcongo
7. Matt Dewar
8. Grant Pio
9. Joshua Davies
10. Michael Le Forestier
11. Bagcine Gqweta
12. Itumeleng Makhubela
13. Caleb Arries
14. Sian Maart

Coach: Sihle Ntuli

Manager: Chadwin Petersen

From Paul Roos Gimnasium to being a Tuks student-athlete - that's Sian Maart's story

Posted on May 16, 2023

One thing the 19-year-old, Sian Maart, enjoys is "eliminating" opponents during an attack in a hockey game. It might sound like he is going to extremes, but he is not. The reality is that he is passionate about hockey. At the same time, it does not matter which team he plays for as he puts winning and contributing to the forefront.

"I love to be on the attack during a game. There is a definite thrill to 'eliminate' the opposition," said Maart, who represented South Africa in the recent 2023 Junior Hockey Africa Cup of Nations in Egypt.

When told to use the words to "eliminate opponents," make it sound as if he is the bully in the team. The Tuks student-athlete only laughs and then explains what he means.

"What attracted me to hockey is the fast pace at which the game is played. To be competitive means, you must hone your skills to absolute perfection. The better your technique, the better you play. I play as an outside midfielder or a 'very high' midfielder. It boils down to having the ability to outsmart your opponents with nimble footwork and good stickwork. It definitely helps to be tactically savvy as well. To me, this comes down to 'eliminating' your opponents."

Maart matriculated at Paul Roos Gimnasium in Stellenbosch, so it can't be wondered what made him decide to come to Tuks as he is a first-year student.

"For a long time, I have admired the quality of hockey played at Tuks. As far as I am concerned, Sigz Ntuli is one of the best coaches in South Africa. I want to be coached by him."

According to Maart, he was also an avid rugby player and an athlete at primary school. Sprinting used to be his thing. In his prime, he could clock 11.20s over the 100 metres.

"I know it is not that fast, but for hockey, it is fast enough."

Maart admits there are days when he wonders how his sports career would have played out had he decided to stick to playing rugby, especially since there is big money to be made in the professional game.

"I played as flyhalf or fullback. In my matric year, I could not resist the urge to play rugby again. Without my coach's knowledge, I played a game or two. My coach was quite upset when he found out about it. He threatened to take me off the team. And so my rugby career ended. I have no regrets. Hockey is my game. My immediate goal is to make sure I get to play for the Proteas U-21-side that will be competing at the 13th FIH Hockey Junior Cup edition in Malaysia later this year in December."

- Author Wilhelm De Swardt



Sihle Ntuli ascribed Tuks winning the 2023 Men's USSA Hockey title to hard work

Posted on July 11, 2023

The Tuks men's hockey team proved by winning the USSA Tournament that long and hard hours of training do pay off. Tuks clinched the title in Durban by beating Maties 4-1 in the final. In five games, the champions scored 22 goals and only conceded six.

Coach Sigz Ntuli can be forgiven for thinking, "I love it when a plan comes together".

"Winning USSAs is a just reward. The players have genuinely worked hard and made sacrifices. We are often accused of overdoing things. But our performance now justifies what we have been doing.

"I am obviously proud of the 'boys'. But to be honest, I am not surprised by the outcome."

Last year, after Tuks won the Varsity Tournament, Ntuli expressed concern about the fact that his team was 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 Western Cape leagues. That is why the Maties, Wits, and UJ players are used to handling pressure situations on the field."

For this reason, Ntuli decided to withdraw Tuks from playing in the Northern League this season.

"We did so to ensure the 'boys' get to play against more formidable opposition. Over the last six months, we travelled quite a bit.

We have been to Durban twice and regularly play against Johannesburg's best teams. We played 20 games in the buildup to USSA's. So we were well prepared.

One of the critical aspects of the Tuks game is getting their opposition to concede penalty corners. There is a good reason for doing so. Guy Morgan is possibly one of the best drag flickers in South African hockey. On a good day, he hardly misses. During USSA, he scored seven goals in five games.

"What excited me is that we did not only score from penalty corners. There were some brilliant field goals. Most impressive for me was how each player contributed to our victory. Our team has several debutants who have only played for Tuks for six months. But you would not have said them if you had seen them play during USSA's. They stepped up, especially at crucial moments."

The one disappointment for Ntuli is that it has been decided to cancel the Varsity Hockey tournament.

"It basically means Tuks's season is done and dusted for the year. We can only hope that there will be a Varsity Tournament next year. As it is a definite highlight in student hockey."

- Author Wilhelm De Swardt



Celia Seerane

My coaching perspective differs from others... I don't believe in trying to control every player's decision and motion," says Celia Seerane

Posted on September 11, 2023

When it comes to hockey, Celia Seerane can genuinely claim to have done it all.

The 33-year-old and TuksHockey player has 173 caps playing for the women's national hockey team, scored 20 goals, was South Africa's female player of the year in 2017, and is an Olympian.

The hunger to play on remains the same. Seerane aims to help the Proteas qualify for next year's Paris Olympic Games. After that, her competitive playing days will, in all probability, end. She will still be involved in hockey as a coach.

"I firmly believe that young people should participate in sports, as the life skills taught on the field are massive. My focus then will be to help young players fulfil their potential on the AstroTurf.

"My coaching perspective differs from others in that, as a coach, I don't believe in trying to control every player's decision and motion. It is unhealthy because it leads to players not thinking for themselves.

"From personal experience, I know how important it is to be able to make your own decisions during a game. A coach's role is to guide players to play to their strengths. So my work is done during training and not during any match."

Hockey was not always Seerane's first love. She relished playing football with her brother and his friends when she was younger.



"Then the day came that the boys did not really want to 'tackle' me anymore because I am a girl. It boiled down to them not wanting to rough up a girl. It upset me, as I did not want to be treated differently. But that was how it was.

"One day at school, there was talk about hockey. I did not know anything about hockey, so I went to talk to the coach. He explained the basics and said, 'Here is a stick. Let's play.' The transition from football to hockey was relatively easy."

"While at NWU, I played varsity football and hockey. But there came a time when I had to choose. It was not a difficult decision. What I enjoyed about football was playing the games. I, however, got bored during training. With hockey, it was totally the opposite. I wanted to learn and improve all the time. And I still do."

On the AstroTurf to Seerane, it is about winning the ball and putting the opposition under pressure.

"I love attacking at times. I can be creative, like creating a two-versus-one scenario. I am also not scared to hit on my reverse stick. Scoring a goal is always special, especially if it is done by rushing in and shooting at the goal. I like it to score with sneaky little shots."

Because she is not a student anymore, Seerane plays for the women's second team.

"It is special to play with the younger players. It is important to me to pass some of my experience on to them. Hopefully, that will help them avoid making the same mistakes I made as a youngster."

- Author Wilhelm De Swardt

Being a daddy's girl has helped Edith Molikoe to excel as a hockey player

Posted on September 14, 2023

The Proteas national team hockey player, Edith Molikoe, is an unashamedly daddy's girl.

Her dad, John, is, after all, the one who has inspired her to never accept mediocrity when doing sports and encouraged her to be the best she can be.

The TuksHockey women's co-captain still remembers the day she jogged with her dad as a youngster. She was struggling to keep up and thinking about stopping. But her dad was not having any of that.

To this day, Molikoe can remember what he said that day to her: "Keep going. There's no looking back. Once you've started something, the only way is to move forward."

She has taken these words to heart. Another memorable moment was when she was selected for the South African team going to the Tokyo Olympic Games.

That day, her dad said, "There's no going back now, Edith. You have to believe in yourself, as great things await you. I'm proud of you."

"My dad is also the one who has told me to respect my opponents—actually everyone I meet. And nothing beats hard work and dedication. And to make the most of every opportunity. He believes that, by any chance, good things can come. His words and wisdom have been guiding me throughout my life."

Molikoe is quite versatile when it comes to playing hockey. She has also represented South Africa in indoor hockey. A definite highlight was earlier this year when the South African indoor women's hockey team finished fourth in the World Championships.

"Playing both game formats has helped me be a better player. Indoor hockey is much faster, so you have to be quicker, and the space you play in is smaller. So you have to adapt your technique, and that has helped me when playing field hockey."

In field hockey, she plays as a "freeman". It boils down to being an extra player in the defence.

According to the Tuks player, the main requirement of playing as a "freeman" is to think on your feet.

"You must be able to read the game and come up with solutions within milliseconds. Every so often, I am the one who has to take on an opponent for the ball. You can't afford to be intimidated. Whether you play the Dutch or the Germans, you must commit to going for them. They are after only players, as you are. In that moment, it boils down to who brings it on and who wants it the most."

These skills will be tested at the end of October, when the Proteas will play in the African Hockey Tournament in Paris, Pretoria. If Molikoe and her teammates win, there is a real chance that they will get to compete at the Paris 2024 Olympics in France.

- Author Wilhelm De Swardt



Maxine Hannan wants TuksHockey to be the club where everyone knows your name



Posted on October 01, 2023

One thing the Master's student at UP-Tuks, Maxine Hannan, loves doing is making a difference.

It does not matter whether she is fighting for the ball in the pool, duelling it out with sticks to gain possession on an Astroturf, or sitting down to talk; the outcome must be the same. Hannan wants the result to be a win for the Tuks.

A quick glance at her CV might make one think Hannan is one of the original "Energiser Bunny Clan". Running out of energy is not an option for her. Not only is she busy with her master's in human physiology, Hannan is also captaining the Tuks women's water polo team. She was a part of the South African beach water polo team, which won a bronze medal at the World Aquatics Water Polo Qualification Tournament in Egypt in May 2023.

But still, there is more to her. Hannan is the Chairperson of the Players' Committee at the TuksHockey and is currently playing for the women's second team.

Hockey, to her, is not only about being the best. Winning games. She wants the TuksHockey Club to be the "talk of the town. At the club, everyone will know that players are prepared to put their bodies on the line.

Her drive and passion have not gone unnoticed. At the recent 2023 TuksHockey Awards Ceremony, Hannan was honoured as Club Member of the Year. It is a reward for her drive to get the club to be the best.

According to Hannan, the TuksHockey Player Committee was established last year.

"We meet once a term to discuss what we think the club has been doing right and how we can improve. Knowing what the players want and informing them of what management expects from them is essential. I am the go-between person in all of this. My role is to improve the club from a player's perspective."

Hannan also emphasises that all results matter.

"Obviously, it is vital that our first teams do well. They are the ones who compete at the USSA tournaments. But it is as exciting when Tuks's fourth or third teams win. The better all teams perform, the better for the depth of our club.

"We want to foster camaraderie amongst all players. At the moment, we have a draft proposal for an interclub tournament next year. The idea is to get players from our first teams to join up with players from our other teams to play together for one day. It is a way to socialise and interact with more players. We don't want first-team players to fraternise only with first-team players. The same goes for every one of our other teams. After all, we are all playing for Tuks.

"We also want non-playing Tuks students to be part of our hockey culture. That is why we decided to open our bar to everyone. Come to the Tuks Hockey Club, watch a game, have a drink, and listen to good music. Being a sports fan should be about having fun, not schlepping. Non-players will quickly realise our hockey players are very chilled."

- Author Wilhelm De Swardt

To play hockey for Tuks is a dream come true for Trevor de Lora

Posted on November 16, 2023

There is a good reason why the TuksHockey men's team winning the 2023 USSA Hockey Championships title will remain memorable for Trevor de Lora for some time.

It is not only because he was the Player of the Tournament. For De Lora, it is a chapter-closing in his student hockey career. He is completing his BEd Senior Phase studies this semester. The 2023 USSA Hockey Champs final was the last time he could play a part in helping Tuks win a student tournament.

De Lora's onfield heroics are why he is the 2023 TuksHockey Men's Player of the Year and Bestmed Student Sportsman of the Year. He emphasised that Tuks was always going to be the team he was going to play for after he finished high school.

"As a youngster, I dreamt of the day when I would play for Tuks. The ultimate decider for me was when Tuks won the Varsity Hockey title in 2018. That is when I genuinely knew I wanted to wear the coveted 'Tuks Stripes'. I debuted for Tuks in 2019 and never regretted my decision. All I can say is that there is something special to be said about the TuksHockey culture and student life."

Last year, De Lora co-captained the Tuks alongside Sihle Ngubane to win the Varsity Hockey tournament.

As a youngster growing up in East London, the Tuks student-athlete tried it all. He played rugby, cricket, football, and hockey. What, however, made playing hockey special was that it was something he could do with his sisters at home.

"We had access to an Astro turf where I stayed. It played a big part in my development. Running on turf seemed cooler than running on grass as a kid."

Another reason why hockey became his number one sport at Grey College was because of the challenges that come with playing the game. According to De Lora, the many rules of hockey mean you have to think all the time you play.

"I play as a striker, or more precisely, my role is more of a dropped centre forward. I enjoy running with the ball and linking up plays throughout the lines. I bring much energy and belief to a team simply because I give 100 percent effort towards the goal we have set.

"My sporting hero is Cristiano Ronaldo. You cannot talk about Cristiano Ronaldo without addressing his most potent asset. His mind, and specifically his confidence. Ronaldo has always believed in himself, and he would only have reached the levels of success he has with this mindset."

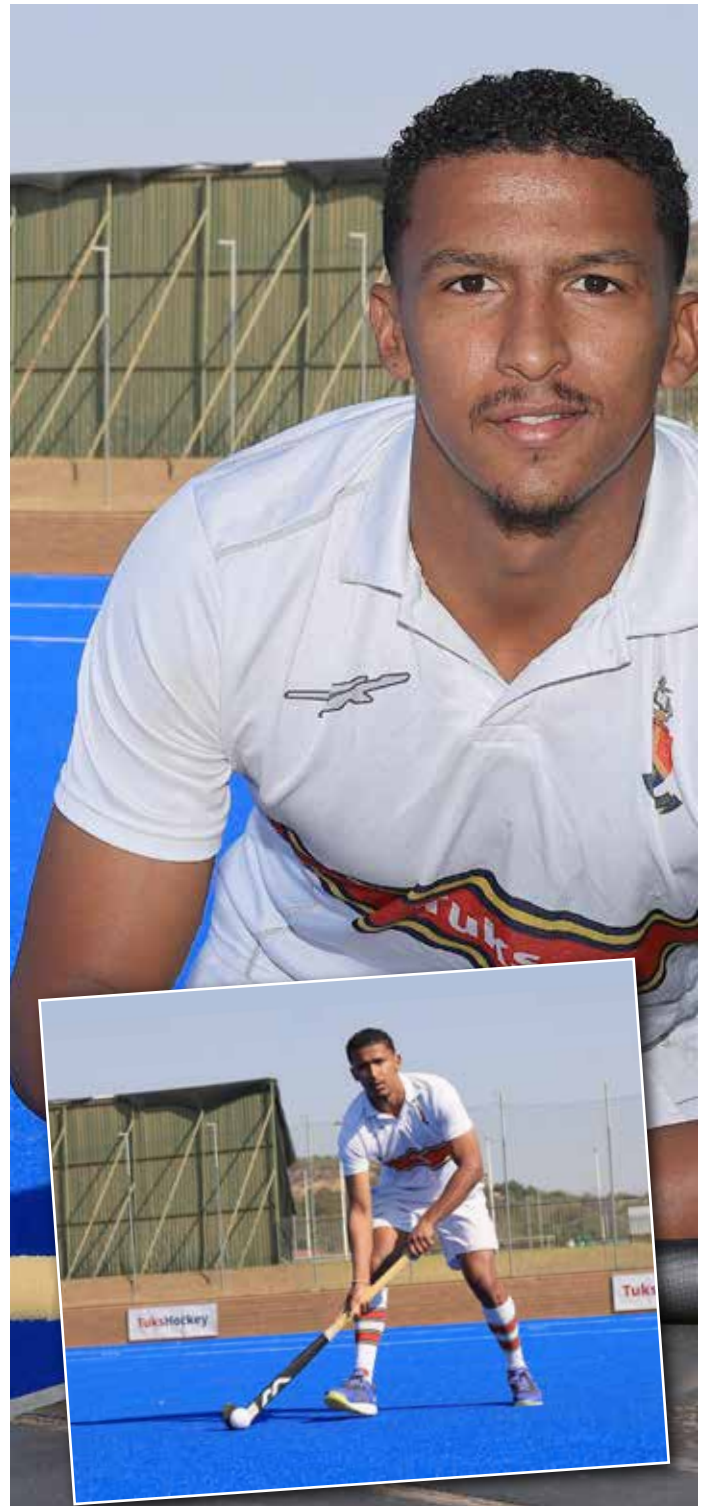
Learning from the best has led De Lora to represent South Africa U-21 at the 2021 Men's FIH Hockey Junior World Cup in India. The same year, he debuted for the

senior national team, playing against Argentina.

De Lora still remembers how Tim Drummond, the Proteas captain, came to him moments before they took to the field to play Argentina.

"He asked whether I was stressed. I said yes. Then, to my amazement, Tim said he was also stressed. We laughed about it. Our little banter helped to calm the nerves."

- Author Wilhelm De Swardt



Calvin Davis is confident that South Africa will stand up to the best at the 2023 Men's FIH Hockey Junior World Cup



Posted on December 04, 2023

The South African U-21 national field hockey team will have their work cut out on December 5 in Malaysia when they face off against Germany in Malaysia's 2023 Men's FIH Hockey Junior World Cup.

South Africa is in Pool B with their continental companion, Egypt, and the 2022 Men's EuroHockey Junior Championship top six finishers, France and Germany. The Germans are ranked as the second-best under-21 team in the world, while South Africa is ranked as the 10th-best team. Argentina is the top-ranked team.

These statistics do not faze Calvin Davis. To him, the playing field is level with each game. It is all about who wants it most for that hour, plus a competition. In other words, pure guts and determination.

According to Davis, he and his teammates' goal will be to qualify to contest the playoffs.

"It would be a fantastic result if we did because it would mean South Africa is one of the top eight teams in the world. We are under no illusions about the challenge we face. We will have to be at our best to achieve our goal.

"Apart from Germany, we are playing France and Egypt. I am confident that we will beat Egypt. Earlier this year, during the Africa Under-21 Tournament in Cairo, we got the better of them twice. So, France is going to be our crunch game. To be honest, I don't know how good they are."

Davis plays as a defender. Apart from his calm on-field composure, he feels that his ability to read the game is his best quality as a player.

"Understanding the game makes it possible to pre-empt what could happen. It is easy to intercept the ball and 'pickups.' I try to be my 'own man' on the AstroTurf, meaning I don't style the way I play to any role model. But I admire how the Belgium defender, Arthur van Doren, plays."

Two more Tuks student-athletes, Cameron le Forestier and Sian Maart, are also part of the South Africa U-21 national team for the 13th Men's FIH Hockey Junior World Cup edition. Interestingly, early this year, in March, the TuksHockey trio was part of the national team that won the Junior Africa Cup tournament, qualifying for the upcoming Men's FIH Hockey Junior World Cup.

Le Forestier will make his second Junior World Cup tournament appearance, while Davis and Maart will make their respective Junior World Cup appearances.

Maart firmly believes that being competitive boils down to honing one's skills to perfection.

"The better your technique, the better you play. I play as an outside midfielder or a 'very high' midfielder. My challenge is to have the ability to outsmart my opponents with nimble footwork and good stickwork. It helps to be tactically savvy as well."

- Author Wilhelm De Swardt

TuksHockey 2023 Club Awards Winners

	Women's 1st Team	Women's 2nd Team	Women's 3rd Team	Women's 4th Team
Most Improved Player	Cara du Plessis	Anika Diemont	Hannah Kidwell	Lebogang Mashigo
Most Valuable Player	Hanrie Louw	Celia Seerane	Reabetswe Thulare	Lia Revelas
Player of the Year	Jean-Leigh du Toit			
	Men's HP Team	Men's 1st Team	Men's 2nd Team	Men's 3rd Team
Most Improved Player	Sian Maart	Corné Burger	Keorapetse Sihlangu	Divan Grobbelaar
Most Valuable Player	Joshua Davies	Thomas Dixon	Ryan Dobeyn	Nathaniel Napier
Player of the Year	Trevor de Lora			
TuksHockey Club Awards				
Coach of The Year	Joshua Davies			
Team of The Year	Tuks 4 Women			
Club Member of the Year	Maxine Hannan			
Exceptional Service Award	Anrize Smit			
TuksHockey Club Recognition Award	Maikemisetso Marokoane			
	Micaela Roos			
	Jean-Leigh du Toit			
	Guy Morgan			
	Trevor de Lora			
	Cody Posthumus			



2023 Junior Hockey Programme



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tukshockey@gmail.com

TuksHockey

Merchandise

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

Prices

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TuksHockey Mali Top
R520

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

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- Item/s
- Quantity
- Sizes

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



2024 Trials

- Women's New Member Trials – 19 February 2024 @ 17:30-21:00
- Men's New Member Trials – 21 February 2024 @ 17:30-21:00

Who do I contact?

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