

Message from Inky Zondi, Head of Programme, TuksHockey

Dear club members

As we close off another busy and enjoyable hockey season, I reflect on the magnitude of the year internationally and the achievements of TuksHockey closer to home.

A massive and heartfelt congratulations to our Paris 2024 Olympic representatives. Edith, Calvin, Celia and Sihle have done us all incredibly proud!

Our national recognition didn't stop there as we saw SA U21 squads and Junior Africa cup teams announced as well as SA indoor world cup teams announced. Congratulations to all and we wish you the best in your endeavors within the squads.

The provincial performances of the U21 and senior Northerns teams again signified the immense contribution TuksHockey makes to the success and high performance sustainability of the province. We are proud of the outcomes achieved by the respective medal winners at provincial level: Northerns U21 Women (Bronze) U21 Men (Gold) Northerns Senior B Women (Silver) and Northerns A Women (Gold).

Mention must also be made of the coaching teams where once again TuksHockey was well represented.

Locally our performances left much to be desired with less success than we would have liked however a great deal of effort and sacrifice went into the season by players and coaches alike.

Our elite teams enjoyed magnificent performances and results at Ussa this year and for the first time since 2021, won Gold for both the men's and women's A section. TuksHockey and the University of Pretoria continue to set high standards at the supremely competitive University sport level.

Going into 2025 I'm enthused by this Winston Churchill quote: "To improve is to change, to perfect is to change often".

As a leader of performance and standards in our sport locally and across the country we are challenged to seek excellence and embody this in all that we do. 2025 certainly represents the opportunity for this and will require as all in this prestigious club to embrace the changes that accompany progress.



Heartfelt thank you to those whom I work with in the TuksHockey office and their selfless efforts daily that ensure that this remains the premier hockey club in our region as well as the country! I am deeply encouraged by all the work you do and look forward to another year of memories and celebration.

To all members of the club, enjoy the holidays with those you love. Stay safe and remember that TuksHockey is in our blood wherever we may go.

Looking forward to seeing you all in the new year.

Yours in hockey

WJ BALLING

BALLING New TuksHockey Kit Sponsor Launch



Georgie Dillon:

Club's Player Committee Chairperson's Speech

I want to introduce myself as your Tuks chair lady for 2024, it's been an honour serving this incredible club despite all the challenges we faced throughout the year, a special shout out to Josh Davies for all his efforts throughout the year and to Max Hanan for being an incredible role model to learn from last year.

Tonight, we gather not only to celebrate another remarkable year of Tuks Hockey but also to honour the dedication, hard work, and achievements of our athletes, coaches, and all our members.

The culture of a sports club is essential for its success and longevity. Tuks Hockey embodies shared values, attitudes, traditions, and behaviors that unite our members, creating a unique identity and sense of belonging. Our commitment to club culture extends beyond the achievements of our top teams; it emphasizes that every team's participation is vital and shapes the overall club experience. We strive to foster a community that promotes unity and camaraderie, where growth is fueled by a shared passion for the game, mentorship, mutual respect, and a willingness to learn from one another.

The bar has been a tremendous success, thanks to everyone's support. A special thank you to the committee for dedicating their weekends to keep the bar open on game days, specifically for our biggest game of the weekend at 8am on a Sunday, our mighty masters team. A huge shoutout to them for their generous contributions, keeping our spirits high!

Our Tuks teams performed very well throughout the Northern League. In the women's premier division, our Tuks 1 ladies came tie second in the premier league, while our Tuks 2 ladies finished top of the reserve league with 21 points, Tuks 3 ladies secured 5th in the second division, and Tuks 4 ladies finishing 7th in the third division.

In the men's premier division, our Tuks 1 men, the Redsox, finished 3rd, with Tuks 2 men placing tie 3rd in the reserve league and our Tuks 3 men ended 7th in the second division. Although our Tuks HP men did not participate in the league this year, they played 13 games against top-level teams, winning 10. Additionally, our Masters men were not only victorious in their league but also won a Cup following their league.

Our Tuks 1 Ladies and HP Men recently travelled to Johannesburg for the annual USSA tournament, where they showcased exceptional hockey. Both teams rose to the occasion, with each of them winning gold. We are so incredibly proud of both these teams.

TuksHockey is home to incredible athletes whose successes extend beyond our blue Astro. At the senior IPT, we had 38 athletes, 3 coaches and 1 manager representing Northern, with 6 athletes selected for the SA U21 teams. The Northern men finished 4th, and the women finishing 1st, while the SA U21 ladies placed 4th and the men finished 1st.

While we don't have an indoor hockey sector, we celebrate the achievements of three ladies who will represent South Africa at the 2024 Indoor World Cup in Croatia.



I would like to take a moment to congratulate our remarkable Olympians, Calvin and Edith and of course, Sigz in your capacity as the South African assistant men's coach. Your dedication, countless hours of hard work, and unwavering commitment have truly paid off. Edith, this marks your second Olympic games appearance, while Calv, this is your first. Congratulations to both of you on reaching the pinnacle of sport on the world stage!

These achievements reflect the hard work of our players and the dedication of our coaches. We often overlook the effort that goes into team selection, planning sessions, and overall support, so on behalf of all players, a heartfelt thank you to our coaches for your commitment this year. I want to thank those who make all of this possible. Inky, Tebogo, KG, and Sigz, your hard work and dedication are instrumental to our club's success. Your efforts in organizing seamless events and maintaining our facilities reflect your commitment, and we are extremely grateful.

I also want to express our appreciation to Rory and Blaise for their unwavering support of the club.

I would also like to recognize Shanay, who tirelessly keeps our members updated on fixtures, results, birthdays, and events through our Instagram page. Thank you for your effort in creating such a beautiful and informative platform to celebrate our club.

Lastly, I'd also like to thank the committee members for their hard work this season and continuously showing up, and to my partner in crime, Josh. Thank you for all your hard work, helping me stay on top of it all and guiding me through this year, you'll certainly be missed.

Thank you!

TuksHockey Student/Player Committee Portfolios for 2024

Chairpersons: Georgie Dillon and Joshua Davies

Social Media: Shanay De Klerk

Members: Calvin Davis, Jaydon Lincoln, Paige Salis

Tom Dixon, Alex Dewar, Joshua Kippen, Lily Sharp, Curt Bahlmann, Hannah Kidwell, Jamie Seale, Kgodisho Tema, Luc Bouic, Luciano Gomes, Mutsa Kanyangarara

National representatives:

Senior Women

1. Edith Molikoe
2. Celia Seerane

Assistant Coach: Inky Zondi

u/21 Women

1. Cerian Fourie
2. Laiken Brisset
3. Angele Vogel
4. Baylee Engelke
5. Lilly-Anne Theron

u/21 Men

1. Calvin Davis
2. Jamie Seale
3. Daniel den Bakker

Senior Men

1. Calvin Davis

Assistant Coach: Sihle Ntuli

Provincial representatives:

Senior Men

1. Juan Schoeman
2. Caleb Arries
3. Luke Lourens
4. Calvin Davies
5. Matt Dewar
6. Sihle Ngubane
7. Tiane Tanner-Ellis
8. Liam Haupt
9. Joshua Davies
10. Keorapetse Sihlangu
11. Cameron Le Forestier
12. Mike Le Forestier
13. Keanan Wax
14. Devin Allen
15. Tom Dixon

Coach: Kagiso Mathaba Assistant: Sigz Ntuli

u/21 Men

1. Aidan Warren
2. Caleb Arries
3. Calvin Davis
4. Corne Burger
5. Dan Den Bakker
6. David Baxter
7. Jamie Seale
8. Jaydon Lincoln
9. Juan Schoeman
10. Keorapetse Sihlangu
11. Liam Haupt
12. Micah Sonn
13. Roan Marais
14. Roan Janse van Rensburg
15. Taine Tanner-Ellis
16. Warrick Adams

Senior Women

1. Anja Tromp
2. Baylee Engelke
3. Cerian Fourie
4. Edith Molikoe
5. Kaylin Hendriks
6. Kiana-chè Cormack
7. Laiken Brisset
8. Lerato Mahole
9. Paige Salis
10. Tegan Fourie
11. Anlu Harmse
12. Bulelwa Mzimela
13. Cabrianne Clarke
14. Danielle van Zyl
15. Elizabeth Porter
16. Elné Lourens
17. Kgodisho Tema
18. Legae Mantoor
19. Marli Liebenberg
20. Nicola Meyer
21. Nolizwi Mlangeni
22. Shanay De klerk
23. Xena Abrahams

Manager: Kgothatso Maboea Coach: Chadwin Petersen

U/21 Women

1. Angele Vogel
2. Anja Tromp
3. Anlu Harmse
4. Baylee Engelke
5. Cerian Fourie
6. Elizabeth Porter
7. Elné Lourens
8. Kaylin Hendriks
9. Laiken Brisset
10. Lilly-Anne Theron
11. Lina Mxinwa
12. Nicola Meyer
13. Paige Salis
14. Shanay de Klerk
15. Xena Abrams

Calvins Davis captains the Northerns U21 side to 2024 IPT victory



Posted on May 06, 2024

TuksHockey players were instrumental in getting Northerns to win the 2024 Under-21 Interprovincial tournament in Cape Town.

This past weekend, Northerns beat Western Province 3-2 in the final to win the title. UP-Tuks student-athlete, Calvin Davis captained the team and was also named Player of the Tournament for his outstanding performance, including scoring against Western Province. During the tournament, it must have felt to him like any other day on the Astroturf, as 15 of his teammates were also playing. Kagiso Mathaba of Tuks guided the junior team as the head coach.

Davis is, however, quick to say that it was not an all-out Tuks effort that led to them being champions.

"CJ Mashele and Xolani Ncube from TUT stepped up and contributed whenever they played. The reality is that it's never easy coming into a team with 16 Tuks players. To see how CJ and Xolani kept playing better with every game was special.

"I am proud of how every player did what was expected. In the buildup to the tournament, we talked a lot about not being a passenger in the team environment. Our success came from understanding that you'll not always be your best the whole tournament but peaking at the right time. We grew 10% each game.

"My standout moment was our group game against Western Province; we went 0-1 down to them to draw 2-2. We dominated the game, although being the 'underdogs'. Knowing we could win the tournament gave the team a lot of belief and confidence.

"If I have to give credit to anyone, it would be Daniel Den Bakker and Taine Tanner-Ellis. They were both crucial in our midfield, whether taking on opponents, keeping possession or creating opportunities for our strikers."

Davis is being modest. He ended up being the player of the tournament. On SA Hockey's website, his heroics in the final are worded as follows: "Calvin Davis, who has stood up as one of the tournament stars, is knocking on the door of international selection for the senior national team. He gave Northern Blues the lead in the 36th minute with a superb reverse stick strike across the goal into the bottom right corner."

Corne Burger scored first for Northerns with a drag flick. Warrick Adams scored the winning goal.

When Davis asked what he thinks his contribution to the team's success was, he said he felt he brought a sense of urgency yet calm mindset to the team.

"We spoke about trust throughout the tournament and keeping things simple. My challenge as captain was to keep everyone on the same page with each game. I also brought experience to the side. It was not the first time I played an under-21 final before. I also played for the SA under-21 side."

The Northerns U-21 women's team finished third, beating WP Peninsula 3-2. A total of 15 players from Tuks were in the side.

- Author Wilhelm De Swardt

Dewar brothers don't just play for tuks – they live it

Posted on June 07, 2024

In 2017, the British rock band 10cc was singing about how they don't like cricket but love it; this sums up how the Dewar brothers, Matt and Alex, feel about hockey at Tuks.

A sixth-year medical student, Matt says playing hockey is a way for him to take a break from academics.

"I genuinely love playing hockey. Studying and playing go hand in hand. I can't imagine the one without the other."

Alex, the younger one studying to become a teacher, will tell you how he finds himself on the Astroturf playing around with a stick and ball when frustrated or stressed. It helps him get a new perspective on things. As he got older, hockey became his real passion.

Matt's love for hockey started when he was a youngster beside the Astroturf, watching his dad, Andrew; try to outsmart opponents with innovative stick work and fleet footedness dribbling the ball. History seemingly repeats itself, as Alex's first memory of hockey is watching his brother play.

Matt has been playing for Tuks for the last six years. His highlights include being part of the Tuks team to have won the USSA Hockey Championships twice (2021 and 2023) and the Varsity Hockey. He has also played for the South African under-21-side. Alex made his debut last year playing for Tuks' B-team.

"It is exciting to have my younger brother also playing at Tuks. It is the thing you dream of coming from playing together in our back garden as kids. As yet, we have not played that often on the same team, but every time we do, it is special. It is nice to have my younger brother having my back. He will tell you the same."

Both brothers are midfielders. As to their best traits, Matt said, "I bring calmness to the team, being able to keep a level head in pressure situations. I also have a good tactical awareness of what 'we' want to achieve. Off the field, I like to mentor younger players. I am always open to chatting about tactics and the game."

Alex prides himself on being one of the fitter players on any team.

"I can drag flick when needed, but I am more the player who will set up a goal, putting someone else in a position to score. My brother is, without a doubt, my biggest role model. He has influenced the way I think about the game."

"The most important thing he taught me is that there are no shortcuts to succeeding in sport. My brother and I are not the most talented players, but we keep playing better through hard work."

The Dewar brothers are not the only siblings playing for Tuks. There is also Tegan and Cerian Fourie. Both sisters have represented South Africa. Tegan is the Tuks' first team's co-captain.

Luke and Elne Lourens are both playing for Tuks' A-teams. Luke joined the club last year and his sister this year. Tristan and Ethan Crawford have both been long-term committed players at the club.

- Author Wilhelm De Swardt



Siblings Luke and Elne Lourens ready for USSA Hockey Champs challenge

Posted on June 11, 2024

Hockey is the one thing that is guaranteed to get the Lourens siblings, Luke and Elne's adrenaline pumping. For them, something is to be said about being on the ball with a stick in hand, trying to outsmart opponents.

There would be no better time to do so than next month during the USSA Hockey Championships in Johannesburg. Luke already knows what it takes to win, as last year, he played for the Tuks men's team, which was crowned champions.

Elne will be making her debut for Tuks at a major tournament. If she is to be believed, it could be a scenario of who let the dogs out.

"I kinda have a 'Jack Russell' attitude when playing hockey. I want to be in the midst of the action all the time. I don't like to lose, so I will put my body on the line for my team. My best quality is playing to make my teammates look good."

Apart from being a big fan of how the Dutch women's hockey team plays, Elne credits her brother as someone who influences how she thinks about the game.

"I have been a big supporter of my brother since I was young. When I am down and doubt my abilities, he asks whether I am a quitter or am going soft. You know how brothers can be. I admire his belief that nothing is impossible if you put in the hard work."

Elne played as a Tuks defender and in the midfield while at school.

"Our coach, Inky (Zondi), talked long with me, explaining why he wanted me to play as a defender. I am sure he can see a future for me even if I can't see it right now. For now, it is a big learning curve for me, taking me to the next level."

Luke has the distinction of having played for and against Tuks. In 2022, he was on the Wits team, facing off against the Tuks in the varsity final. Tuks won.

He also plays as a defender but has the art of drag flicking tuned down to fine art. Those who have seen him play describe his technique as that which would make Thor, the god of Thunder, proud.

According to Luke, being good as a drag-flicker requires hours and hours of practice.

"Everything is about timing and utter focus. I go into a bubble during a game, blocking out everything around me. It is similar to rugby when a flyhalf lines up to kick a vital penalty goal or conversion."

As to role models, Luke said, "I am my person on the Astroturf, but I am an avid student of the game. This means I continuously seek ways to improve my play."

- Author Wilhelm De Swardt



Edith Molikoe is eager to test her hockey skills against the best at the Paris 2024 Olympics.



Posted on July 12, 2024

No regrets are what Edith Molikoe hopes for when the referee's whistle is blown for the last time during the Paris 2024 Olympic Games women's hockey tournament.

South Africa starts their Olympic campaign on Sunday, playing Australia at 12:45. The men's team is playing against the Netherlands on Saturday (12:45).

Molikoe is no stranger to playing hockey at the Olympics. She debuted in 2021 at the Tokyo Olympics. Her fondest memory at the time was being able to play against people she had always looked up to, being around top athletes and learning from them and how to be an elite athlete.

"To me, it was like, oh my word. I am in the same place as athletes I have only seen on television."

But this time around, things are different. Molikoe has 34 caps playing for the Proteas. At the start of the month, she co-captained Tuks to victory during the USSA Tournament played in Johannesburg. It proves she has matured as a player.

The UP-Tuks student-athlete is realistic about what awaits the team on Paris's AstroTurf. South Africa (18th on the world rankings) is considered the least favourite in their group. Their most brutal game will be against the second-ranked Argentina. Australia is ranked 5th.

"Experience has taught me not to take anything for granted in sport. Sometimes things will be for your team, and sometimes they won't. I think if we can stay in the moment in Paris and be present for every game, we might surprise

ourselves. From a personal perspective, I want to learn from the best how to play better. More importantly, I would not want to return home with regrets and feeling like I could have done more."

Molikoe who plays as a midfielder considers her best attributes as a player her distribution skills. Adding,

"And I'm a I'm a very technical player. It means I can throw overheads. I can snap. I can hit. So that's what I bring to the team, but also my speed, my communication, and as well as the ability to read the game."

The TuksHockey player is an unashamed daddy's girl. Her father, John, has inspired her to never accept anything below average.

To this day, Molikoe, the TuksHockey women's captain, remembers her father's words: "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.

"My dad is also the one who told me to respect my opponents—actually, everyone I meet. And nothing beats hard work and dedication."

- Author Wilhelm De Swardt

Lilly-Anne Theron thrives on the challenge of guarding the net

Posted on October 03, 2024

Agility, quick reflexes, and a sharp mind are key traits of a standout hockey goalkeeper, and Lilly-Anne Theron of TuksHockey, excels in all of these areas. Her stellar performances at the 2024 USSA Hockey Championships proved her ability to step up under pressure, blocking not just shots, but anticipating them, helping the TuksHockey women's team to win the title. Her efforts earned her the Best Goalkeeper of the Tournament award. Most recently, she displayed her skills again playing for the South African U-21 team at the Interprovincial Tournament in Johannesburg.

A BSportSci student, Theron is passionate about the unique challenges that come with being a goalkeeper. "Hockey is the ultimate game for me," she says. "I've tried many sports, but hockey's physicality and demands on fitness make it stand out. Some think being a keeper is dangerous, but to me, it's thrilling."

Theron's journey began when she watched her sister's hockey practice. Seeing a group of goalkeepers diving and sliding to stop the ball inspired her to take on the challenge. By Grade Five, when the call came for a volunteer to play goalkeeper, her hand shot up immediately.

In her style of play, Theron explains, "I stay on my feet and prefer not to dive unnecessarily. I'm vocal on the field, guiding my defence because, as a keeper, I see the entire game unfolding. My role is to read the game and help my teammates adjust accordingly."

When asked about the pressure of penalty shootouts, Theron shares, "It can be stressful, but I focus on stalling the player. I pray for calmness and try to read the opponent's skills. Knowing the players helps me anticipate their moves."

Theron's love for the game and her tactical approach make her an invaluable asset to TuksHockey, and her best is surely yet to come.

- Author Wilhelm De Swardt



TuksHockey: Tuks players shine in South African hockey throughout 2024

Posted on October 16, 2024

One of the standout achievements in South African men's hockey in 2024 is the South African under-21 national field hockey team being crowned senior provincial champions. It's a rare feat—one that few can recall happening before. The team also secured victory in the Interprovincial Tournament, adding to their accolades. With sustainable management and guidance, these talented young players have the potential to become one of South Africa's finest hockey teams at the upcoming Olympic Games cycles.

Speaking with UP-Tuks student-athlete Jamie Seale, who plays for the South African under-21 side, it becomes evident why the team has dominated the local hockey scene in 2024. Seale attributes much of his mindset and success to lessons from his father, a former hockey enthusiast.

"My dad always told me that when I step onto the AstroTurf, I should remember that no player is better than me. I carry that mindset into every game. I wasn't alone in this; our whole team believed we could win every match we played," Seale shared.

He also praised their coach, Guy Elliot, for his motivating leadership during the final against Southern Gauteng. "Coach Elliot kept reminding us that if we stuck to the game plan, we would make history. That belief kept us going," Seale added.

Seale, who plays as a midfielder, took on the role of outside midfielder for the South African under-21 team. When asked about his strengths, he emphasised his dynamic style of play on the field.

"I rely on my speed, stickwork, and dribbling skills. I can take on multiple players and create opportunities that can change the course of any game. My ability to read the game allows me to be in the right place at the right time to score," he explained.

Meanwhile, Tegan Fourie's leadership has also made a mark. She captained the Tuks women's team to victory at the USSA Hockey Championships and co-captained the Northern Blues side that won the senior Interprovincial Tournament.

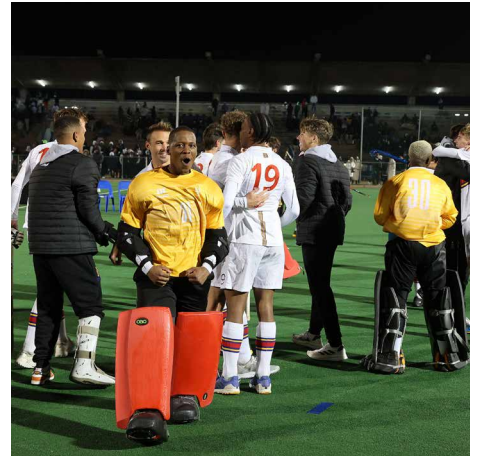
For Fourie, effective leadership is about simplicity and setting a strong example. "I always put the team first. As a midfielder, I know that staying composed is crucial. A big part of my game is distribution, setting up our attacking plays. Over my three years as captain for Tuks, I've learned the importance of communicating with my teammates, constantly encouraging and guiding them on the field," she said.

With players like Seale and Fourie stepping up both on and off the field, TuksHockey continues to leave a significant mark on South African hockey in 2024.

- Author Wilhelm De Swardt



USSA Celebrations



TuksHockey 2024 Club Awards Winners

	Women's 1st Team	Women's 2nd Team	Women's 3rd Team	Women's 4th Team
Most Promising Player	Lilly-Anne Theron	Cabrianne Clarke	Liandie du Toit	Sally Lin
Most Valuable Player	Lerato Mahole	Anemé Jacobs	Duné Nortjé	Alexia Vermeulen
Player of the Year	Tegan Fourie			
	Men's HP Team	Men's 1st Team	Men's 2nd Team	Men's 3rd Team
Most Promising Player	Jamie Seale	James Carr	Odirile Nkosi	Curt Bahlmann
	Daniel den Bakker			
Most Valuable Player	Sihle Ngubane	Luke Andrew	Mutsawashe Kanyangarara	Harry Moller
Player of the Year	Calvin Davis			
	TuksHockey Club Awards			
Coach of The Year	Joshua Davies			
Team of The Year	Tuks 3 Women			
Club Member of the Year	Georgie Dillon			
Linda Dlamini Award for Outstanding Service	Anemé Jacobs			
TuksHockey Club Recognition Award	Joshua Davies			
	Matt Dewar			
	Thomas Dixon			





2025 Junior Hockey Programme



For 2025 Junior
Programme
please contact us on
tukshockey@gmail.com

TuksHockey

2025 New Member Trials



Women:

Monday, 17 February 2025, 17:30 - 21:00.

Kindly complete the relevant link for admin purposes.

<https://forms.gle/7YnCrsB42hpgsFV68>

Men:

Wednesday, 19 February 2025, 17:30 - 21:00.

Kindly complete the relevant link for admin purposes.

<https://forms.gle/hSZUxfjGiWSY32rk6>

Players not having completed the link will not be permitted to trial.
No walk-ins.

R80 fee (Card & Snapscan payments only) Snapscan QR quotes will be provided at registration. NO CASH PAYMENTS. Please download the Snapscan app for easy processing on the day.

2024 club members' return will be communicated on the existing player groups.

Dates above are for new members only. Those who have not settled their outstanding club membership will not be permitted to return for club activities.

No release letters will be issued to players with outstanding club membership fees.

Please note dates are subject to change.



TuksSport

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JJ
BALLING