

The Year 2020



Season's greetings!

TuksHockey has over the past few years established itself as a performance leader in the University hockey environment. The local league has been a performance platform for all club teams, with league titles in the Premier leagues, Men's reserve league in 2019. The uncertainty of that came with hockey activities being either cancelled or postponed left the club in being unable to achieve its 2020 goals and targets.

The club had planned to have 8 teams in 2020.

1. 1st Team Women and Men
2. 2nd Team Women and Men
3. 3rd Team Women and Men
4. Youth Girls and Boys

Trials were hosted successfully in February 2020. Squad training started training late February 2020, with teams scheduled to be finalised by the end of March 2020. Due to the National Lockdown being enforced mid-March, all TuksHockey programmes had to be put on hold.

The National Lockdown has been a difficult period for our sport, even as restrictions have eased over the last few months. We are grateful for all the support we received from TuksSport management as well as the Provincial and National Association during this period, the constant communication and assistance is highly appreciated. A special thank you to our club kit sponsor TK Sport for the continued support.

The approval for our sport to return to training was the best news we had all been waiting for seeing that the year had progressed with no hockey activities, and this was motivation for the club to ensure that our facility would receive approval to host training session when the opportunity came. TuksHockey was one of the first two facilities that received approval to return to training following the Minister of Sport, Arts, Culture and Recreation's announcement on 01 July 2020. The first group of Provincial and National HP players returned to training on under new

regulations on 06 August 2020. The club managed to continue hosting training session with no cases reported, we ensure that we comply with all regulation and adhere to all requirement.

Our venue hosted the inaugural Northern's Galaxy League in November 2020, this platform provided an opportunity for HP players who had been training to participate in a tournament after not having an opportunity to play much hockey in the year. 47 TuksHockey players were selected to be part of the competition. We would like to congratulate Northern's Blues Hockey Association for hosting a successful tournament.

We look forward to the new year and are hopeful that there will be more opportunities for all to be continue playing and being part of the sport we all love.

Warmest thoughts and best wishes for a wonderful holiday and a Happy New Year!

TuksHockey helped Scheffer to regain her passion for life

February 27, 2020 - Wilhelm de Swardt

The Tuks women's hockey team beating Potch Vaal 5-0 in the Gauteng Cup Tournament might not seem newsworthy, but for Meeghan Scheffer it was the game in which she got to live again, and she was making the most of every minute.

Scheffer who hopes to be a qualified teacher at the end of the year gets emotional when talking about her comeback. She has just reason to do so.

There was a stage last year when the doctors told her she would possibly never be able to play hockey again. She was barely allowed to walk for fear that it could cause damage to her heart and lungs.

Scheffer's story proves how unpredictable any sports career can be. At the end of 2018, she was at an absolute high. The Tuks women's team had won the USSA Tournament and she had played provincially. During the December holidays, she started working on her fitness to ensure she is at her best when Tuks try and defend the Varsity-title they had won in 2017.

Things changed dramatically when she woke up one morning feeling a pain in her chest. It did not worry her too much; however, the next morning, she passed out and was rushed to the hospital. So her "nightmare" started. After a scan, she was told her heart was not "doing too well".

"From then on, my health kept on deteriorating. My complexion turned yellow. I got pneumonia. Next, all my organs started to flare up. Despite undergoing various scans, the doctors could not establish what was wrong with me. It was thought that I might have some form of autoimmune disease.

"It reached a stage where I could not breathe due to the amount of fluid around my lungs and her heart. I had to undergo an operation to completely drain my lungs. A part of my lung also had to be removed as it was so infected."

Scheffer, however, had not given up representing Tuks on the hockey field. Every time she felt slightly better, she resumed training, but within a few days, there would be fluid around her heart and lungs again, and she had to stop. It was only October last year that her health started to improve.

According to Scheffer, she has been prescribed quite "heavy" medication. Apparently sort of similar as to what cancer patients might use.

"It means when training, I am not sure how my body will hold up from day to day. I still tend to quickly get sick. It is mostly due to the medicine I need to take on certain days.

"But I am not complaining. The day we played Potch Vaal is the day I got my life back. It was exhilarating to be back on the Astroturf representing Tuks."

As to why she never considered quitting hockey Scheffer said: "I am who I am due to Tuks hockey, and for that, I will forever be grateful."

That is why she is seriously considering of doing a postgraduate study next year. If she can help win the Tuks women's team win the Varsity Tournament again next year she would have made a 360-degree turn in her life.



TuksHockey 2020 Graduates

Ayanga Baleni

(BA Sports Psychology)

Cody Posthumus

(Higher Certificate Sports Science Education)

Henrico Langeveld

(BSc Biochemistry)

Johan Christian Kriek

(BSc Actuarial and Financial Maths)

Maikemisetso Marokoane

(Higher Certificate Sports Science Education)

Melicia van Loggerenberg

(BSc Architecture)

Mitchell Currie

(BCom Accounting Sciences)

Natalie Esteves

(PGCE FET Teaching)

Nicole Anderson

(BCom Entrepreneurship)

Sizwe Mthembu

(BComHons Marketing Management)

Trevor de Lora

(Higher Certificate Sports Science Education)

Gauteng Cup



The Men and Women 1st teams participated in the Gauteng Cup as part of their pre-season activities. The competition took place in February and March 2020.

Women Pool A

NWU Vaal 0-5 Tuks
 Tuks 2-0 NWU Pukke
 Tuks 0-0 Crusaders A
 Wanderers 1-2 Tuks

Men Pool B

NWU Pukke 0-4 Tuks
 Tuks 1-0 Wanderers
 Beaulieu A 2-2 Tuks

TuksHockey

2020 Northerns Galaxy League (Men)

Soshanguve Suns

Jared Campbell
 Nicholas Pio
 Sihle Ngongo (out due to an injury)
 Thabang Setloboko
 Thomas Dixon
 Trevor de Lora

Olympus Orions

Anthony Glutz
 Grant Pio
 Guy Morgan
 Keagan de Castro
 Kyle Coker
 Onke Letuka
 Senzwehile Ngubane
 Tyron Denton

Nelmapius Neptunes

Bradley Sherwood
 Cody Posthumus
 Jason Coombes
 Joshua Davies
 Matthew Davies
 Samkelo Mvimbi
 Sheldon Supra



TuksHockey

2020 Northerns Galaxy League (Women)

Centurion Comets

Carmen Smith
 Emmere Steenkamp
 Hanrie Louw
 Megan Anderson
 Megan Vosloo
 Micaela Roos
 Onthatile Zulu
 Simone Ferreira

Silverlakes Stars

Aimée Anticevich
 Anemé Jacobs
 Edith Molikoe
 Kiara Fitzhenry
 Maikemisetso Marokoane
 Meeghan Scheffer
 Phumelela Mbande

Arcadia Auroras

Amelie Claassen
 Anrize Smit
 Fanezi Mahlangu
 Jean-Leigh du Toit
 Marizen Marais
 Mienke Seebach
 Reitumetse Nyakale
 Tanika Pieterse

Lynnwood Lunars

Lerato Mahole
 Leschen van Zyl
 Xanthe van Zyl



TuksHockey 1st Team Men KZN Roadtrip

The TuksHockey 1st teams Men, led by Sihle Ntuli (Tuks Men's Head Coach, SA u21 Men's Head Coach, and SA Men's Ass Coach) hosted a KZN Roadshow on 13-15 March 2020. The team played friendly matches against Kearsney Hockey Club, Varsity College, Riverside.

The team hosted a coaching clinic on 14 March for the INK Hockey Club development team.



2021 Trials:

- Youth Boys Trials – 05 March 2021
@ 17:30 - 19:30
- Women's New Member Trials - 08 March 2021
@17:30-21:00
- Men's New Member Trials – 10 March 2021
@ 17:30-21:00
- Youth Girl's Trials – 12 March 2021
@ 17:30 - 19:30

Who do I contact?

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TuksHockey helped Smith to find a balance in life

August 21, 2020 - Wilhelm de Swardt

Don't go through life without "goals" is the motto Carmen Smith abides by when playing hockey. The same goes for when she studies.

"Just like you can't win in hockey without goals, you can't win in life without goals," is how the former Proteas player and now Tuks hockey player explains things.

For the final year Sports Science student, it is, however, not really about scoring goals. On the Astroturf, her role is going all out to prevent the ball from being netted. Playing as a centre back, it sort of boils down to "my goal is to stop yours".

It is no surprise with such passion that Smith was at first frustrated when the Covid-19 lockdown was implemented. She could not help but wonder why she should continue to train if there are no opportunities to play.

"After I thought things through, I realised taking a break from playing hockey is a kind of a blessing in disguise. It enabled me to appreciate what our Tuks head coach, Inky Zondi, is continuously emphasising. That is to have a balance in life. Our coach expects us to give 100% whether it is studying or playing. The lockdown also gave me time to rediscover the things in life that is important."

Smith's passion to be a better player after each training session is rekindled. She has even set her sights on trying to be reselected for the Proteas. To her, it is a realistic goal as she hopes to finish her sports science studies at the end of the year. With a degree "in the

bag", there ought to be slightly more time to play hockey. She has, however, applied to do her honours in biokinetics.

The Tuks player has always been sporty. It was watching, her elder sister play that inspired her to also "take up a stick" to chase after a ball. It did not take long before her onfield heroics got noticed. From under-16 she was selected to play for the different national junior sides.

She made her debut for the Proteas during the 2016 Summer Series in Cape Town. The moment she saw her name on the team list, knowing she is going to play for South Africa is something she will never forget.

"My first reaction was to take a deep breath to calm down. I then reminded myself, although I will be playing internationally, nothing has changed. Once I step onto the Astroturf, the only thing that will matter is to stick to the basics. The rules remain the same."

When asked as to what she considers the highlights of her playing career Smith surprises by saying it was part of the Tuks women's team that won the USSA Tournament in 2018 and 2019.

"Many thought it could not be done. But as a team, we were out to prove nothing is impossible if everyone strives towards the same goal. Deciding to come to TuksHockey is possibly one of the best decisions I ever made."

TuksHockey officially started training two weeks ago after receiving approval from the National Department of Sport, Arts, Culture, and Recreation's Minister Nathi Mthethwa.

TuksHockey captain hones his skills in Ireland in preparation for Tokyo Games

July 29, 2020 - Wilhelm de Swardt



The South African and TuksHockey player Peabo Lembethe has decided come what may he will outfox opponents with a stick in hand that is why he left to play in Ireland.

The Tuks captain will be playing for the YMCA Hockey Club in Dublin from September. He can't wait to do so.

"It has always been a dream to play in Ireland, but first I had to fulfil a promise I made to my parents. That is to finish my studies. I am not entirely done yet. I still need to complete one module of my BA Humanities degree. Thanks to the University of Pretoria's online classes, I can do so while being in Dublin.

"I feel I need to be able to play as I am close to reaching my prime. Playing in Ireland is going to stand me to good stead. I don't want to disappoint the team during next year's Tokyo Games," explains the Tuks player who is already in the South African Olympic squad.

According to Inky Zondi Tuks's head coach it is likely that there will be no tournaments played in South Africa this year due to the Covid-19 pandemic outbreak.

"The university tournaments have already been cancelled. There has been no decision as to whether the provincial tournaments will proceed. I think we will only be allowed to resume play once we reach level one of the lockdown," explained Zondi.

It leaves Lembethe slightly frustrated.

"The pandemic 'sucks'. But don't get me wrong. I fully understand the reasoning of why there needs to be a lockdown. Lives must be saved. If everyone sticks to the rules, we can all contribute to slow down the spread of the virus and flatten the curve. The last thing I want is to play hockey, go home, and infect a friend or someone in my family."

The 24-year old Lembethe has represented the Proteas in 28 tests. A definite highlight was playing for South African during the 2018 FIH World Cup in Bhubaneswar, India.

The Tuks player's best quality is without a doubt his unbelievable work rate and an ever sense of what is happening on the field. He is possibly one of the best distributors. He will never just pass the ball for the sake of doing so. He has a plan with every pass he makes.

"I don't care whether people notice what I do during a game. I only got one goal. That is to ensure the team I am playing for wins. If they do, it is mission accomplished. That is what makes doing the 'donkey work' worthwhile." is Lembethe's take on his role on the field.

Apart from playing for South Africa he considers captaining the Tuks men's side to their first Varsity victory in 2018 as special.

TuksHockey

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