



# Winning 'addictive' habit for netball team

When you listen to Jenny van Dyk's plans, it becomes clear that winning can not only become a habit, it can also be addictive.

Last year, Van Dyk made sports history by becoming the first coach to lead teams to titles at the national championships, the Varsity Netball series and the Brutal Fruit Premier League in the same year.

If she has her way, none of the teams will relinquish their titles.

As a forever perfectionist, she has set new goals for herself and the players.

The first challenge is not only to get the Jaguars to win the Brutal Fruit series again.

Van Dyk wants the players to lift the standard of their play to such an extent to be also competitive if they get to play in the Super Club Tournament in New Zealand afterwards.

Whoever wins the Brutal Fruit series earns the right to play the tournament.

Last year that ended up being a reality check for Van Dyk and the Jaguars players, who are mostly from Tuks.

"At first we battled playing in New Zealand, as we were not used to playing game after game at such a high intensity. It was a valuable learning experience. In the end, we did manage to adapt somewhat, which led to us winning one game and

drawing another," Van Dyk explained.

The popular coach is confident that the Jaguars can defend the Brutal Fruit title.

"It is not going to be easy. No game in the Brutal Fruit series is ever easy.

"However, after what happened last year the players now believe in their abilities. Once you get a taste for winning, the more you want to do so.

"I purposely made sure that every one of our training sessions has been geared towards becoming a better team. As a coach, I believe on focusing on one specific aspect

of the game until the players have mastered it.

"The challenge is always to lift the intensity of our play. It was also important to get the right combinations sorted."

The Jaguars is lucky in that the core of the team remained intact.

Erin Burger, Danielle van Zyl, Akosua Mensah and Melodine Jacobs are the only new players in the squad.

In addition, Burger, Ine-Mari Venter, Izette Griesel and Shadine van der Merwe are part of the Protea squad.



The popular Jaguars coach Jenny van Dyk. Photo: Reg Caldecott.



The Jaguars is in the lucky position that the core of the team remained intact and there are a few national players in their ranks.

