

# TuksNetball

newsletter May - Aug 2020

**TuksNetball**  
**ONLINE**®  
Netball Programme

## Online Netball Programme

The 1<sup>st</sup> of May saw the launch of the TuksNetball Online Programme. It is a great privilege to work with players on this platform.

Coach Jenny van Dyk weekly updates the 'classroom' application with new material whilst Semli Sport Scientist Charne Britz joins the classroom with sport and conditioning sessions. What can be expected to be seen is topics such as "Know your Rules", Peripheral Vision, Visualisation information and rules, Specialised Skills information.

Two levels are presented Level 2 (11 – 15 years) and Level 3 (16 – 24 years). The vision at first was to reach out and provide a platform for netball players to keep active and not miss the court to much – the service was free of charge during the pandemic climate. Currently players can join the online programme at R350 per month.

It is an exciting new normal for Netball in South Africa. The vision is to broaden the boundaries and expand into Africa. The vision at first was to reach out and provide a platform for netball players to keep active and not miss the court too much.

Join the online programme: [tuksnetballonline@gmail.com](mailto:tuksnetballonline@gmail.com)



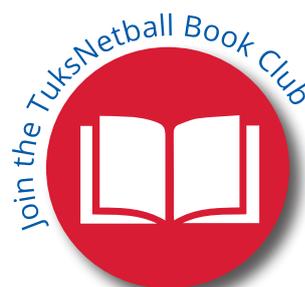
## Matric 2020

Whilst identifying and evaluating players on court was not an option this year - the TuksNetball online programme gives Coach Jenny van Dyk and Coach Sonné Mokken the platform to work with the current Matric 2020 class. Future UP-Tuks students are encouraged to join this classroom, get to know the Coaches and learn to love the special Tukkies culture. It is easy to join with your 2021 student number. Just send us an e-mail: [lifa.khumalo@up.ac.za](mailto:lifa.khumalo@up.ac.za) and we will send you the link to join.



## 2020 Student-Athletes Autumn Graduation

- Akosua Mensah**  
(BCom Entrepreneurship)
- Anique Grobler**  
(BCom Business Management)
- Anke Nothnagel**  
(BA Languages)
- Bianca Stoltz**  
(BEd Senior Phase and FET Teaching)
- Ine-Mari Venter**  
(BScAgric Animal Science)
- Jasmine Ziegelmeier**  
(PGDip Investigative and Forensic Accounting)
- Lungile Mthembu**  
(BA Sport and Leisure in Society)
- Lyne van Huyssteen**  
(BEd Intermediate Phase)
- Marlize de Bruin**  
(BEdHons Teacher Education and Professional Development)
- Mellissa Sithole**  
(Higher Certificate in Sports Science)
- Precious Maseko**  
(Higher Certificate in Sports Science)
- Sibongile Atole**  
(Higher Certificate in Sports Science)
- Tylana Williamson**  
(Higher Certificate in Sports Science)



## Currently on the bedside table of ...



**Coach Jenny van Dyk**  
Bounce - Mathew Syed  
★★★★★



**Riana Bezuidenhout**  
Leaders Eat Last - Simon Sinek  
★★★★★



**Coach Soné Mokken**  
Alchemist - Paulo Coelho  
★★★★★



**Lifa Khumalo**  
Winning the money game -  
Mlamuli Mbambo  
★★★★★



TuksNetball Alumni Lenize Potgieter & Shadine van der Merwe currently playing in the Suncorp Super Netball series in Australia for the Adelaide Thunderbirds and Ine-Marie Venter for the Queensland Firebirds keeps us on the edge of our seats. As proudly SA supporters should, we do not miss a match of the Sunshine Coast Lightning where Karla Pretorius and Pumza Maweni kept the SA spirit high



## Looking forward to: Netball in 2020

**26 August 2020 - 10h00**

Celebrating Woman in University Sport - Riana Bezuidenhout (Live on USSA facebook)

**02 - 04 October 2020**

NSA Level 2 Coaching Course - Venue - Florida High School

**14 - 27 October 2020**

Telkom Netball League - Bloemfontein - Live on SuperSport only

**16 - 18 October 2020**

NSA Level 1 Coaching Course - Venue to be confirmed

**31 October 2020**

NSA Umpire Course - Venue to be confirmed (morning & afternoon session)

**01 - 07 November 2020**

NSA Males National Championship - Venue - Sun City

**28 November 2020**

NSA Technical Official Course - Venue to be confirmed

**02 - 08 December 2020**

NSA SPAR National Championship (u21 and Snr Ladies) - Venue - Bella Bella any queries on above please contact us on [tuks.netball@up.ac.za](mailto:tuks.netball@up.ac.za) and pending the approval of NSA.

## TuksNetball

### 2021 Coaching Clinics

*In partnership with Camp Discovery*



#### Dates:

#### Coaching the Coach:

19-21 February 2021

#### High Schools: U/14 - U/19

19-22 March 2021

30 March - 2 April 2021

#### Primary Schools: U/9 - U/13

26 - 28 February 2021

05 - 07 March 2021

12 - 14 March 2021

30 March - 2 April 2021

#### For info and bookings:

[www.campdiscovery.co.za](http://www.campdiscovery.co.za)

[info@campdiscovery.co.za](mailto:info@campdiscovery.co.za)



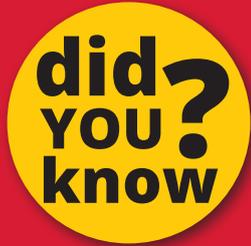
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# History of the game of Netball -1948

Whilst netball was broadcasted for the 1<sup>st</sup> time on television - according to an article in The Perdeby dated 19 March 1948, netball was established at the University of Pretoria. This was the year netball replaced korfbal as a university sport at UP.

The South African Universities Netball Association (SAU) was established in July 1969 in Cape Town. The 1<sup>st</sup> SAU tournament was held in July in Cape Town, Hosted by the University of Cape Town (Ikeys). Other entries, University of Pretoria (Tukkies), University of the Orange Free State (Kovsies) and University of Stellenbosch (Maties). The winners: **Tukkies**

The tournament became an annual event, soon to be joined by other universities and in later years by other tertiary institutions countrywide. From 1969 – 1993 (25 years) Tukkies won the SAU championship 10 times. In 1994 a new governing body called SA Student Sport Union (SASSU) was established. From 1994 – 2004 (11 years) Tukkies won this competition 6 times.



While centre court players can claim the crown when it comes to physical exertion, goal based players are working a lot harder than previously thought. This is according to a world-first study from Deakin University's Centre for Sport Research who has ranked positions in elite netball according to required playing intensity, with some surprising results.

"These players have to be very fit and also very powerful."

# TuksNetball<sup>®</sup>

# ONLINE

## Netball Programme

R350 p/m

Level 2 - Intermediate - 11-15 years

Level 3 - Advanced - 16-24 years

### Programme

- Netball Skills
- Strength & Conditioning
- Match Analysis
- Netball Rules
- Many more

### Fun Corner

- Get to know your players
- Join the challenge
- Sharpen your life skills

### Contact Details:

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tuksnetballonline@gmail.com