

### Varsity Netball Tournament

Once again Varsity Netball 2022 did not disappoint and was a thrilling tournament. UP-Tuks ended 5<sup>th</sup> on the log, with Maties being crowned the 2022 Varsity Netball Champions, with NWU Potchefstroom 2<sup>nd</sup>. Congratulations to Elmeré van der Berg, from NWU Potchefstroom who was crowned the FNB Player of the Tournament.

### Year-End Celebrations



#### Tuks 1

MVP Alice Kennon

Most improved Phophi Nematangari

Player's players Jessica Matjiu

#### Tuks 2

MVP Theoné Marx

Most improved Selaki Kale

Player's players Danielle Francis

#### Tuks 3

MVP Regan Millard

Most improved Chandi Mulder

Player's players Hanna Alexander

#### Tuks 4

MVP Caroline Paul

Most improved Zandria Smalberger

Player's players Caroline Paul

#### Tuks 5

MVP Isandri Liversagie

Most improved Michaela Schnackenberg

Player's players Isandri Liversagie



Celebrations are reminders of what's really important. We celebrate events, people or achievements. More important when we celebrate, we spend time with people care about creating memories. TuksNetball year-end function was a "denim and diamonds" country party. We laughed, learned line dancing and had so much fun. Congratulations to

TuksSport once again honoured the best of the best on and off court. All National and Provincial representatives were accoladed for their performances over the past year. Marlize de Bruin walked away with the Newsmaker of the year award. MVP, the UP Tuks Mascot added an astuteness to the affair.

## Bon Voyage



TuksNetball Alumni and Asst Coach Erin Burger recently travelled to New Zealand with the Protea Fast 5 team as Asst Coach and returned with a Silver Medal – it gives us great pleasure looking back on her journey and cannot help feeling Erin took #Elevate2Greatness the full circle

UP Tuks Athlete

Youngest Protea Player

125 Caps for the SPAR Protea Team

UP Tuks Asst Coach

Gauteng North / Tshwane Senior A Player

TNL team player

UP Tuks 2 Head Coach

Gaueng Jaguars Asst Coach

Tshwane u19A Coach

Fast 5 Asst Coach

Golf Day

TuksNetball Head Coach Jenny van Dyk currently i.e the Mentor Coach for the Botswana National team as part of the Netball World Cup legacy project, is preparing to jet off to Singapore with the team to participate in the Nations Cup. We wish Coach Jenny and our sisters from Botswana the best of luck!

Tuks 1 player Phophi Nematangari has been selected to represent Team SA that will compete in the AUSC Region V games in Lilongwe, Malawi. Crowned as the best centre court player during the SPAR National Championship where she represented Tshwane in the u21A team, we wish



As we wish our members Bon Voyage we welcomed the SPAR Proteas, Scotland, Zimbabwe and SA President VII teams to our home to compete in the SPAR Diamond Challenge.

Ine-Mari Venter  
Izette Griesel  
Lenize Potgieter  
Shadine van der Merwe

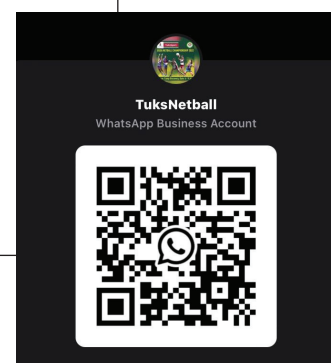
Back on home soil after representing their international franchise teams. Kamogelo Maseko a TuksSport High School scholar represented the stripe in the President XII team. Shadine and Kamogelo both received, Player of the Match awards during the round robin stage of the competition – whilst Ine-Mari Venter shot her way to the Best Shooter of the Challenge. SPAR Proteas won this challenge with Scotland 2<sup>nd</sup>, President XII 3<sup>rd</sup> and Zimbabwe 4<sup>th</sup>.



That would be the final event for TuksSport Facilities and TuksNetball on hosting international events for 2022.

## Individual Clinics 2023

11 February 2023	Advance Umpire – Mninawa Ndaku <ul style="list-style-type: none"> <li>• Contact vs Contest</li> <li>• Advantage</li> <li>• Game Management</li> <li>• Tough Minors &gt; Difficult to spot</li> <li>• Sync Systems</li> <li>• Open discussion on rule interpretation</li> </ul>	R450	All Day
12 February 2023	Pre-Level Coaching – Carin Strauss	R180	Morning Session
13 February 2023	Player 7 – 9-year-old coaching clinic	R350	15:00 – 18:00
14 February 2023	Player 10 – 12-year-old coaching clinic	R350	15:00 – 18:00
15 February 2023	Shooter Clinic	R350	15:00 – 18:00
15 February 2023	Introduction to Technical Official course	R180	15:00 – 18:00
16 February 2023	13 – 15-year old coaching clinic	R350	15:00 – 18:00
17 February 2023	16 – 18-year old coaching clinic	R350	15:00 – 18:00
17/18 February 2023	NSA Level 1 Umpire Course	R450	All Day
18 February 2023	Advance Coaching – Jenny van Dyk <ul style="list-style-type: none"> <li>• Periodisation &amp; Planning</li> <li>• Coaching your own “Philosophy”</li> <li>• Basics to focus on</li> <li>• Designing a game plan</li> <li>• Sync Systems</li> <li>• Assertive attack</li> <li>• Driven defenders</li> <li>• Game tactics &amp; strategies</li> <li>• Psychology behind performance</li> <li>• Statistics and Analysis</li> </ul>	R650	All Day



## Team Clinics 2023

3-5 March 2023	Primary School Clinic (1)	Camp Discovery
10 – 12 March 2023	Primary Schools Clinic (2)	Camp Discovery
31 – 2 April 2023	Primary School Clinic (3)	Camp Discovery
30 – 2 April 2023	High School Clinic	Camp Discovery

Limited space is available for this very popular yearly coaching clinics conducted by Coach Jenny van Dyk and elite player from TuksNetball. Camp Discovery is situated on a 270-hectare game reserve, situated 60 km north of Pretoria. You and your teams will be treated to comfortable and very neat accommodation, balanced meals, facilitators to look after the teams and various team building opportunities. Coaches' chalets are fully equipped and you can look forward to being treated to a true Bushveld style hospitality around the campfire, whilst players are entertained by facilitators with evening activities such as dances, campfire stories, fashion shows, DVD nights and karaoke competitions. The netball specific sessions cover all the bases and cater to different skill levels and abilities.

For bookings and enquiries contact Natasha from Camp Discovery on 012 722 072, 082 821 7172 or email [info@campdiscovery.co.za](mailto:info@campdiscovery.co.za)

## Read All About it

TuksNetball welcomes male student-athletes to the club from 2023. To join the team - Whatsapp us on the QR code below.

We invite the 16+ deaf netball player to join the club for an exciting netball year.

New players are invited to join the TuksNetball announcement group by scanning the following QR code or visit the website for more information.



A very busy and challenging year came to an end in a very appropriate way when TuksNetball joined hands with Tshwane Netball celebrating the Tshwane Legacy of legend Lynette Ferreira at Cullinan Library Park in Region 5. A full program simulating the 2023 NWC with the best of the best 16 – 19 years old from each region competing to receive the Petra Diamond Mines floating trophy. Region 3 (Inner City, Hatfield) won the first inaugural tournament. Sunday followed with cohesion games where TuksNetball reached out to the Tshwane community. The second hand takkie drive was most successful and many players could enjoy the fun day by laughter, having extreme fun and loving netball.





## Calendar 2023

**12 January 2023**

TuksNetball office opens

**16 January 2023**

High Performance Training Commences

**24 January 2023**

Online Registration for 1<sup>st</sup> years

**6 February 2023**

Club Training commences

**Detailed 2023 Calendar to be available on the website soon**

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This is officially a wrap as the TuksNetball office will close on Thursday 8 December 2022. From Jenny van Dyk, Lifa Khumalo and Riana Bezuidenhout, may this Christmas fill your life with new hope, positivity, joy and bliss. Happy holidays!

Seasons  
Greetings

