

2022; That's a WRAP!

AUTHOR: VALERIE BELLADONA

As 2022 slowly draws to an end, it is always good to look back and reflect on the successes and possible learning experiences that we have had.

It has been an exciting year for the world of rugby with a 7s Rugby World Cup being played in Cape Town and a Women's Rugby World Cup in New Zealand, and the next World Cup approaching in 2023. This goes to show that rugby still remains one of the greatest sports, even after a world-wide pandemic.

For the club there have been many battles, some resulting in victories and others not so much. We started the year by defending our FNB Varsity Cup title while our women's 7s team travelled the world doing what they do best.

The World Sports Betting Carlton League produced a bag of mixed fortunes with only our Tuks under 20 team managing to make a final. USSA 15s also saw our UP-Tuks team coming up short against a Maties team who played one less game during the tournament. When the club shifted focus to the 7s code it was all hands-on deck, however the cracks began to show. Our men and women's team, whom we so eagerly boast about, failed to produce the desired results this year in the USSA 7s and Varsity 7s tournaments, however there was much to be learned from the two tournaments and our teams are sure to come back stronger next season.

For now, the time for all players and staff to unwind is approaching and TuksRugby is sure to create even bigger waves in the upcoming 2023 season.



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Meet the 2023 Committee



Front: Marco Calitz (Primary Schools Chairman), Lizanne Jacobs (Head of Coaches), Hein Moolman (High School Chairman), Jenny Venter (Marketing)
Back: Herman Groenewald (Treasurer), Neil Burnard (Vice Chairperson), Rae-Marie Albertyn (Secretary), Stephan Schutte (Logistics), Antonie Schutte (Chairperson)
Insert: Thabo Motau (Head of Referees) Absent: Lizelle Botha (Entertainment)



join our team



IF YOU HAVE A PASSION FOR RUGBY
AND THE DEVELOPMENT OF THE GAME,
PATIENCE, DETERMINATION
AND DISCIPLINE,
THEN YOU ARE THE TYPE OF COACH THAT WE ARE
LOOKING FOR

PLEASE CONTACT US SHOULD YOU
WISH TO BECOME PART OF OUR
TEAM AS A COACH OR TEAM
MANAGER:

Lizanne Jacobs - 072 171 6160
tyrsecretary@gmail.com

NB:

THESE ARE VOLUNTEER POSITIONS



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TUKSRUGBY

NEW PLAYER SIGNINGS

Phumi Xego



BORN IN: DURBAN
DOB: 2002/08/08
WEIGHT: 108KG
HEIGHT: 185CM
POSITION: PROP

Rowan Cloete



BORN IN: SALDANAH
DOB: 2002/01/10
WEIGHT: 78KG
HEIGHT: 168CM
POSITION: 9 / 10

Odwa Moletsana



BORN IN: MITCHELLS PLAIN
DOB: 2001/05/10
WEIGHT: 90KG
HEIGHT: 175CM
POSITION: CENTRE



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MORE NEWS

NEW PLAYER SIGNINGS

Kyle Cyster



BORN IN: STRAND
DOB: 1999/08/01
WEIGHT: 70KG
HEIGHT: 174CM
POSITION: FULLBACK, WING

Andrew Beyrooti



BORN IN: BENONI
DOB: 2002/04/15
WEIGHT: 112KG
HEIGHT: 194CM
POSITION: LOCK, FLANK



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Nicola Macleod

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TuksSport





OTHER NEWS

December MVP: Nicola Macleod

AUTHOR: NINA EVANNA

Nicola Macleod, TuksSport Deputy Director of coaching and performance. Born and raised in Port Elizabeth, Macleod matriculated in Pretoria from the Glen High School. Following this she began her journey as a student at the University of Pretoria where she studied Human Movement Science. However, she did not stop there, after she graduated she went on to complete her Honors in Biokinetics earning her an internship at the Institute for Sport Research at UP.



Photo by Reg Caldecott

Although she was not as involved in sports at Tuks while she was studying, she did compete in the Southern Africa Fitness Sports Aerobic Championships where she represented Gauteng in hip hop. This is no surprise considering that Macleod represented Eastern Province in figure roller-skating when she was just 12 years old.

With women’s rugby on the rise, Macleod believes that if she had ever received the opportunity to play the sport, she would have taken it. “Probably more in the 7s format”, she added, as she believes her past training experiences as a sprinter and hockey player would have acted in her favor. With the position of winger in mind, Macleod can only imagine the exhilaration of receiving a pass and seeing an open try line in-front of her, knowing that it is GAME ON to score the try.

Her favorite rugby player is non-other than Malcolm Marx. Besides being rather pleasant to look at, Macleod adds that she admires his focus and control and believes he brings a sense of calm over a team



Macleod showing off her rugby skill. Photo by Reg Caldecott

when he steps onto the field.

Unfortunately, being a Sharks supporter in Blue Bulls country is rather risky, but this is not something that Head of Program, Conrad Boshoff (Avid Bulls Supporter), is too concerned about, stating, “It is sad that she is not a Bulls supporter, but rather a Sharks supporter than a Western Province supporter.”

Claiming that she makes possibly the best braai-broodjies known to man, Macleod will have to rely on this talent in an effort at convincing TuksRugby that, although her blood isn’t blue, the Stripe runs deep within her veins.



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TuksRugby Mission Statement

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Merry
Christmas

AND A HAPPY NEW YEAR



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Mission Statement

Striving to develop quality student-athletes within a high performance environment who will graduate with meaningful degrees.

Preparing young athletes for a life after rugby, competing for championships on and off the field, for future generations to follow.