



WSB CARLTON LEAGUE KICKS OFF

AUTHOR:
VALERIE BELLADONA

The World Sports Betting Carlton League 2023 has officially kicked off. On Saturday 29 April TuksRugby faced Tuine-Grizzlies where the Tuks JongSpan (third team) started the day's clashes with an impressive 31-7 win over the hosts. Tuks JongSpan coach, Duan Roux, was pleased by the way his team started the league and is positive about the future of the team. In the clash of the second teams, Tuks Fezelas unfortunately came short losing their game 24-38. This however has not put a damper on the teams' spirits as they agreed that the performance of the team was not of standard that had been set and they are determined to improve on this in the next games. In the final game of round one, FNB UP-Tuks 1 put on a show-stopping score of 43-24. If this

score is anything to go by, the WSB Carlton League is sure to be very memorable. Round two of the league will see the Tuks teams battle Pretoria Rugby Club.

Moving focus to the under 20s, TuksRugby again has two very competitive teams playing in the league. With the so called Tuks A and B team often having to battle it out against each other in the end of the league, there is very little which usually separates these two teams. Referring to the teams as an A team and a B team is merely a formality. The A team beat Grizzlies' A with a score of 43-27 while the B team dominated Grizzlies B with a final score of 76-19.

The World Sports Betting Carlton League is known for being the most competitive club rugby league in the country and there is much to be played for in the 2023 season.

DID YOU KNOW:

- ❖ TuksRugby is an open club which means **NON-STUDENTS** can also play for Tuks in any non-university competitions.
- ❖ TuksRugby has 5 teams playing in the WSB Carlton League.
 - 1st team: FNB UP-Tuks 1
 - 2nd team: Tuks Fezelas
 - 3rd team: Tuks Jong Span
 - U20 A team: Tuks YoungGuns
 - U20 B team:
- ❖ TuksRugby has a womens 15s and 7s program.
- ❖ TuksRugby has a youth program for girls & boys.



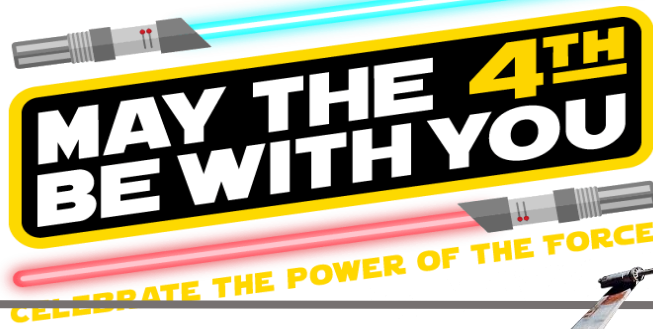
FNB UP-TUKS 1

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OTHER NEWS

Coaches Corner

William Mutlow

AUTHOR: NINA EVANNA

William Mutlow AKA Willa, is TuksRugby’s sport scientist intern and assistant strength and conditioning coach for all the mens teams and the women’s 15 team. Willa graduated from UP with a BScHonors in Sport Science and says it is by pure chance that he was fortunate enough to find himself at TuksRugby. During his honors year he was lucky enough to be paired with a mentor who was doing the strength and conditioning for TuksRugby. At the end of 2022, when he was finishing his Honors, there was a position available as an intern to assist TuksRugby’s strength and conditioning program and Willa jumped at the opportunity. Now he is involved with every 15s team at TuksRugby.

Willa was challenged with the massive task of taking on the S&C role for TuksRugby’s first ever women’s 15s program and this was sure to produce obstacles that he may not have previously encountered while working with the men. “I had to consider the different biological factors that come into play as these are very different to the male players,” says Willa. Due to the fact that the women’s

program has just started, Willa had to try to gauge the capabilities of these athletes in a short period and because most of them had never been in an elite sporting environment the programs had to be very basic at first. “Since the beginning we have seen big improvements in their physical capacity and skill level”.

Willa hopes to be able to assist in developing the structures for the women’s 15s so that we can produce a good quality of rugby and also skilled players. He concluded by saying, “I would like to stay involved in the TuksRugby system and continue to improve myself as a S&C coach and to contribute to the respective teams’ success.”



William AKA Willa Mutlow

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NEW
APPOINTMENT

MAY THE 4TH BE WITH YOU

CELEBRATE THE POWER OF THE FORCE



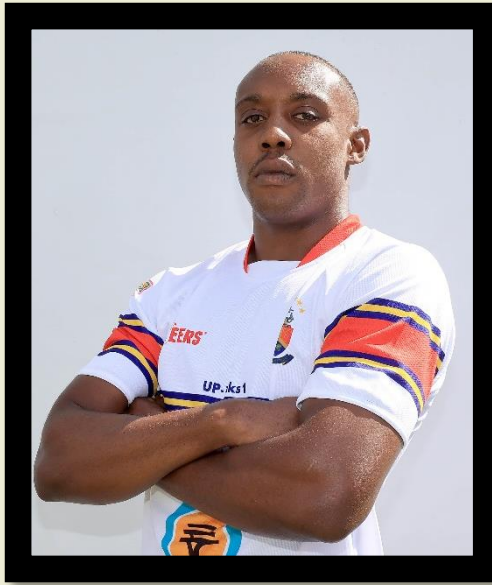
PLAYER IN FOCUS VARSITY CUP LEAVERS

LOUIS MEIRING



Field of Study:
Education
(Masters)
VC Debut:
2020 vs UJ

JUSTICE NKOMBUA



Field of Study:
LLB
VC Debut:
2022 vs UJ

ANDRE VAN DER MERWE



Field of Study:
Education
VC Debut:
2019

ZANDRE KRUGER



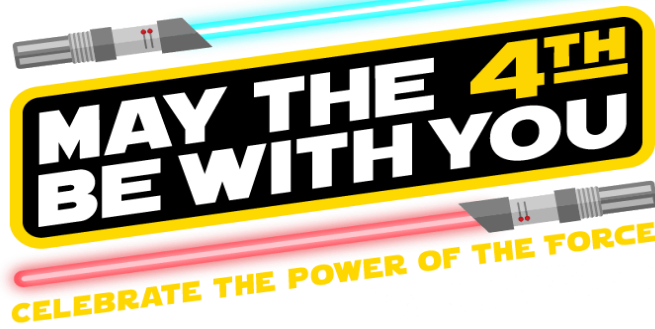
Field of Study:
BCom
investment
management,
PGDip
Entrep.
VC Debut:
2018 vs
Shimlas

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VARSITY CUP LEAVERS

LINCOLN DANIELS



Field of Study:
Education
(Honors)

VC Debut:
2019 for NWU
vs Shimlas.

Tuks debut
and Captain in
2022.



UPCOMING FIXTURES

BBRU Women's Rugby League 2023



<i>13 May</i>	<i>Tuks vs Harlequins</i>	<i>Away</i>
<i>20 May</i>	<i>Tuks vs SMU Buffalo's</i>	<i>Away</i>
<i>27 May</i>	<i>Tuks vs SAPS</i>	<i>Home</i>



UPCOMING FIXTURES

WSB Carlton League Fixtures



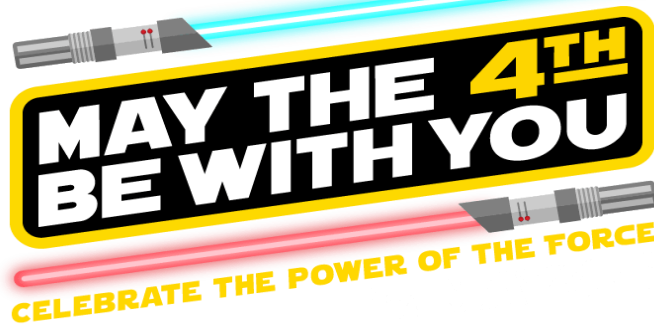
FNB UP-Tuks 1
Tuks Fezelas
Tuks JongSpan

<i>6 May</i>	<i>Tuks vs Pretoria</i>	<i>AWAY</i>
<i>13 May</i>	<i>Tuks vs Harlequins</i>	<i>HOME</i>
<i>20 May</i>	<i>Tuks vs Northam</i>	<i>LOFTUS</i>
<i>27 May</i>	<i>Tuks vs Centurion</i>	<i>AWAY</i>

WSB Carlton Under 20 League Fixtures

<i>4 May</i>	<i>Tuks vs Centurion</i>	<i>LOFTUS</i>
<i>11 May</i>	<i>Tuks vs Pretoria</i>	<i>LOFTUS</i>
<i>18 May</i>	<i>Tuks vs Tuine</i>	<i>LOFTUS</i>
<i>27 May</i>	<i>Tuks vs Laeveld</i>	<i>HOME</i>





APPRECIATION'S/THANK YOU'S

New Appointment; Mandla Mdaka

Player Welfare & Operations Manager

AUTHOR: NINA EVANNA

When you enter the TuksRugby office you will be greeted by an additional face. Mandla Mdaka has been appointed as the Player Welfare and Operations Manager for TuksRugby.

Mandla is however no stranger to the TuksRugby environment. He has been involved with the men's teams over the past few years as team manager. When the opportunity to join the TuksRugby family on a full-time basis arrived, Mandla was

not hesitant to apply for the role.

As player welfare manager, he will be working closely with the student athletes.

In addition to this Mandla already has his first FNB Varsity Cup season as FNB UP-Tuks team manager to add to his resume.

TuksRugby welcomes Mandla with open arms and hopes for a successful and fruitful career for him.



SPONSORED BY:



(Not officially)



MISSION STATEMENT

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

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