

TRY TIME NEWS

HAPPY HAUNTING

Tuks Womens Rugby 7s takes on Kings of Africa tournament

AUTHOR: VALERIE BELLADONA

On 9 & 10 October, the DeltaDrone Tuks Womens Rugby 7s team will take on the 2nd Kings of Africa University Rugby Championship. This tournament is hosted by the Federation of Africa University Sport (FASU) and is open to all university teams in the African continent. The winners of this tournament will secure a spot in the FISU University World Cup which is taking place in Kazan, Russia in 2022. The University World Cup will consist of the top performing university teams from each continent.

The ladies team has been hard at work, with their hearts set on bringing home the silverware. However, the team has had to face a few speedbumps during their preparations. Covid-19 has presented many challenges for the team, delaying their preparations significantly and with that came the cancellation of the USSA 7s tournament which was crucial to the team's preparations. To combat this loss of game time, Women's Programme Coordinator, Libbie J.v. Rensburg, has been working hard to secure

any game time for the team. 'We have arranged friendly games against UJ and the Gauteng Women's Rugby Institute,' said Janse v. Rensburg. 'This game time is not only essential preparations for our students but for the non-students as well. We have not had games in almost 2 years and the girls are hungry to play.' Head coach of the women's 7s team, Riaan vd Merwe says he believes that the players have what it takes but the lack of preparation time is definitely a concern. 'The friendly games against UJ and the Gauteng Women's Rugby Institute were a good indication of where the students are in terms of rugby readiness.' TuksRugby Head of Program, Conrad Boshoff, says 'This will be the first time that a women's rugby team from the



University represents at an official student rugby competition in Africa or in Europe.' He also pointed out that the ladies need to enjoy the experience and 'the motivation to win will be to represent the University at the World Cup next year. No pressure.'



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Coaches Corner *Duan Roux & Dinos Kaparos*

AUTHOR: ZACHIE J.V.RENSBURG

Sonop's first rugby team had the opportunity to participate in the Carlton League as Tuks 3.

Duan Roux and Dinos Kaparos are the key to Tuks 3's success in the Carlton League. These 2 men are dedicated week in and week out to the success of this undefeated team.

A little more background on these 2 pillars:

Dinos' path crossed with Sonop long ago when he played as a housemate for the residence's first team. After his playing days, he continued to contribute to the team as a coach. Dinos, on the other hand, along with Conrad Boshoff was the coach during the 2016 residence league which was won by Sonop. Since then he has handled the technical aspects of the team and plays an indispensable role in the team structure.

Duan started as a coach with the Ratels, Sonop's second team, in 2016. As a player, he made his debut in 2017, after which he took a break from the game. He did make his return in 2021 as head coach of Sonop's first team. Duan is primarily involved in the physical aspects of the game, including planning, decision making and exercise programs. With great enthusiasm he brings a unique approach to the game.

Tuks 3's unbeaten record so far can be attributed to the hard work and dedication of the 2 passionate coaches.

Good luck with the rest of the league.

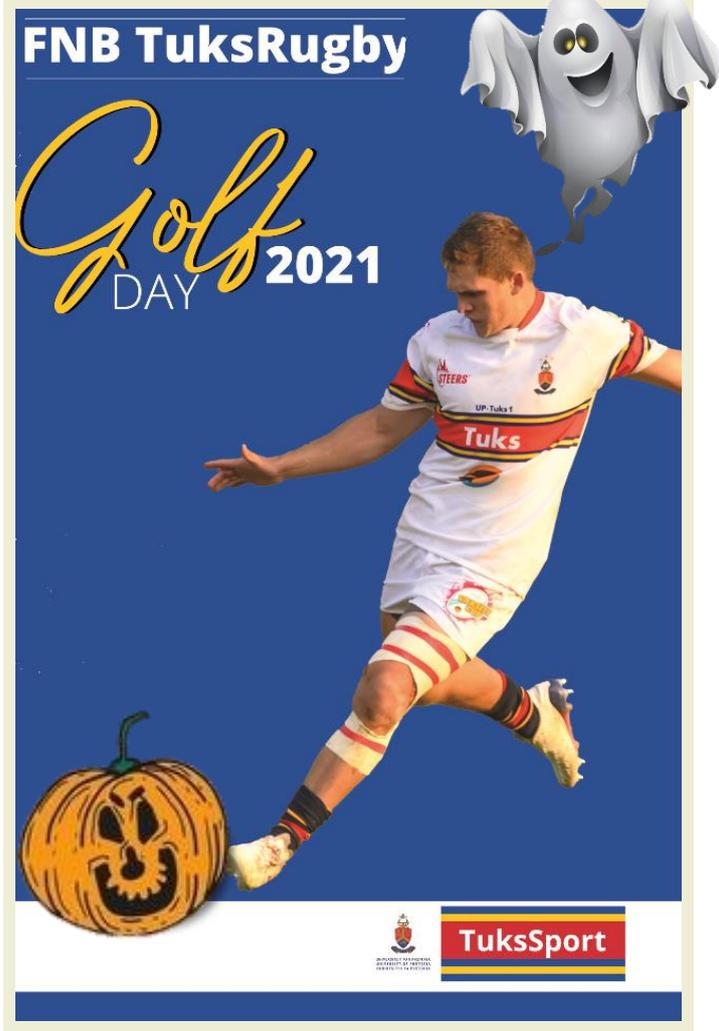
UPCOMING EVENTS

FNB TuksRugby Golf Day

AUTHOR: PHIL 'THE BOMBER' TAYLOR

The FNB TuksRugby Golf Day is around the corner and with a full field it is clear that this will be a very competitive event indeed.

Should there be any interest in sponsorship, kindly email elizabetha.jansevanrensborg@up.ac.za or tuksrugby@up.ac.za



FNB TuksRugby
Golf DAY 2021

TuksSport



Universiteit van Pretoria
SONOP Christelike Tehuis 2016 Eerste Rugbyspan
Koshuis Liga Wenner



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TUKSWOMENSRUGBY

Player in Focus: Sune Botha

AUTHOR: NINA EVANNA

Sune Botha, current player for the Delta Drone TuksWomensRugby 7s team, started playing rugby in 2019 after her mother saw an advert for rugby bursaries on Facebook. Sune completed her matric at Hoerskool Wagpos in 2018 and says that her mother was the one who pushed her to give rugby a try, and she remains her biggest motivator. It can be scary for a young girl to take on rugby, and Sune admits that her biggest struggle when starting was getting over the fear of being tackled, 'but that was over quickly after my first game' she says.

Sune has travelled across the world with the Tuks team, including one of the biggest 7s rugby tournaments in the world, the Dubai 7s. In 2019 Sune was selected to be part of the SA Student 7s team who competed in the World Student Games in



Sune representing TuksWomensRugby 7s team against UJ.

Napoli. For Sune, this was one of her most memorable rugby moments, receiving her SA Student 7s jersey.

Sune usually find herself in the scrumhalf position but has been testing the waters at flyhalf as the team prepares to take on the 2nd King of Africa University 7s tournament, coming up in October in Uganda.

Sune says the desire to be better and stronger than what she was yesterday is what drives her to keep working hard and she hopes to inspire younger girls to swallow their fears and give rugby a try.



Sune Botha

PLAYER FACTS

What is your go-to song?

Anything country.

What is your favourite post game meal?

Peanut butter and a chocolate steri stumpi.

KNOWLEDGE

Sonop Rugby

AUTHOR: DINOS KAPAROS

Sonop is a private residence in Brooklyn Pretoria providing lodging to 165 Tuks students. Sonop was founded in 1916 and celebrates its 105th birthday this year.

Apart from boasting an extremely rich history with prominent figures and proud traditions, Sonop has vested itself as a formidable rugby residence at Tuks. Sonop has won the Tuks Koshuis League on numerous occasions, the last of which being in 2016 when Sonop celebrated its centenary.

In 2017 Sonop represented Tuks in the Koshuis Varsity Cup, the highlight of which was beating the eventual winners of the Koshuis Varsity Cup, Vishuis from Koviesies, 23 - 21 at the LC de Villiers Stadium.

Sonop 1 currently represents Tuks and plays as Tuks 3 (Jongspan) in the Carlton Cup. The team is unbeaten thus far and boast an impressive points difference of +259.

Noteworthy old-Sonopper rugby players are, amongst others:

Willem Alberts (43 Springbok caps)

Uli Schmidt (17 Springbok caps)

Theo van Rensburg (7 Springbok caps)

Corniel van Zyl (8 Italy caps)

Dinos Kaparos (2 Greece caps)

Sonop's logo reads *Bittermin kan 'n Sonopper wees*. This is true when one considers that it takes a monumental effort to achieve such heights with only 165 inhabitants.

Elvis Zondi, 2021/2022 Sonop Primarius encapsulates the ethos of Sonop when he states that "*Hard work, determination and perseverance. Sonop teaches you how to perform under difficult circumstances. Diamonds form under pressure. Christian values, character and perseverance, that is our culture*".

Sonop is humbled by the opportunity and extremely proud to represent Tuks in the Carlton Cup. Being able to have a full rugby season while in the midst of a global pandemic is not taken for granted.

Van Sonop tot laat

Al hoe meer kwaad

Laat die byle huil

IN THIS ISSUE THE REAL MVPS: JULIANA WILLEMSE

TuksRugby



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APPRECIATION'S/THANK YOU'S

The Real MVP's

Delta Drone Tuks Womens Rugby



7s manager

AUTHOR: NINA EVANNA

Juliane Willemse is born and bred in Pretoria and a UP Alumni herself, completing her LLB in 2014. Willemse joined the Delta Drone Tuks Womens Rugby 7s team as team manager in 2019. Her first international tour with the team was to France. The team competed in the Centrale 7s, in Paris, and the Stanislas 7s, in Nancy. Willemse explains her first tour with the team as 'cold and wet' and that is what made her first experience as manager so tough. She adds that it was an amazing

experience and before her involvement she was not even aware of the fact that Tuks had women's rugby. 'It was an eye opener, how big the sport was for women overseas'. Willemse has since travelled with the team to Germany and Dubai and was also manager of the team when they won the inaugural Women's Varsity 7s in 2019. Being the only women in the management team can be challenging, but lucky for Juliana, her feisty, never back down attitude has proved her worth in the team.



Juliana Willemse and Andreea-Maria Atomi at the Dubai 7s.

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