



The Heat is On! FNB Varsity Cup

AUTHOR: VALERIE BELLADONA

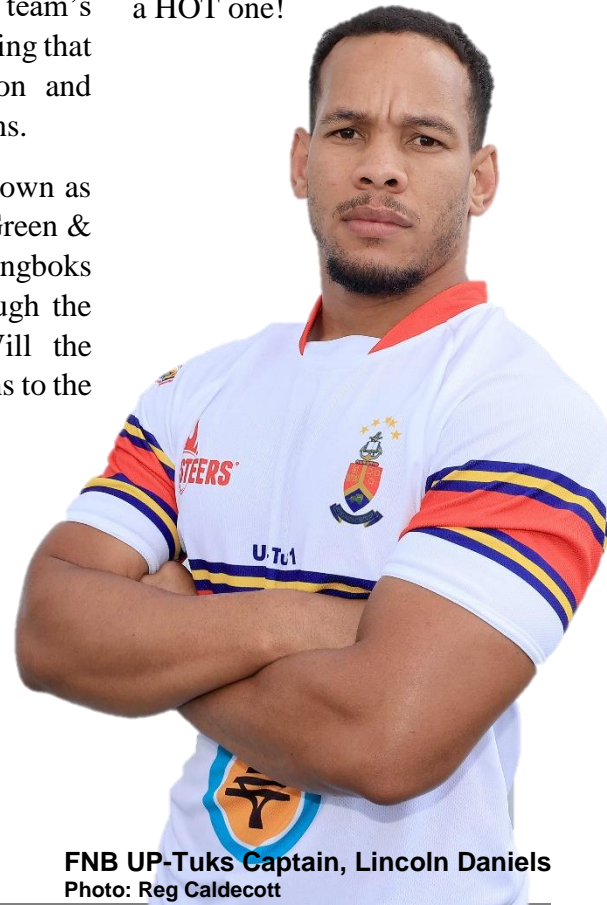
Scottish poet, Tobias Sommet, said 'Number three is always fortunate'. The question is, will this be the case for our 2023 Varsity Cup season. With two back-to-back titles, our FNB UP-Tuks team is tied with FNB Maties in terms of the total number of Varsity Cups which both teams have won. But UP-Tuks is looking at making it 3 in a row, which will make us the first ever university to achieve this.

With the training season underway the team started laying

down the foundations at the end of 2022 and any Tuks player knows, 'Tuks is Fiks'. With the expertise of Naat Loubser, the FNB UP-Tuks team is sure to be as fit as ever. With a warm-up match under the team's belt, the focus now is on finding that famous Tuks team cohesion and testing different combinations.

The FNB Varsity Cup is known as the stepping stone into the Green & Gold with a total of 49 Springboks having been produced through the Varsity Cup pathways. Will the 2023 season see any additions to the Springbok structures?

With many Tuks favorite players, including FNB UP-Tuks captain, Lincoln Daniels, as well as the inclusion of new talents, this season is sure to be a HOT one!



FNB UP-Tuks Captain, Lincoln Daniels
Photo: Reg Caldecott

SCAN ME



FNB Varsity Cup Ticket Sales

IN THIS ISSUE

MESSAGE FROM THE PRESIDENT

FNB VARSITY CUP WOMEN

PLAYER IN FOCUS: KYLE CYSTER



Message from the President

Prof Irma Eloff



The University of Pretoria has a long history of being winners on all fronts – including, and perhaps even specifically, the sport field. In rugby at UP, there is a long legacy of excellence, superb sportsmanship and camaraderie that extends well beyond the time spent on the field.

As the new incoming president of TuksRugby, I am excited about the year ahead. Today’s players will be role models to the younger generation and serve as inspiration to thousands who believe in the power of sports to transcend immediate challenges and to build bridges to the future.

Irma Eloff



OTHER NEWS

FNB Varsity Cup Women is a GO!

AUTHOR: NINA EVANNA

Women’s sport is currently at the forefront and Varsity Cup has jumped on this trend by introducing the first ever FNB Varsity Cup Women Competition. This competition will see a ‘super-bowl’ like setup with the winners of each game advancing immediately to the next round. With only 5 women’s teams competing in this year’s tournament, there is a lot at stake to claim this first ever title.

The top 5 teams were determined based on the previous 2 years USSA 7s tournaments. FNB Maties Women will face FNB UKZN with the winners advancing directly to the semi-finals where they will meet FNB UFH. Our FNB UP-Tuks Womens team will meet FNB UJ in

the first semi-final taking place the 3rd of April at the Tuks Stadium. The final of the women’s competition will be played 13 April.

‘This is a very exciting step for women’s rugby,’ says women’s program coordinator, Libbie Janse van Rensburg. ‘Women’s rugby has made massive steps in the right

direction over the past few years and I’m proud to say that we at TuksRugby have been invested in growing the women’s game.’

FNB UP-Tuks women’s coach, Lizanne Jacobs says it is a privilege for her to be part of the team taking on the challenge

of the first ever women’s Varsity Cup. “Our aim for 2023 is to build a strong foundation, structure and culture to produce a good product of women’s rugby,” says Coach Lizanne. “We want to develop young players who can grow with the team.” She believes this tournament will be a stepping stone into the world of women’s rugby for young female athletes.



IN THIS ISSUE

**PLAYER IN FOCUS:
KYLE CYSTER**

**YOUNGGUNS PLAYER:
DIAN MARAIS**

**MESSAGE FROM
THE HOP**



FNB UP-Tuks Player

Player in Focus: Kyle Cyster

AUTHOR: NINA EVANNA



Kyle Cyster, a fresh new talent that has joined the Stripe Generation. Born and bred in Strand in the Western Cape, Kyle started playing rugby at the age of 14. After matriculating from Hottentots-Holland High School, Kyle completed his advanced diploma in business management at the Nelson Mandela University. It was during his time playing for NMU that his talent was identified by the Tuks coaches and the decision to commit to the Stripe came easily for Kyle as he sees the opportunities that he will be able to get in the Tuks jersey as a means of exceling his rugby career.

A comfortable outside back, Kyle mentions that he enjoys playing in the fullback position however he



Kyle representing NMU.

is eager and willing to take on any position if it was to the benefit of the team. David Manuel, Kyle's coach at NMU, has had a significant impact on the young man's life. Kyle is hoping to not only complete his post graduate studies at the end of this year but also to be part of the FNB Varsity Cup team who wins the three titles in a row.

Kyle believes, nothing is promised and that it is important to cherish special moments with your loved ones. The 2023 rugby season is sure to be something spectacular with the talented Kyle Cyster joining the UP-Tuks team.

Player Facts

Who is your hero?

My Dad.

If you could have one superpower, what would it be?

Invisibility.

What is your favorite post-match meal?

McDonalds.

What is your go-to song?

Time for Me - Migos.

What animal would you be?

Lion, because I want to be king of the jungle.



IN THIS ISSUE

**YOUNGGUNS PLAYER:
DIAN MARAIS**

**MESSAGE FROM
THE HOP**

**TUKSRUGBY
SPONSORS**



FNB Tuks YoungGuns Player Player in Focus: Dian Marais

AUTHOR: VALERIE BELLADONA

Primed in the hooker position, Dian mentions that if he had to play any other position it would be blind-side flank.

Currently in the mix to play for the FNB Tuks YoungGuns, Dian hopes to make 2023 another victorious year for our under 20s team. This, however, is only the beginning of his Tuks dreams. Dian has always dreamed of playing in the FNB Varsity Cup, and he hopes to eventually be drafted into the FNB UP-Tuks team. With the Varsity Cup being a stepping stone for many young athletes, Dian would grab the opportunity at a career in professional rugby with open arms if given the chance.

He also intends on completing his degree in industrial sociology and labor studies at UP and becoming a successful business man following his rugby career. Rugby is an important part of Dian's life, but so is his family and he hopes to be in a position one day to provide for his family.

Dian believes that no one in this world can tell you who you are and what you are capable of, only you yourself can decide. With that said, we are looking forward to who this young man will become and to all that he will achieve in the Stripe jersey and after.



Dian representing Afrikaans Hoër Seunskool.

Player Facts

Who is your hero?

My Dad.

If you could have one superpower, what would it be?

Superhuman strength.

What is your favorite post-match meal?

T-bone with pap and sauce.

What is your go-to song?

Back in Black – AC DC.

IN THIS ISSUE

MESSAGE FROM THE HOP

TUKSRUGBY SPONSORS

CONTACT US



TuksRugby



TuksSport

UPCOMING EVENTS

THE HEAT IS ON

20 FEB - 17 APR

#RUGBYTHATROCKS



FNB UP-Tuks Home Games

- 20 Feb FNB UP-Tuks vs FNB UFS Shimlas
- 13 March FNB UP-Tuks vs FNB NWU
- 3 April FNB UP-Tuks vs FNB UJ



OTHER NEWS

Message from the HOP



TuksRugby Head of Program; Mr Conrad Boshoff

CONTACT TUKSRUGBY

Email:

tuksrugby@up.ac.za

Contact number:

012 420 6068

I want to welcome everybody back. We had a fantastic 2022 Varsity Cup and Young Guns season.

But when you are the champions you have a target on your back and everybody will be coming to beat you.

With the coaching staff of the First team the same as the past 2 years the management team is settled and they have a plan on how we want to play and get the best out of every player.

The Young Guns management have changed a little bit but all coaches there were part of TuksRugby in the past.

I am very excited to see how our women's team will do in the first ever VC tournament for women. I know the ladies will make us proud.

Lastly, good luck for the year and let's make it an even better one than last year.



FNB

2023 Sponsors



DeltaDrone
DRONIFY FOR A SAFER WORLD



MISSION STATEMENT

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

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