



FNB Varsity Cup Update

AUTHOR: VALERIE BELLADONA



Tuks Stadium sunset during the FNB UP-Tuks vs FNB UFS Shimlas game.

Photo: Ansie du Plessis

The 2023 FNB Varsity Cup season started with a BANG! (A literal thunder bang). The opening game of the campaign took place on our home soil and Pretoria was sure to show us exactly what she has to offer, with heavy thunder showers mere hours before kick-off and spoiling us with a classic February sunset to end the day.

Some say this distracted the FNB UP-Tuks team as they trailed FNB UFS Shimlas at half-time 21-14. The Tuks Stadium was packed with over 6000 spectators which proved beneficial as the teams entered the second half.

After a cracker of a second half, the FNB UP-Tuks team narrowly fell short and took their first loss of the season 25-26.

Round 2 saw the team travelling to UCT, where they had plans for redemption. They faced an also wounded FNB UCT Ikeys, who also suffered a round 1 loss against FNB Maties with a score of 21-19.

The team travelled to the Green Mile fields where unfortunately for the UP-Tuks team they faced a hungry Ikeys Tigers team.

UP-Tuks team captain and center, Lincoln Daniels, brought the flare by adding two tries to the score board. Pierre Fourie also left his mark by adding one try to the tally with

Walter Visser slotting two conversions for the team. However, when the final whistle blew, FNB UCT Ikeys proved too powerful with a final score of 40-19 to the home team. It's back to the drawing board for our UP-Tuks team who are sure to bring the heat for the next round when they face FNB CUT.



Zander Reynders in action.

IN THIS ISSUE

**COACHES CORNER:
WOMENS XV COACH**

**FNB VARSITY CUP
WOMEN**

**PLAYER IN FOCUS:
JUSTICE NKOMBUA**

COACHES CORNER

Tuks Womens XV Coach

Lizanne Jacobs

AUTHOR: NINA EVANNA



Lizanne Jacobs coaching the Tuks Womens XV team.

Lizanne Jacobs, Tuks Womens XV Coach, is no stranger to the Stripe jersey. Originally from Namibia, Jacobs matriculated from Hoërskool Overkruin and has multiple sport related qualifications behind her name. From a diploma in sport and exercise technology to athletic coaching for children of special needs, Jacobs has always had a passion for all thing's sports.

Jacobs was a player herself for 9 years, before being forced into retirement by an ankle injury. She played 6 flank and enjoyed the physical challenges that rugby presented. She represented both Tuks and the Blue Bulls Women in the 7s and 15s code. It was an ankle fracture that would eventually take her out of the game.

Nevertheless, she decided to put the knowledge which she gained as a player over the years to good use and step into the role of coach. Starting as assistant coach for the Tuks Youth girls team, she worked her way up

to the head coach position and eventually entered the Blue Bulls youth team setup. Jacobs made major progressions with the Blue Bulls u/18 girls team, taking her team all the way to the finals of the SARU Youth Girls Week. Jacobs then shifted some of her attention to the boys where she was head coach of u/13 Blue Toro team who went on to become the interprovincial tournament champions.

With new goals on her horizon, Jacobs completed her Level 2 coaching qualifications in order to take on the new role as Tuks Womens XV coach. 'It is a big year for us at Tuks as it will be the first time that there is a Varsity Cup tournament for the women,' says Jacobs, 'Our main focus is to show the people good rugby.'

With the challenges presented in all women's sports, Jacobs is eager for the challenges that lay ahead.



Lizanne representing Tuks Womens Rugby 7s at the Dubai 7s.

IN THIS ISSUE

**PLAYER IN FOCUS:
JUSTICE NKOMBUA**

**FNB VARSITY CUP
WOMEN**

**UPCOMING
FIXTURES**

FNB UP-Tuks Player

Player in Focus: Justice Nkombua

AUTHOR: NINA EVANNA



Justice Nkombua, UP-Tuks 1 lock, originally from Chicago in the USA. An American with a Congolese decent, as both his parents are from the Democratic Republic of Congo, playing rugby at Tuks. Justice completed his schooling at CBC Boksburg and started playing for the YoungGuns in 2019.



During his primary school days, Justice played soccer and believed that he would one day become the goalkeeper for Manchester United. However, this was bound to change.

Today, Justice looks up to players like Jean-Luc du Preez and Ardie Savea as he believes that these players are the perfect combination of strength and finesse, as well as being genuine hard hitters, which is something that Justice himself strives for.

‘Watching the 2007 Rugby World Cup with my dad was where it all began,’ says Justice, ‘notably Danie Rossouw’s try-saving tackle on Mark Cueto in that game made me want to experience what it felt like to be a hero for my team.’

Justice would love to make a telling contribution to this years FNB Varsity Cup team, which he has been part of since 2020. He would love to be part of the team who could possibly win the 3rd title in a row and also possibly be included in the Varsity Cup Dream Team.



Justice driving the Tuks maul.

Every since he became a part of the Stripe Generation, Justice has dreamt of playing in the 2027 Rugby World Cup.

Currently busy with his LLB, Justice has a plan for his career post-rugby. He hopes to put his degree to good use and become a judge in the constitutional court.

Player Facts

Who is your hero?

My oldest brother, Patrick

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

Invisibility.

What is your favorite post-match meal?

16 Buffalo wings & 1kg ribs, or HPC chicken strips

What is your go-to song?

Alpha House by Knucks.

What animal would you be?

Eagle, passive when necessary, aggressive when necessary.

IN THIS ISSUE

**FNB VARSITY CUP
WOMEN**

**UPCOMING
FIXTURES**

**TUKSRUGBY
SPONSORS**



OTHER NEWS

Tuks Women's XV gain valuable experience

AUTHOR: VALERIE BELLADONA

With the first ever FNB Womens Varsity Cup slowly approaching, the women's team preparations are in full swing. TuksRugby has been well known over the years for having one of the best womens 7s programs however this will be the first year that Tuks will field a 15s side in competition.

Due to the increased number of players needed to fill not only the field but the squad, there have been some challenges and recruiting registered students to compete in the Varsity Cup has been the biggest struggle. 'We have to field a team in the first Womens Varsity Cup. If we don't and we miss the first one then we will struggle even more just to get in to the competition in the upcoming years,' says Womens Head Coach, Dabeon Draghoender.

The ladies have been putting in the hard work on



Tuks Womens XV team at a field session.

the training field and in the gym. The team also had two sessions with the Bulls Daisies which proved to be a success. 'Firstly, we needed to expose the girls to a higher level of training so that they are familiar with the intensity that is required from them. Secondly, we also needed to identify the team's strengths and areas to work on as we continue our preparations', mentioned Draghoender.

The squad has been narrowed down and all the players are eagerly awaiting the kick-off which will give them all a very special place in the history books.



Tuks Womens XV working on their contact skills.

IN THIS ISSUE

**UPCOMING
FIXTURES**

**TUKSRUGBY
SPONSORS**

CONTACT US

TuksRugby



TuksSport

UPCOMING FIXTURES

**THE
HEAT
IS
ON**

20 FEB - 17 APR

#RUGBYTHATROCKS



FNB UP-Tuks Home Games

13 March FNB UP-Tuks vs FNB NWU

3 April FNB UP-Tuks vs FNB UJ

Tickets for sale on the UP Shop website



CONTACT TUKSRUGBY

Email:

tuksrugby@up.ac.za

Contact number:

012 420 6068

2023 Sponsors



FNB



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.