

HAPPY
HERITAGE
DAY

2022 || Sept || 021

HAPPY
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It's 7s Season!

AUTHOR: VALERIE BELLADONA

USSA 7s is finally back! Although everyone is tired of hearing about the Covid-19 Pandemic, it must be mentioned once again that this will be the return of the USSA 7s tournament since the Pandemic struck.

The last USSA 7s tournament was held in 2019 which saw both our men and women's team bringing home the cups. This tournament was played in Johannesburg for the ladies and Margate for the men, however this year will see a joined USSA 7s where both the men and women's team will be playing at Sol Plaatjes University in Kimberley, 24-25 September. Including both men and women in a joined tournament gives us the opportunity to enhance the culture within the club by bringing our men and women together.

The last USSA 7s tournament saw a significant growth in the number of women's teams that competed and it will be interesting to see whether the universities have managed to continue with the growth of their ladies' teams in spite of the 2 years without any rugby.

Although it is well known that TuksRugby has a powerful women's sevens setup, the focus has now moved to developing our new players to ensure longevity of the club and



2019 USSA 7s Womens captain, Kemisetso Baloyi.

hopefully feed these players into the 15s setup as well. Our men's, Head Coach Dabeon Draghoender, finds himself with little time to finalize his team selection as the club is still playing in the Carlton League during this time.

Draghoender says, 'Every year is a challenge, but this year even more so as we do not really have many senior players left who played in 2019. However, this does create an opportunity for our youngsters to really step up and show us what they've got.'



Tuks Men 7s team, 2019 Champions

IN THIS ISSUE
**Climbing the 7s
Ladder
TuksWomensRugby
Making Moves
Player in Focus**

TRY TIME NEWS

Fellow South Africans



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Climbing the 7s Ladder

AUTHOR: VALERIE BELLADONA



Tuks players Miche Pretorius, Liske Lategan, Kemisetso Baloyi, Kirsten Eastes, Marlize de Bruin and Nolwazi Hlabangane receiving their Springbok 7s jerseys

During the weekend of 12-14 August we saw 6 of TuksWomensRugby's very own players take to the field in green and gold. It was the weekend in which the 2022 World Rugby Sevens Challenger Series took place with some of the top teams battling it out for a spot in the HSBC World Rugby Sevens Series.

Between the 12 players who represented the South African women's 7s team there were 6 Tuks ladies. Liske Lategan who is no stranger to the South African team together with Kemisetso Baloyi who

long ago in the Commonwealth Games were included in the team. Debutants Kirsten Eastes, Miche Pretorius, Nolwazi Hlabangane and Marlize de Bruin were also included in the team. For Nolwazi Hlabangane, better known as Lollie, this has been a long time coming. Lollie has over 8 years of experience playing 7s rugby and is known to be a player with an unbeatable work ethic. Lollie says it took her many years of hard work, believing in her dream and discipline. 'I definitely enjoyed the experience playing at that level and learning from the players and coaching staff. I'm looking forward

to continuing this success, growing as a player and wearing the Springbok badge again in the future.' For Marlize de Bruin, the switch from netball to rugby happened very quickly and she only opted for the oval ball at the start of this year. De Bruin says it was such a special experience and a huge honor for her to have received the opportunity to represent her country so early in her rugby career and it was something that she never expected. The next challenge for the team will be the 2022 Sevens Rugby World Cup which kicks off 9 September.

With the South African women's 7s team being in what seems to be a building phase it is a pleasant surprise to finally see more of the TuksWomensRugby players receiving call-ups. The DeltaDrone TuksWomensRugby 7s team is known to be well travelled and have a large pool of players with phenomenal international 7s experience under their belts. Let's hope to see more ladies receiving recognition in the future.

OTHER NEWS **TuksWomensRugby Making Moves**

AUTHOR: VALERIE BELLADONA

It has officially been decided that 2023 will see a women's Varsity Cup tournament. This news comes after the long-time consideration to include a women's tournament and with the exponential growth seen in women's rugby in the past year it only seemed natural to take the next step. This first ever tournament will see a similar start to what the FNB Varsity

Cup had back in 2008, with only the top 4 female teams playing for this inaugural title.

These four teams were based on the past 3 years' USSA 7s ranking and of course our Tuks ladies' team has been a powerful force throughout the years. The tournament will consist of a semifinal game and a final game, with Tuks facing UJ, while UKZN will battle it out against UFH.

Tuks has been slowly progressing the women's 15s code over the past year and hopes to field a competitive team. Although there are still numerous challenges to be faced, TuksRugby is eager to promote the growth of the women's game.

IN THIS ISSUE

Player in Focus:
Nyiko Makamu

Our Heritage

Upcoming Events
Fixtures



TUKSRUGBY PLAYER *Player in Focus* **Nyiko Makamu**

AUTHOR: NINA EVANNA

Nyiko Makamu is a BEd student at Tuks and the captain of TuksRugby's third team, also known as the JongSpan. Originally from Polokwane, Makamu matriculated from Capricorn High School, however his love for rugby started in 2011 when he was still in primary school.

Makamu says his high school coach, Mr Thomas Joubert, has been a big influence in his rugby journey, with constant support and motivation which really drove him throughout the years. Since then Makamu has represented a number of teams. He has represented the Limpopo Blue Bulls in the Grand Khomo, Academy week and Craven week. He has played for Noordelikes, a rugby club in Polokwane, and finally joined TuksRugby in 2020.

Makamu can fill the role of both prop and hooker, however he says that lately he has enjoyed playing prop more. 'Reason being, prop teaches you so much discipline because as a prop you have to provide stability in the scrums and support the hooker to ensure they win the ball.'

Makamu describes playing for the JongSpan as a platform to develop as a player and adds that the best part is the freedom to explore your creativity on the field. The culture within the team is that of being oneself and bringing your own 'flavor' to the team and Makamu adds that it is important for all the players to remember that it is always a privilege to receive an opportunity to play rugby.

Makamu plans to finish his degree in record time and play high performance rugby with a champion team. Something very interesting about this team captain is that his other hobbies include cooking, playing chess and investments. His favorite thing to cook is lamb stew with rice and vegetables.



PLAYER FACTS

Who is your HERO?

My Mom, she is the reason I am the man I am today

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

Telepathy, so I can know what people are thinking

What is your favorite post-game meal?

Tuna and Rice

What is your go-to song?

Sail by Awolnation

If you were an animal, what would you be?

A Wildebeest



A young Nyiko representing Hōerskool Ben Vorster.

IN THIS ISSUE

Our Heritage

Upcoming Events

Fixtures

Upcoming Events

Players' Golf Day



20



021

TUKSRUGBY CLUB

Our Club, Our Heritage

Afrikaans

Dian Coetzee

How would you celebrate Heritage Day?

We have a tradition of going to the Voortrekker monument. We then celebrate with friends and family to show that we are thankful and proud to be Afrikaans. We would gather together and prepare a feast. We also love to play 'boeresport' on the day.

Traditional Afrikaans foods

The traditional way is to prepare leg of mutton, beans, pumpkin cookies, malva pudding, milk tart, etc. We as Afrikaners love meat. The newer generation has adopted the newer way of where Heritage Day became BRAAI day. What would Heritage Day be without sizzling boerewors?

Traditional wear

The men would wear vellies, with long socks and khaki shorts. The long socks have not made an appearance in a while though. The woman would wear long dresses and bonnets. The women don't wear bonnets these days, but they still like to dress up.



Dian in his vellies

isiZulu

Nolwazi Hlabangane



Nolwazi in her traditional isiZulu attire

How would you celebrate Heritage Day?

I would celebrate it by wearing my traditional clothing and also cooking my favourite traditional meal.

Traditional Zulu foods

We have ujeqe (steamed bread), idombolo, uphuthu, amadumbe, inyama yangaphakathi (goat/sheep skin & intestines), amahewu, utshwala besiZulu (traditional Zulu beer), inyama yenkomo and inyama yembuzi.

Traditional wear

It really varies hey. An unmarried girl (intombi) wears only a short skirt made of grass or beaded cotton strings, she wears nothing on top regardless of her size, weight, small or large bosom. She then spruces herself up with beadwork.

They also keep their hair short.

Married and engaged women cover their bodies completely, which signals that she is off limits. She wears a heavy knee length cow hide skirt. The hide is treated until it is relatively soft, then the leather is cut into long strips and sewn together. Over the skirt, a cloth that is decorated with predominantly red, white and black is worn or draped over. Beads are also worn over this. Men: Traditional dress for men consists of animal skins and feathers; the kind of skins indicates the status of the person wearing them. The tufts of a cow's tail (amashoba) are worn on the upper arms and below the knee to make the person appear broader than he is.

The apron worn by men to cover their buttocks is called 'ibheshu', it is made from calf-skin, so it is soft and easily processed. It comes in two different lengths: Young men wear one that is knee-length as it is more practical for fighting, hunting and dancing. Older men wear one that reach their ankles as they do not readily partake in those activities. Then a headband called umleqe is worn by married men.

IN THIS ISSUE

Our Heritage
Upcoming Events
Fixtures
Players' Golf
Day



TUKSRUGBY CLUB

Our Club, Our Heritage

Northern Sotho (Sepedi)

Karabo Manamela

Traditional Sepedi foods

The bapedi people eat meat and vegetables, our popular dishes include thophi (made from maize meal and a fruit called lerotse, a melon), mashotja (Mopani worms), morogo wa dikgopana (spinach cooked and left to dry in the sun), and dikgobe (coarsely ground corn/samp and beans) and many more.

Traditional wear

The women's traditional attire varies and includes calf-length skirts, blouses with pleats, and long, voluminous gowns. The garments also include doeks or head coverings. Pleats, embroidery, and ribbon trims are examples of common patterns on Pedi clothes. The tribe values beadwork greatly, and it frequently goes with traditional clothing. Although women no longer wear the traditional front (ntepa) and back (lebole) covering aprons, modernized traditional clothing still features waistcloths that



Sesihle's cousin in her traditional isiXhosa attire

mimic these. Animal skin strips were traditionally used to create these aprons. Kilts are a common feature of the traditional clothing of Pedi men.

isiXhosa

Sesihle Maguga

How would you celebrate Heritage Day?

On Heritage Day I will usually dress up in my traditional clothes and attend Heritage Day events with my friends and family. My family will also come together and sing, dance and have fun together all in commemoration of our culture.

Traditional Sepedi foods

In IsiXhosa we celebrate Heritage Day by cooking our traditional meal called "Umnqgusho" which is samp and beans with tripe or beef.

Traditional wear

We wear uMbhaco which is our traditional gear. It is a durable cotton that lasts from generation to generation. We are also known for our incorporation of beadwork that adds that extra spark to the outfit and also our white dotted faces. Unmarried women will wear uMbhaco without a doek or headwrap and a married woman is always seen with a headwrap.



IN THIS ISSUE
Upcoming Events
Fixtures
Players' Golf Day



2022 || Sept || 021

UPCOMING EVENTS

FIXTURES

World Sports Betting Carlton Cup

Date	Fixture	Venue
17 September	Semi Finals Fezelas vs Centurion JongSpan vs Harlequins	Harlequines
24 September	Finals	TBC

Blue Bulls u20 A league fixtures

Date	Fixture	Venue
15 September	Semi Finals Tuks u20 A vs Tuks u 20 B	Loftus
22 September	Finals	TBC



USSA Rugby 7s Men & Women

Date: 23-25 September

Venue: Sol Plaatjies University,
Kimberley



IN THIS ISSUE
Upcoming Events
Players' Golf Day

TuksRugby



TuksSport

September MVP
Joshua Chitsika





2022 || Sept || 021

UPCOMING EVENTS

Players'
GOLF DAY

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ABE MIDAS



TuksRugby



TuksSport

Save The Date

29
September
2022

Venue

Silver Lakes Golf Estate

Cost per 4-ball

R4500 incl VAT - Including dinner, golf shirt, cart & halfway house

For more information contact

TuksRugbyGolfDays@gmail.com / 079 787 7102

TuksRugby

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TuksSport

Save The Date

29
September
2022

Hole Contribution:

R2000 Incl Vat

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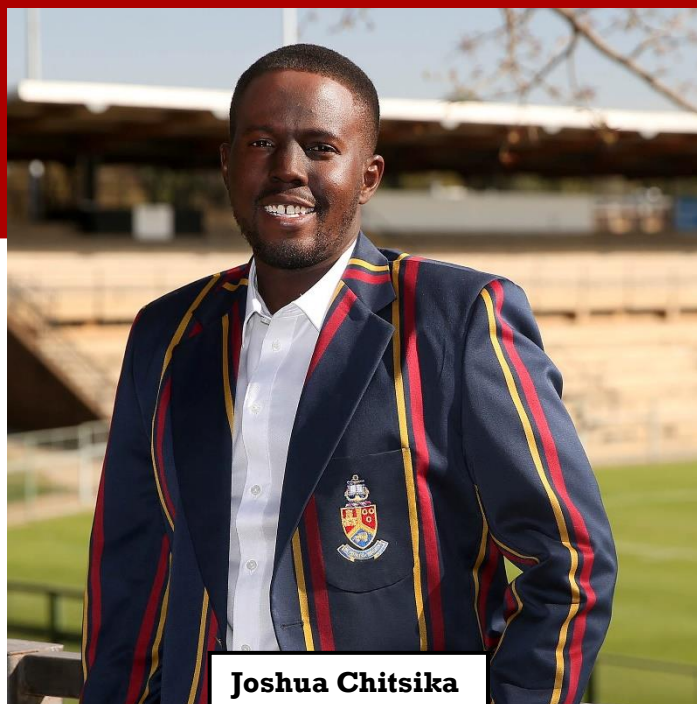


OTHER NEWS

September MVP: Josh Chitsika

AUTHOR: NINA EVANNA

Introducing TuksSports' new Deputy Director, Joshua Chitsika. Born and bred in Harare, Chitsika matriculated at St John's High School. Growing up he took part in a wide variety of sports including basketball, swimming and tennis however he excelled in cricket. Chitsika also took to the rugby field a few times as a coach's dream utility player. Chitsika says 'When I was in primary school I played prop but surprisingly enough I was one of those props that had some pace and could kick so conversions and free kicks I would interchange with the flyhalf.' As he got to high school he dropped some pounds and moved to the scrumhalf position which he says he enjoyed as he could influence the game more.



Joshua Chitsika

Chitsika's UP journey started in 2008 as a student when he enrolled for his BCom Accounting Sciences degree. Following the completion of his degree in 2012 he completed his Post Graduate Diploma in Management Accounting at UNISA as well as Integrated Reporting at UP. He then completed his MPhil Responsible Leadership and is currently enrolled to obtain a professional qualification with the Chartered Institute of Management Accountants (CIMA). While he was busy filling his

academic CV he started working at TuksSport in 2014 as a bookkeeper and over the years that title grew.

His new responsibilities as Deputy Director include strategic leadership support and the operational management of TuksSport's services departments. Chitsika says he wants so focus on two key areas, namely development and sustainability of student and women's sport and developing enterprise and service offering strategies that enable TuksSport to be the sporting powerhouse in Africa.

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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.