



TRY TIME NEWS

CORONAVIRUS AND RUGBY

Upcoming events: TuksRugby Fundraiser

AUTHOR: LIBBIE J.V.RENSBURG

TuksRugby is proud and excited to announce the upcoming club fundraiser which will be taking place 26 November 2020. Spend the day with Blue Bulls players and coaches, not to mention a live performance by none other than the talented Jo Black. This all happening at the Ultimate Aim Sports Pavilion in Montana, Pretoria.

If your hidden talent is 'Rugby Talk' then join in the conversation on the coaches couch or simply listen in to what your rugby icons have to say. It will be a daylong event consisting of sports, food and great entertainment.

The golfing competition will consist of the following categories; Are you chipping like Philly? Putting like Tiger? Or maybe hitting bombs like Bryson?

All funds raised will go to TuksRugby and the price per 4 ball is only R5000. This price includes a gigantic 4kg meat platter; golf, cricket and archery challenges; a halfway meal; welcome drinks and a liver performance by South Africa's favourite Jo Black.

If you act fast, before 10 November, you will receive the Early Bird special and only pay R4500 for the 4 ball. This is an event that is not to be missed.

For more information and bookings kindly contact Bierman Smit at Ultimate Aim on 066 290 7263.



Ultimate Aim Sports pavilion golf simulator.



An empty Tuks Stadium.

How will Covid-19 change our sport?

AUTHOR: LIBBIE J.V.RENSBURG

It is day 236 of the South African lockdown. Sanitizer, mask wearing, and minimal human contact has become the norm. People having to work from home, teach their own children, fearful of a virus that we know so little of, while our beloved game of rugby slowly fades away into a faint memory.

Teams have been unable to interact or train together making accountability the main theme for most club players. Clubs have tried to maintain contact with their players to ensure that once the green light is received, that they can hit the ground running, but the future of rugby is starting to look vastly different. Conrad Boshoff, the acting head of program at TuksRugby, and his staff have been working hard to ensure that all logistics are finalized when the players return to training.

Teams will have to be resilient and adapt to training in smaller groups as Boshoff explained

that only selected players will return to training in the initial phases, with all field sessions being non-contact. Balls and equipment will need to be sanitized before and after trainings and the idea of team water bottles will be that of the past. Boshoff added that players will need to wear masks until they are on the fields and leave the training facilities immediately following a training session.

When players run out for their first game post-corona it will be as if they are running onto the field again for the very first time, but with some drastic changes. Same nerves as they tie up their boots and have their team talks but with the knowledge that times have indeed changed. Being welcomed by nothing but spiderwebs and dust balls in the stadiums, no roar of the crowd as you score the winning try or team huddles in the locker room at half time. This will be the new age of rugby, but it is important to remember that this too shall pass... It might pass like a kidney stone, but it shall pass.

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NICO LUUS**

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SANGO XAMLASHE**



OTHER NEWS

Coaches Corner

Nico Luus

AUTHOR: NICO LUUS

There is huge excitement amongst us all after the announcement that rugby can return to the training field. The focus will be “keep safe and protect” when it comes to players and management upon returning on the 2nd of November.

We will follow a 6-week return-to-play program, which will be revised and reviewed on a frequent basis, with slight increases when it comes to the number and duration of weekly sessions. The players took the time during lockdown to recover from any niggling injuries and to continue working on their conditioning, with weekly conditioning programs provided by the Tuks Head Strength and Conditioning Specialist, Naat Loubser, which we believe is a great platform for the group to transition smoothly into training in preparation of the 2021 Season.

The team always had a strong mindset of “Control the controllables” and “looking at the glass half full“, which will remain our focus moving into 2021 ensuring the development of champion student athletes that are world class.



2010 TuksRugby u21 team, winners of the Blue Bulls u21 A league.



Nico Luus, FNB UP-Tuks 1 Head Coach.



Team photo of the first ever TuksWomensRugby team, established in 2002.

FUNDRAISER

‘Show me the Money’ Challenge

AUTHOR: LIBBIE J.V.RENSBURG

TuksRugby 2020/2021 u21’s have set out a challenge to all old boys to help raise funds for the club. 2020 has been a rough year for TuksRugby and we have found ourselves in a very unique situation.

As the latest fundraising initiative, our current team has decided to take it upon themselves to assist the club in raising additional funds. With that said they have decided to challenge all the TuksRugby Old Boys to see which team can raise the most funds before the TuksRugby Fundraiser scheduled for 26 November 2020.

Each years’ team will be eligible for this challenge. Fundraising can be done in any way that the players feel fit. With this initiative the club hopes to bring together past and present players with some friendly competition in between. The years’ team that raises the most money will receive exclusive bragging rights and be known as the 2020 Fundraising Champions.

KNOWLEGDE

Did you know?

AUTHOR: LIBBIE J.V.RENSBURG

Did you know that the first ever TuksWomensRugby team was formed in 2002. Then the club competed as both a 15s team and a 7s team, however the majority of the ladies took a liking in the 7s code and that is the direction in which the team grew and excelled. The then team was captained by Natascha Louw.

Back then there was a lack of awareness of women’s rugby and majority of the funding and support that the team received was from their own coaches and players. With this self-funding the team travelled to the Reunion Islands in 2011 where they were the champions of the Reunion 7s tournament.

Today our TuksWomensRugby 7s team is sponsored by Delta Drone and they are arguably the best club 7s team in Africa.

COMING UP

PLAYER IN FOCUS:
SANGO XAMLASHE

TUKSRUGBY
FUNDRAISER 26 NOV

GET INVOLVED AT
TUKSRUGBY

FNB UP-TUKS 1 CENTRE

Player in Focus: Sango Xamlashe

AUTHOR: MARGOT MEYER

Sango Xamlashe. The name on everyone’s lips after the first Varsity Cup game in the 2020 season, when Sango made his debut in UP-Tuks colours. Sango, powerhouse on the rugby field, whose love for the sport started in his early childhood. In primary school he already excelled at the game and made an appearance in multiple first team games. In 2011 Sango captained the Stirling Primary School’s first team and was also selected for the U/13 Craven Week team. In Sango’s matric year in 2016 he captained both his school’s first team and the U/18 Craven week team. After school he followed his dream of playing rugby at the Cheetahs U/19 and simultaneously made his Shimlas Varsity Cup debut in 2017.

He represented the Cheetahs U/21 in the SuperSport Challenge as well as the Shimlas in the Varsity Cup. In 2019 he joined the Blue Bulls U/21 team that were the victors of the U/21 championship. Sango is originally from the Eastern Cape and loves to share his knowledge of the game with his fellow teammates and youngsters. He is described by coaches as a resilient, disciplined player, who is a leader and a great thinker on the field- these are all characteristics the youngsters look up to. Sango has set his heart on many goals that he would like to achieve, one of which is to deliver the best defence stats in the Varsity Cup 2021 series.

Some of Sango’s biggest dreams are to be the best centre player in the 2021 championship and to make his appearance at a professional union after the 2021 rugby season. Through hard work and passion, he aspires to be a Springbok one day, representing his country in a World Cup and being inducted into the SA Rugby Hall of Fame. Another personal goal he has set himself is to establish his own retail business by the end of 2021 thereby ensuring that he has a future after rugby. For now, Sango’s focus is built around his Tuks team and his vision for the team is to take home the Varsity Cup title in 2021. Sango is a force to be reckoned with on the field and has a bright future and rugby career ahead of him.



FNB UP-Tuks 1 Centre, Sango Xamlashe.

PLAYER FACTS

Do you have game day superstitions? And if so, what are they?

I don’t have any game day superstitions, but I do have saying of how to go about game day and that is “be where you are”

What is your go-to song?

My go to song is Ambition by Wale.

What is your favorite rugby memory?

My favorite rugby moment is 2015 my first season in 1st XV I wish I could say a particular point in that year but from the moment I put on the black and white hoops for the first time all of it was just a dream.

What is your favorite post game meal?

My favorite post-match meal is a supersize Cajun chicken meal with a Fanta from McDonalds definitely (but not after every win otherwise I’d be eating it too often).



Sango in action during a Varsity Cup game against UJ.

APPRECIATION’S/THANK YOU’S

The Real MVP’s

AUTHOR: LIBBIE J.V.RENSBURG

TuksRugby is a well-known and respected club, having produced some of the best players that the country has seen. In this edition we show appreciation to the staff that work tirelessly behind the scenes. The club staff that you will not necessarily always see on the fields or in the winning photographs, but without these individuals the club simply would not operate.

These staff members include the acting head of program at TuksRugby, Conrad Boshoff, who has been involved at TuksRugby since 2001 when he first played for Tuks Nyala’s, now known as the Jongspan. He is the main man that ensures all club logistics are in order. Ansie du Plessis, the backbone of TuksRugby. She has dedicated over 10 years to TuksRugby as club administrator and without her, club operations would come to a complete standstill.

The club then has a few staff members who have also had the honour of playing in the Tuks Stripe. Andries Kruger, the high-performance player coordinator, ensures that all our student athletes are taken care of. He is always available to answer any questions asked by players and parents and will go out of his way to ensure that our student athletes receive the best that the high- performance program has to offer.

Libbie Janse van Rensburg, staff member and current Delta Drone TuksWomensRugby 7s captain is the program coordinator for the women’s rugby. She is also in charge of the club marketing and assists Ansie with administrative tasks while somehow managing to balance her office and player duties.

Dabeon Draghoender, former Varsity Cup player, oversees outreach, rugby clinics, club and player development and the men’s 7s rugby. The knowledge that he has to share with upcoming players coupled with his passion for the game and the players makes him the perfect candidate for the job. Kruger, Janse van Rensburg and Draghoender have team coaches and managerial duties which they perform in addition to their in-office jobs, proving how versatile these staff members are.

The TuksRugby club is run by phenomenal individuals who have come together to form an outstanding team. Without their dedication, hard work and long hours our teams and players would not be where they are today and for that we say THANK YOU.



Conrad Boshoff, Acting head of Program of TuksRugby.

GET INVOLVED WITH TUKSRUGBY

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TuksRugby



TuksSport

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.

TuksRugby



TuksSport



TUKSRUGBY FUNDRAISER 26 NOVEMBER 2020

SPEND
A DAY
WITH
COACHES
& PLAYERS

PRICE PER 4 BALL
R5000

*EARLY BIRD SPECIAL IF BOOKED BEFORE
10 November*

26
NOV
2020



LIVE performance by Jo Black

TuksRugby FUNDRAISER

Ultimate Aim, 622 Breed St Montana Park, Pretoria



JOIN coaches & players on the COACHES COUCH

- PRICE INCLUDES:
- GIGANTIC 4KG meat platter
 - Golf, cricket & archery challenges
 - Halfway meal
 - Welcome drink (Sponsored by Oakheart Rum)



Contact ULTIMATE AIM (Bierman Smit) for further info and bookings: 066 290 7263

