



University of Pretoria

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ASSUPOL TuksCricket Newsletter

End of 2012/2013 Season



Assupol Tuks 1 –

**Winners of the 2012/2013 Momentum National Club
Championship Competition**

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Assupol Tuks Cricket Club

TuksCricket started the 2012/2013 season as the NCU Premier League Winners, the National Club Champions and the NCU Knock Out winners as well as the TuksSport Club of the Year for 2012. It is a daunting task to achieve the same results as in the 2011/2012 season, let alone improve on it. However, the coaches and players took to the task and exceeded high expectations and turned this season into the best cricket season for TuksCricket in years.

The club now boasts with 10 trophies that were won by various teams in the 2012/2013 season, setting a new club record. The results of all Assupol TuksCricket teams for the season were as follows:

Assupol Tuks 1

- Winners of the CSA National Club Champs for the second year in a row and unbeaten in 12 matches over the last two seasons.
- Winners of the NCU Premier League for three years in a row and unbeaten in 66 matches over the last three seasons.
- Winners of the NCU Knock-Out Competition for four years in a row and unbeaten in the competition for the last four seasons.
- Winners of the NCU T20 Club Competition and unbeaten in the competition.
- Is currently unbeaten at USSA for two years
- Tuks 1 has won 11 trophies in the last three years.
- Tuks 1 is the number 1 ranked club team in South Africa.

Assupol Tuks 2

- Finished 6th in the NCU Premier League.

Assupol Tuks 3

- Winners of the NCU Reserve League for the second year in a row.

Assupol Tuks 4

- Finished 4th in the NCU Reserve League.

Assupol Tuks 5

- Winners of the NCU Second League.

Assupol Tuks 6

- Finished 5th in the NCU Third League

Assupol Tuks 7

- Winners of the NCU Fourth League

Assupol Tuks 8

- Winners of the NCU Sixth League

Assupol Tuks Ladies

- Winners of the NCU Women's Premier League
- Winners of the NCU Women's T20 Competition

These achievements were not obtained through luck, but by the hard work that was put in to reach the high standards and goals that were set. Professionalism and specific preparation is required to ensure that throughout the season, new goals and standards are put into place as the previous ones were met. Many hours are put into giving attention to the finer details to make sure that Tuks is always ahead of the opposition.

Most players in the club are either working or studying full-time and have made a lot of sacrifices for the club during the season. This displays the discipline the players have had in order to meet all their commitments. Without their dedication none of these results would have been achieved.

Through the whole season the coaches and support staff worked extremely hard to prepare the players. They invested time into developing players to reach their full potential and to help them persevere to achieve their goals. It has been an incredible season that will not be easily forgotten for everyone at TuksCricket.

~ Pierre de Bruyn



Proteas/Senior International Representatives

- AB de Villiers
- Faf du Plessis
- MorneMorkel
- AlbieMorkel
- Paul Harris
- Mignon de Preez (Ladies)
- Neil Wagner (New Zealand)
- Kruger van Wyk (New Zealand)
- Kyle Jarvis (Zimbabwe)

Senior Northerns Provincial Squad

- CobusPienaar
- Matthew Pillans
- Heinrich Klaasen
- Francois le Clus
- Graeme van Buuren
- TumiMasekela
- GC Pretorius (Easterns)

Titans Colts

- Ernest Kemm
- Craig Letcher
- RegardtVerster
- Matthew Pillans
- Heinrich Klaasen
- Blake Schraader

Northerns Academy Team Coach

- Aldin Smith

South African u19s

- Michael Faasen
- Murray Coetzee
- Corbin Bosch
- Theunis de Bruyn

Titans Franchise Team

- Francois le Clus
- CJ de Villiers
- Graeme van Buuren
- TumiMasekela

SA Universities Team

- Sean Nowak
- Heinrich Klaasen
- Theunis de Bruyn
- Pierre de Bruyn (Coach)

South African Colts Team

- Ernest Kemm

Swaziland u19s

- Bryce Chambers

Northerns u17

- KgaogeloKekana

Ladies Senior Provincial

- JeneViljoen (Northerns)
- Odine Kirsten (Easterns)
- Bronwyn Sumption (Limpopo)
- Marina v Vollenhoven (Northerns)

End of Season Awards Function

The photos below are of some of the award winners:

1. TuksCricket Man of the Year – Craig Letcher with Prof Cheryl de la Rey, UP Vice Chancellor and Principal
2. TuksCricket Most Improved Player of the Year – Heinrich Klaasen with Prof Cheryl de la Rey
3. TuksCricket Player of the Year – Ernest Kemm with Prof Cheryl de la Rey
4. SA Universities Team Coach – Pierre de Bruyn with Jacques Faul, CEO of Northerns Cricket Union and the Titans
5. Premier League Batsmen of the Year and the TuksCricket Batting Cap with 701 runs in the Premier league – Craig Letcher with Hein Raath, TuksCricket President
6. TuksCricket Most Valuable Player Cap – Ernest Kemm
7. Reserve League Bowler of the Year and the TuksCricket Bowling Cap with 35 wickets – David Mogotlane
8. The TuksCricket Ladies Batting, Bowling and Most Valuable Player Cap – Jene Viljoen
9. NCU Reserve League Winners – Assupol Tuks 3
10. NCU Second League Winners – Assupol Tuks 5
11. NCU Fourth League Winners – Assupol Tuks 7
12. NCU Sixth League Winners – Assupol Tuks 8
13. TuksCricket Elite Squad Coaches – Pierre de Bruyn, Hannah Oguz and Aldin Smith with Hein Raath
14. NCU Ladies Premier League and Ladies T20 League Winners - Assupol TuksCricket Ladies Team
15. Farewell to three senior players – Rickus Weideman, Francois le Clus and Tumi Masekela
16. Premier League Bowler of the Year with 29 wickets – Chris Abrams
17. Northerns Academy Coach – Aldin Smith with Jacques Faul
18. Sollie Barnard, TuksCricket Chairman, and Pierre de Bruyn, TuksCricket Head Coach, present Cheryl de la Rey with a TuksCricket shirt signed by the Tuks 1 team who won National Club Champs.



Assupol Tuks 7

Assupol Tuks 7 won the 2012/13 NCU 4th league; they won 15 out of their 16 games.

Top 3 Batsmen:

J Pretorius (590 runs, 84.29 ave)

M Slabbert (574 runs, 57.4 ave)

ZSlabbert (208 runs, 41.6 ave)

Top 3 Bowlers:

J Pretorius (19 wickets, 3.79 eco)

S van Eeden (18 wickets, 5.64 eco)

TiaanEngelbrecht (17 wickets, 3.82 eco)

~ Martin Slabbert

Assupol Tuks 8

Assupol Tuks 8 is a team made up of friends who have previously played Tuks hostel cricket with or against each other in the last 3 to 4 years.

Tuks 8 played in the NCU 6th league, playing 30-over games on Saturday afternoons. 30 Over matches makes it nice for social cricketers like us, because we do not spend the whole day on the field and before and after the game there is still chance for a braai or to take some time to relax or just have the day for yourself.

Some team statistics:

- Played: 12 (incl. 2 friendly games)
- Won: 11
- Lost: 1

Some individual stand-out performances:

1. Johan Botha – 3 fifties in the season
2. Regardt van Roy – 110 vs Tuks 7
3. Eduan Kruger 111 vs AC old Boys& 6wickets for 31runs in 6oversvsKaveliers
4. SJ van Rooyen with a total of 15 wickets in the season

Congratulations to the team for winning their league.

~ Reghardt van Roy

Assupol TuksCricket Ladies

The TuksCricket ladies team has won the 2 possible trophies in the 2012/13 season. It is an amazing achievement, considering that the team was facing relegation, at some point, in the last season. The pre-season training helped the ladies to prepare and be ready for the season even before it started.

The bowling attack has proved to be stronger than the batting - and this is the belief of the ladies and the stats will not lie. But, I believe that the batting is also strong, with a line up that can bat all the way down to number 10.

The big reason for the success has been the freedom the players were given to express themselves, and the responsibility they took to grow - as individuals - for the success of the team.

I am proud to be associated with the ladies and look forward to growing with them in the 2013/14 season.

- ZolaniGubuza



TuksCricket Junior Academy

I would like to start off by wishing all the boys good luck with their exams, I hope they do very well in their academic efforts, after all we are here to be examples of a well-balanced athlete.

From a cricketing point of view, the training has been going well but there are some aspects that I will discuss with the team as how to go about the way forward. This specifically refers to their ability to manage time as our players have a hectic training schedule, homework and still need to make room for a bit of free time. Keeping these aspects in check is vital in this structure. The importance of the above mentioned balance is crucial as this programme is not a short-term plan for the individual. The player will progress in his cricket as an individual, get their Gr 12 qualification and then filter into the University where the development of their sport of choice continues. So therefore it is approximately a 10 year platform for a player to pursue his full potential. If in those years he gives his all and still hasn't made it, well then he has a degree to enter the world of work with the social skills and self-management skills that he will have learnt at TuksCricket.

I have implemented a meeting structure at the end of every week where as a team; we can address certain aspects such as discipline issues, technical aspects relating to training, the schedule and a reflection process. The players can look back and improve on the coming week and in doing this they create good habits. Closer to the season this will also be used for strategic discussion pertaining to matches.

Important Dates to Note for the Holiday (Subject to Change)

4th July T20 Match at UP Sport Campus. I will be communicating with the players directly regarding what time they need to be here etc.

6th July Match at UP Sport Campus. I will be communicating with the players directly regarding what time to be here etc.

We will be having a Training Camp for U/16, U/15 and U/14's, basically the whole of Group 1 including Thabo, Mojalefa, Jade (Optional) for the **9th to the 11th of July**, this includes matches. We must just ensure we have full teams for these dates. Furthermore we will be playing in Krugersdorp at the XHOSA Cricket Club vs King School West Rand on **the 27th of July**.

As mentioned, we must make sure you communicate your holiday dates in advance as some players will not be in Pretoria during this time.

These matches will be used to prepare for the 3rd term's matches. Our aim for this year is to improve on our CSA School's Challenge ranking.

~ Christo Parsons

TuksCricket

Senior Academy

March as always was a month where a lot of fatigue sets in and the guys have to be monitored carefully in terms of work load, more so the bowlers and all-rounders. It is the latter part of the season where guys have to up their performances in order for their teams to finish well in their respective leagues. With training at the academy as well as the training at the club twice a week, it can become hard work if they are not looked after. The season ended well with a lot of the boys contributing well to their respective teams they represented since January. The 5th side at Tuks, made up by a host of academy players, won the league.

The guys enjoyed a well-deserved three week break after three months of in season monitoring. Holidays started on the 27 March and we were back to training again on 15 April.

The first phase of our winter training was from 15 April until 10 May. This saw the guys playing a lot of inter squad matches at Groenkloof Oval. The reason for this was to understand why each individual reacted in certain situations, under various pressures, what their thought processes were and how they strategize. It is always a good exercise for the coaches to hone in on certain technical aspects and mental work during phase 2 of the winter training period, which is without a doubt the most important part of the year by far.

We started with very static technical work during the month of May. The work included a lot of repetition starting with shadow batting, moving into pop ups and underarm throws. The reason for this is for the players to understand what goes into their techniques in order to get the desired results that they seek and learn more about repetition and good habits. Video work has also been done with each individual on batting, bowling and fielding aspects. It is important for the players to see themselves from a different perspective. This is important as they sometimes have a different picture of themselves in their minds which can hamper understanding of what needs to be done to improve certain technical aspects.

The training has been very good. There has been good feedback from players regarding training sessions and you can see how some players have matured since they started at the academy in January. That maturity has filtered into their training, disciplines with punctuality and taking responsibility.

~ Aldin Smith

TuksCricket

Specialist Services

Strength & Conditioning

May was the start of the off season. This is where the players could unwind and enjoy other activities outside of cricket, and commit to their studies for exams. By the end of May the boys returned for baseline fitness testing for the senior club. This was to determine where the boys are in terms of their fitness and what is necessary to work on going forward into our phase 1 of preseason.

Phase 1 of our preseason has begun with a boom, where the boys are heavily involved with correction work based on individual outcomes from the physio screens, as well as strength endurance in the gym and speed endurance on the field (track or hills). The sessions are going well with individual attention being paid to those who need it.

The junior academy is slightly different where they have entered into their pre-season phase 2 in preparation for their competition matches which begin in July. This phase is focused more on speed technique, speed work over short intervals, and agility mixed in with cricket specific drills. Their focus in the gym is power related mixing power lifts with plyometric movements to work on acceleration and explosive power. The volume is low but intensity stays high. The juniors are coping very well with this and have prepared well as we have no injuries to be concerned with. There are a few players experiencing stiffness which is not severe, however this is linked to their inconsistency in attendance in phase 1, which has been reiterated to them.

Going into June, we are loading the boys aiming to fix any weaknesses and problems that have been screened, and work on gaining strength endurance with maximum strength. The outcomes will come with our next test date set for mid-July!

~ Hannah Oguz



Meet the Coach:

Christo Parsons



Christo Parsons

CSA Level 2 Coach

Junior Cricket Coordinator and Assistant Coach

Christo played for various cricket clubs since he was 15 years old, these include: Wits Technikon CC, Zoo Lake CC, MarksPark CC (5 years) and for Old Parktonians CC.

His coaching career started when he attended a Satellite Academy that was hosted at HoërskoolHoogenhout by Northern's Coaches/Players, Gerald Dros and Grant Morgan, when he helped Grant in the mornings with the U/9 group and since then he coached at various schools across Gauteng.

Christo then moved to Pretoria where he coached at a Cricket Academy in Midstream estate, which focused on developing young players.

From there he joined the Tuks Cricket Club in 2010 as a coach. He is currently the Tuks Cricket Junior programme coordinator where he coaches the junior club teams and manages the junior academy programme. He is also an assistant coach for the reserve squad in the senior club.



Upcoming Events

Traveling Clinics

Assupol TuksCricket Coaching Clinics for School Teams

Assupol TuksCricket will be presenting coaching clinics this year. These clinics will entail the TuksCricket coaches travelling to your school and presenting clinics to your teams. The aim of these clinics is to prepare your team for the season ahead and to provide skill development.

The passionate and professional coaching staff at TuksCricket will ensure that the clinic covers all aspects of cricket that will give your team a boost for the season lying ahead.

CLINIC OBJECTIVES

- To expose all players and teams to the techniques and tactics currently used by top level teams
- To emphasize fundamental skills such as specialist bowling, batting and fielding giving the players the necessary foundation and specialist techniques for long term growth
- To give the players the opportunity to receive guidance while practicing drills
- To expose teams to new tactics and specialist skills
- Talent identification

CLINIC FEE

R500 per player

This includes the following:

- Specialist batting, bowling and fielding sessions
- Team- and role-specific coaching
- Fitness and conditioning sessions
- Coaches forum

There will be 4 sessions in the 3 days as follows:

Friday 14:30 – 17:00

Saturday 08:00 – 12:30 & 14:00 – 17:00

Sunday 08:00 – 12:00

For more information please contact Blanche Conradie, blanche.conradie@up.ac.za or

072 799 8540

Private Coaching

TuksCricket is presenting private coaching sessions. During the off season you are welcome to let us know what times will suit you to attend a session. The aim of these private coaching sessions is to make services available for players to spend quality time in the nets with one-on-one coaching. The sessions are R200 an hour. Feel free to contact the cricket office on 012 420 6151 to find out more about this service.

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The Assupol TuksCricket Golf Day

Wednesday, 7 August 2013
Zwartkop Country Club
Old Johannesburg Road, Lyttleton, Pretoria

**Great prizes
to be won!**

**Raffle &
auction**

Format: 4 ball alliance, 2 scores to count
Cost of 4-ball: R3 000
(Includes welcome drink, green fees,
halfway house, dinner and a goody bag)
Cost of a T-box: R1 500

For Bookings: Niki Visser
072 307 1896
niki@silvercrestevents.co.za

For Bookings: Blanche Conradie
072 799 8540
Blanche.Conradie@up.ac.za



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