

The Nightwatchman

We start the season with a bang in September when the Recreation Ground in Oudtshoorn, hosts the 'pool of death' in the Africa T20 Cup. Four teams battle it out over the weekend with the top team from Zimbabwe, Northerns, Gauteng and hosts SWD progressing to the finals weekend over 21-23 September. The cup will see franchise players from the respective franchises playing alongside both senior provincial and selected U21 players. Proteas batsmen Themba Bavuma will be taking the field for Gauteng. To see the full fixtures see full fixtures see page 10



Locally, coaches are busy preparing squads for the leagues which kick off in September and games are already under way at club and school level. Our forums have also kicked off, with the Knysna Coaches Forum again leading the way. We will be travelling around the region assisting coaches with their drills and coaching skills, so be sure to keep an eye on the dates for the forums in your region!

It is always an exciting time for young cricketers when they know that the season is near and it is the coaches responsibility to have planned out his sessions for the season in preparation for the rush of the season. I implore our coaches to check their thinking and to make sure that what they have planned and will work through in the season, is aimed at developing their players SKILLS. AS a reminder to everyone in our system, the entire pipeline from KFC mini cricket to senior provincial cricket, is not about winning, but firstly about developing a love for the game where children and adults alike, will stay involved in some form, in the game, whether it is playing socially, professionally or just as a supporter who loves the game. This pipeline is aimed at producing players who can play franchise and ultimately for the Proteas. Your language is the first point of call when checking where a coach or school is focused... "We won/lost" or "He has learnt a new skill"?

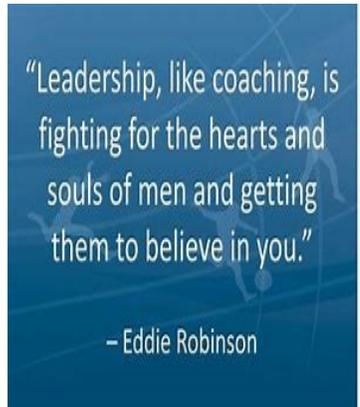
We trust you find this newsletter interesting reading and can take something from it.

Garry Hampson—SWDC Coach Education Manager

“Conditioning Corner”

Daniel Seha , who graduated with a BSC from Stellenbosch University has brought a extra facet into the region when he was appointed as the Assistant Coach to the SWD Senior Provincial Squad. Although still young in terms of years he has already picked up experience working in various sports including hockey, cricket (with the Namibia HP Teams) as well as time with Ajax Cape Town. We will be introducing a conditioning corner in our regular newsletters written by Daniel, which will help coaches with ideas and tips pertaining to the conditioning of their players.

See more on page 8



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Special points of interest

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SWD SQUAD GEARS UP FOR AFRICA CUP!

COBRAS PLAYERS BEEF UP SWD SQUAD FOR CUP

Four Cobras players will be joining the SWD Africa T20 Cup Squad in Oudtshoorn for their fixtures from the 14-16 September.

The Africa T20 regulations allow for 4 franchise contracted players to be included in each squad. This is to give the younger players in the teams the opportunity to test their skills against some of the best in the country.

Zubayr Hamza, all rounders Aviwe Mgijima and Jason Smith together with opening bowler, Tladi Bokako, will be joining Baakier Abrahams' squad. These players will bring an experienced edge to a young, but exciting team who will be taking on the big guns of Northerns, Gauteng and Zimbabwe.

The SWD Africa T20 Cup squad gets their tournament underway on Friday 14th September at 13h30 at the Bridgton Sports complex. The players have been hard at work in the off season and although facilities have been a challenge with the drought conditions in Oudtshoorn, the team has made the most of its preparation, thanks largely to the support of partners such as Langenhoven Gymnasium, Glenwood House High School and the Nelson Mandela University in George.

The build-up to the tournament continues with two warm-up fixtures on Tuesday 11 September at Langenhoven Gymnasium followed by team training sessions on Wednesday and Thursday at the Recreation ground to round up preparations.

"I am excited by the balance in the squad brought about by a blend of youth and experience and with the inclusion of 4 Cobras franchise players eager to make a mark in the shorter format of the game will add to the versatility within the squad", said coach Baakier Abrahams.

SWD will be taking on Gauteng on Friday afternoon of the 14th at the Bridgton Sports Ground, Free State (morning) and Northerns (afternoon) on Saturday 15th Sept, both games at the Recreation Ground and then they play Zimbabwe in the final game on Sunday afternoon of the 16th, at the Recreation Ground. Entrance is free so bring the family and join the SWD community and support our boys whilst enjoying some of the best action on the field.

The full squad is: The SWD squad is: Zubayr Hamza, Neil Hornbuckle, Yamkela Oliphant, Obus Pienaar, Brendon Louw, Jean du Plessis, Jason Smith, Aviwe Mgijima, Marcello Piedt, Jaco Janse van Rensburg, Tladi Bokako, Bradley de Villiers and Tsepo Ndwandwa



Above: Zubayr Hamza will be a key performer with the bat alongside the SWD batsmen with Aviwe Mgijima (below), bringing his all-round skills to the Recreation Ground during the Africa T20



Some of the SWD players who will be in action this weekend: Clockwise from above: Aviwe Mgijima (Cobras), Obus Pienaar, Jean Du Plessis and Marcel Piedt below



SWD WOMENS SQUAD NEWS

The SWD Senior Women's team starting their off season program in June and have been working every week since. Players come together every Thursday for strength and conditioning training in George or Oudtshoorn with some light technical work being done. The initial focus was to get the players working together and training as a team. The players trained individually on their own on days when they are not with the squad.

The focus on cricket skills began in earnest at the beginning of August and the players have been hard at work honing skills for the season which is fast approaching. In this, a real effort has been on working on the aspects of the game highlighted by the Women's Cricket Blueprint and this has enabled the players to understand what it will take them, to get to the next level.



Left and right: The SWD Women's Squad working through some circuit training in



“The opportunities for female cricketers are now becoming global as the game expands”

SWD Girls U19

A group of SWD u19 girls attended a winter camp at Glenwoodhouse, where they were put through their paces by various coaches. The camp was aimed at upskilling a group of players and initiating the pre season training program



Players were coached on their specific skills in batting, bowling, wicket keeping and fielding. The main focus of the camp was batting and facing spin in particular. Jonathan Beukes, shared his extensive knowledge with the batters and also showed them various drills to use in developing their game against spin bowling. On the bowling side, players focused on developing

options for the shorter game and worked slower balls and bouncers with ex SWD player and RPC Coach, Merlin Masimela leading the bowlers. Wicket keepers worked on their standing up techniques, taking ball on leg side and attempt stumpings. The fielding sessions covered all general aspects including catching, ground fielding, target throwing and backing up).

Players also had an opportunity to question SA Fillies player, Annerie Dercksen regarding her selection to SA School team and what her keys to her success were.

The camp was enjoyed by all the players and set the tone for the season ahead.



Above: Pitchvision RPC Coach of the Year and SWD U19 Girls Assistant Coach, Ello Booysen discussing techniques with the players and Right: Jonathan Beukes working on playing spin with

EX PROTEAS WOMENS PLAYER TO COACH MOSSEL BAY

Annelie Minny, who represented the Proteas Women's side in 14 ODI's and 5 T20 Internationals, will taking over the reins from Yolande Van Aswegen at Mossel Bay CC Women's Cricket. This is a major boost for the region and for women's cricket in general. Having a player of this caliber putting back into the game will benefit all the players under her guidance and in the region as she will be able to share her knowledge and experience gained whilst representing South Africa.

The women's game is going from strength to strength in the region as it gains momentum from the impact of performances by the Protea Women's side who leave for the West Indies this month on a month long tour. The opportunities for female cricketers are now becoming global as the game expands and players from South Africa are now pursuing careers similar to their male counterparts with provincial and national players spending their winters playing abroad.

Female cricketers who are interested in beginning the game or joining a club should contact the SWD Office for further information.



Above: Annelie Minny in action for the Proteas Women side. She will be coaching the Mossel Bay Women's Team this season

ACADEMY PLAYERS INCLUDED IN SWD SQUAD

Two current SWD Academy players, Todd Walker and Bailey Aarons who both represented the SWD Senior Provincial side last season have been included in the SWD Squad for the 2018/2019. Their inclusion follows in a stream of players who have moved through the SWD Provincial Academy into the SWD Senior Provincial Squad.

Other players who have been included in the SWD Provincial Squad having spent time in the academy are: Jean Du Plessis, Mthobeli Bangindawo, Marco De Kock, Bradley De Villiers, Neil Hornbuckle, Jaco Janse Van Rensburg and Marcello Piedt. Having established itself as the major breeding ground for SWD Provincial players in the past, the academy runs year round with its focus not only producing cricketers, but holistically rounded players who have a variety of life skills with education and getting a qualification behind their names paramount.



Mthobeli Bangindawo is one of the recent products of the SWD Provincial Academy included in the SWD Squad for 2018/19

SWD PROVINCIAL ACADEMY & U19 SQUADS

Through the cold and wet winter months, the Academy as well as the under 19 players have been hard at work at PW Botha College.

The focus for these two squads has been on nailing down the technical side of their games, in terms of batting as well as bowling. We have been consistently busy using video footage to develop the techniques of each player and to improve or make subtle adjustments, where needed.

The under 19 squad has specifically benefitted from this type of practice working alongside the academy players, because they are able to learn from their peers, of whom quite a few have attended national weeks at school level previously. A lot of the under 19 age group training during these months have been one on one sessions, as well as the sessions where they joined up with the Academy. During the July holidays U19 players attended a winter camp. The camp for the U19's assessed their fitness levels to gauge what needed to be done in terms of conditioning before the season. From there we went into specialist groups, with batters, spin bowlers and fast bowlers working on specifics. The second part of the day was a live session focusing on the aspects worked on earlier in the day. A tough fielding session completed the days work before everyone departed home. The players left the Camp knowing the amount of hard

work lies ahead of them before the national weeks at the end of the year.

The next few months will be key as to the success of the under 19's as well as the Academy, because the preparation from a coaching perspective will be a lot more demanding and everyone involved will have to play their part, in order for us to achieve our goals as a team and also achieve the individual goals set out by the players themselves.



Above: The 2018 SWD Provincial Academy Squad. Back Row, left to right: Henrico Louw (SACA PDM), Renaldo Swarts, Travis Ackermann, Gurshwin Rabie (Head Coach), Stephan Tait, Levin Muller, Francois Barnard, Athenkosi Kwitshana, Daniel Seha (Trainer). Front: Jonathan Beukes (Cricket Services Manager), Todd Walker, Rudi Claassen (President SWDC), Bailey Aarons, Simon Swigelaar (Honorary Life President)

PROVINCIAL ACADEMY SQUAD — MANDELA DAY ACTIVITIES

The SWD Academy had the privilege this year of taking charge of the annual Mandela Day project on behalf of SWD Cricket. The activities saw the squad visit to Tuiniqua Centre for the Aged in George, where the players spent time with the older generation and brightened their day for the with hot coffee, cake and a snacks to eat. A wonderful day was had by all!



Left: The SWD Academy players armed with cake and snacks before visiting the Tuiniqua Centre for the Aged above on Mandela Day

U15/U17 WINTER CAMPS

During the past June -July holiday U15 and U17 winter camps took place. The purpose of these camps was twofold, with a focus on talent identification and to provide players from various schools within Eden and Central Karoo Districts, the opportunity to further their skills development. Specific skills were addressed and players had the opportunity of being exposed to a number of the top coaches in the region and this was an opportunity for them to showcase their abilities. The camp gave coaches the opportunity to watch a new crop of players in action and take note of talented players for the future.

These camps are being followed up with ongoing training sessions taking place with identified cricketers throughout the region in preparation for the selection of the SWD Youth Teams to take part in the national tournaments to be held countrywide in December.



SPORTS COACH TIP NO. 29

**KIDS THAT LEARN
HOW TO CONFRONT
ADVERSITY IN
SPORTS WILL DEVELOP
A SENSE OF
SELF-DISCIPLINE & PRIDE
IN THEIR WORK
WHICH WILL ONLY
HELP THEM TAKE
THEIR SKILLS TO THE
NEXT LEVEL.**

#SPORTSCOACHTIP
COACHGRAY.COM/SPORTSCOACHTIP

Below left: The group of players who attended the U15 and U17 Winter Camp hosted at Glenwoodhouse



“Again, the SWD contingent of players from our RPC and Hub programs stood out”

SWD HOST REGIONAL RPC AND HUB CAMP

The Glenwoodhouse indoor center played host to talented young RPC and Hub players from around the Cobras Franchise. Identified players from the various programs spent two days under the watchful eye of Elridge Booyesen alongside Adrian Birrel—ex Proteas Assistant Coach. Hub and RPC coaches from the region also assisted in the coaching of the players.

Conditioning testing was done on the group and they went through various situational and skill specific training sessions over the two utilizing the fantastic facilities at Glenwoodhouse.

Again, the SWD contingent of players from

our RPC and Hub programs stood out and highlighted the hard work going on behind the scenes by our coaches.



Above right: Talented U17 player Mesuli Vuba from the Thembaletu Hub shares with his peers from the Cobras Franchise, during the recently hosted RPC and Hub players Camp, hosted at the Glenwoodhouse indoor centre in George

SWD COACHES ATTEND CSA LEVEL III COURSE

Shaun Pretorius (SWD Women's Pipeline Head Coach) and Elridge Booyesen (Bridgton RPC Head Coach) were both invited to attend the CSA Level III Coaching Course to be held at the High Performance Center in Pretoria from the 2nd—8th of September.

The course is an intense 5 day program with topics covered ranging from the obvious technical aspects on batting, bowling, fielding and wicket-keeping, to areas such as sports law, nutrition, visual skills, team culture and high performance coaching skills.

The coaches will then complete 6 months of practical coaching whereby they will be evaluated before finally being accredited as level III coaches.



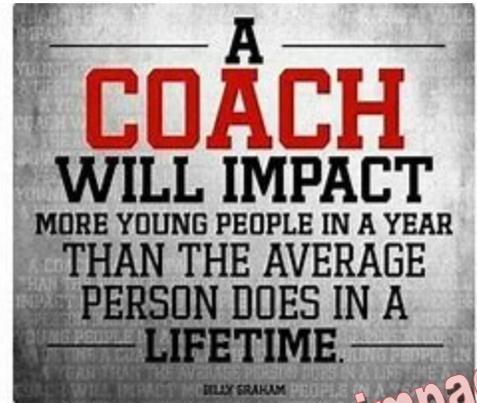
Shaun Pretorius (top) and Elridge Booyesen (below) recently attended the CSA Level III Course held at the HPC in Pretoria

COACHING COURSES AND FORUMS

With the season kicking off shortly a number of coaching forums will be run in the region starting with the Knysna Coaches Forum on the 5th September at the Knysna Sport School. A focus on playing spin will be discussed with practical drills being shown to the coaches who attend. We invite and encourage ALL coaches in the following regions to attend these forums and to register as a forum member — George; Knysna; Mossel Bay; Riversdale; Oudtshoorn and Knysna. For more information please contact the SWD Coaching Department.

Two coaching courses will be run at the end of the term and during the school holidays. These will be a level 1 course as well as a level 2 course. Interested coaches can contact the SWD Coaching Department for further details.

A winter level 1 course which attracted a number for young coaches is currently being concluded with practical evaluations being conducted on the coaches. Following their written examination.



Are you able to impact your players effectively?

Below: The group of coaches completing their level 1 certification currently which includes a number of the SWD Academy players. Standing from left to right: Wiets Van Der Westhuizen, Reinders Olivier, Kyle Wagner, Levin Muller, Lawrence de Boer, Bradley de Villiers, Aza Myo, Todd Walker, Shane Smith, Bailey Aarons, Johan Nel, Travis Ackermann and Francois Barnard. Kneeling left to right: Shaun-dee Meyer, Jaydon September, Leigh Meyer, Franca Geldenhuys, Dillan Moos and Paul Bosch.



CONTINUOUSLY DEVELOPING AS A COACH

We as coaches face a very complex environment when coaching in this day and age. We deal face to face with the emotions that sport brings out of people and as coaches, are more often than not, the scapegoats when something goes wrong, but find the praise thin on the ground when it goes right for your players or team. Added to this, the history of our beautiful country and the skewed environment we find ourselves coaching in, added to the ever changing game and having to relate to the Gen Z's makes the job of being a coach, exceptionally complex.

Having worked in Coach Education and the coaching environment specifically, for almost 2 decades, I have seen a lot change. And more needs to change from a coaching perspective! The challenge is that people generally do not like this change because it upsets their 'comfort zone' and what they are used to doing. However, the coaches who consistently explore new and better ways of relating to players, coaching different skills and researching their environment are always the ones who stand out and make the biggest impact on the players and learners under their guidance.

We have all heard of Kaizen or "Continual Development". My question to you as a coach, is when last did you try something new, attend a coaching forum or do some research to make yourself more relevant to those players you work with? Or, have you got a 'fantastic' routine that you have used for 5—10 years and will continue to use. The game is always changing and evolving and the SWD Coaching Departments aim is to keep its coaches up to date and relevant in this day and age.

The influx of people from around the country to our region is going to only increase the demand for quality coaching. Make sure you don't get left behind and keep developing as a coach by doing some extra research yourself and linking up with some of the coach development programs on offer in the region!

Garry Hampson is the Coach Education Manager for SWD

Coaching is unlocking a person's potential to maximize their own performance. It is helping them to learn rather than teaching them.

#SayQuotable

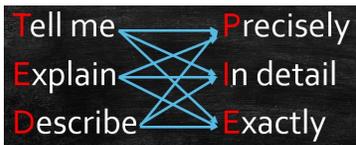
"The definition of insanity is doing the same thing over and over , but expecting different results each time"

EFFECTIVE COACHING SKILLS—QUESTIONING TECHNIQUE

I would like to introduce you to TED PIE!

TED Pie is famous for assisting coaches in developing thinking sportsmen and women across the globe! When TED (not the other famous "TED Talks") is around, it is amazing how players will open up and start thinking about their actions, thoughts, game plans, decisions.... You name it. They start to share and engage with their coaches. TED brings it out of them!

What I am talking about here is a different way of coaching from the usual scenario of you as the coach "TELLING" the players everything they need to know and where they went wrong! In sales they talk about 'if you are TELLING YOU ARE NOT SELLING!' because people switch off when you just tell them stuff. The same happens when you are coaching. A much better way is to engage your players brain and pull what you want from them by using effective questioning techniques and this is what TED PIE does. TED PIE is an acronym for the following as depicted in the diagram below. You can use these words in any combination to



start a question which will help you ask OPEN questions instead of closed questions. Just think about how many times a learning opportunity is lost to players when something happens in a game simply because of the words us as coaches use. Compare the different responses you would get from the player below when using the usual language as opposed to TED PIE. SCENARIO: A batsmen plays a risky shot, loses their wicket and the team ends up losing.

USUAL LANGUAGE: from a coach would be something along the lines of "Were you using your brain at all???" "No I guess not coach, sorry" "Don't do that next time ok!" " Sure Coach, I wont". How much learning took place here? Zero! In fact the player now doesn't like the coach at all.

TED PIE: "Anele, tell me in detail what was going through your mind when you played that shot? " "Coach, I thought because I was in and scoring easily I could finish the game off and going over the top was one of the options I had in mind. When he tossed it up my decision was made." "What other options did you have that you can use in future to make sure you finish the game off with low risk cricket?".... AND SO THE CONVERSATION AND LEARNING CONITNUES... TED PIE WORKS! Its up to you whether you want to use him or not every time you coach!?

USEFUL RESOURCES

To stay relevant to our younger generation and tech savvy, we often post links to interesting coaching clips on YouTube. Below are a few links to some interesting clips from three batsmen who played spin bowling very well. Always remember though that you will need to simplify this down to the age and level of the players you are coaching.

Kumar Sangakara Masterclass vs Spin

<https://youtu.be/HXQEsKDKQ64>

Kevin Pietersen Masterclass vs Spin

<https://youtu.be/wW2yEkrAJOs>

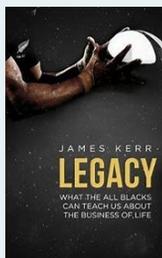
Joe Root Masterclass vs Spin

<https://youtu.be/V19TNZlxiLO>

MUST READ!!

In the age of notebooks and cell-phones and YouTube, many people have forgotten the value of reading. The adage of leaders are readers still stands true today. There are many books of great value out there and we will share some of those that we have found of great value as coaches in developing people and leaders.

The die hard Springbok supporters may not enjoy reading about the All Blacks, but the book Legacy by James Kerr is a must read and has some of the best examples and ideas on leadership, building a team and what goes into developing a successful sports or business team.



CONDITIONING CORNER

The warm up is an underrated training tool which, if used correctly, can improve performance, reduce the risk of injury and set the standard for the rest of the training session. However, coaches underestimate the importance of a well designed and implemented warm up, and generally use the time allocated for warm up to set up their coaching session while they let the players do their own routines.

The first and foremost important part of fitness and conditioning is the warm up. Let's get started by discussing the rationale behind the warm up. In its simplest terms the goal of the warm up is to prepare the cricketer mentally and physically for exercise or competition. A well designed warm up should increase muscle temperature, core temperature and improve blood flow. These effects positively impact performance by increasing muscle strength and power. Another very important aspect of the warm up is its positive correlation with reducing the risk of injury.

One of the challenges facing a coach is limited time. However, a warm up should be an integral part of the training session. Planning of the warm up is as important as planning the main session. By carefully selecting exercises and routines the warm up can contribute greatly to the overall training program. The warm up should be 10 – 20min in length and it should be in balance with the aim of the session or program.

How should you structure a basic warm up? 2 parts:

General Warm up – Increases in heart rate and blood flow

Specific Warm up – stretching, activations and sport specific movements

Let's pause for a second to discuss the use of stretching in cricket. Static stretching, as you may know compromises muscle performance, power performance, strength endurance and reaction time. There are better ways to stretch which will not reduce performance, a more functional method of enhancing performance – dy-

namic stretching and muscle activation. The nature of dynamic stretching and muscle activation is functional, where the muscle is activated through a full range of motion.

I like to call the warm up – “Movement Preparation” whereby I prepare my athletes to move efficiently with sufficient power. The art of movement preparation lies in the word RAMP – which identifies the key phases of a warm up.

R – Raise

A – Activate

M – Mobilize

P – Potentiate

Raise

The coach should construct routines and exercises that effectively elevate or 'raise' body temperature, heart rate and blood flow. These routines and exercises should be different and exciting, not just a 'run around the field.'

Activate and Mobilize

This might be foreign to most coaches, but in hindsight it is rather simple. During this phase the coach is trying to activate or 'fire' the muscles that the cricketer will use as well as well making sure the muscles are working through their full range of motion.

Potentiate

This is a fancy word for increasing intensity. During this phase I incorporate High Intensity exercises and then move onto sport specific activities that match the specific nature of the sport, in this case – cricket. Speed and agility work can be included in the above.

Therefore, to ensure optimal preparation for performance, the warm up should provide for raising the heart rate, activating the muscles that will be used as well ensuring the cricket players are mobile and ready to perform.

Daniel Seha is the SWD Assistant Coach and Trainer



Important contacts

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WHERE GREAT STORIES START

Oudtshoorn

14-16 SEPT

FREE ENTRANCE

WE PLAY THIS WAY.



POOL B

Fri 14 Sept, 9:30am
 Fri 14 Sept, 9:30am
 Fri 14 Sept, 1:30pm
 Fri 14 Sept, 1:30pm
 Sat 15 Sept, 9:30am
 Sat 15 Sept, 9:30am
 Sat 15 Sept, 1:30pm
 Sat 15 Sept, 1:30pm
 Sun 16 Sept, 9:30am
 Sun 16 Sept, 1:00pm

Zimbabwe vs Gauteng
 Free State vs Northerns
 Free State vs Zimbabwe
 South Western District vs Gauteng
 South Western District vs Free State
 Zimbabwe vs Northerns
 South Western District vs Northerns
 Gauteng vs Free State
 Gauteng vs Northerns
 South Western District vs Zimbabwe

Oudtshoorn Recreation Ground
 Bridgton Sports Ground
 Oudtshoorn Recreation Ground

Bring the family for an African celebration of cricket all weekend. Various cultural festivities to enjoy including music, braai areas and more.

VISIT AFRICAT20.CO.ZA FOR MORE.



A fresh egg is...



Nulaid