



# The Nightwatchman

2018 is a thing of the past, so is January and we are now into the back end of leagues where teams and coaches are all scrambling for positions and looking to end the season on a high.

A lot has happened over the past two months including the very successful National Weeks held across the country, which are essentially the end of year exams for all the provincial youth teams. I am sure there were the usual fantastic stories and highlights, as well as the failures. My hope is that administrators, leaders, as well as our framework coaches around the country view these weeks in the correct light—they are player development tools and winning is actually not the most important thing. Yes, as South Africans we have a proud winning history, but going to these weeks focused on winning will cause many coaches to lose, or not take advantage of the myriad of ‘coaching’ opportunities that arise at a tournament. This is also a time for reflection on 2018 for the framework coaches, yet it is a vital time for action because those framework coaches who miss out on the first terms coaching will be wasting precious time with their players!

Having watched games at three of the National Weeks in December, one thing that stood out for me was the approach that the majority of coaches took when it came to captaincy. In the past you would have seen many coaches dictating to captains from the side of the field, but what I observed was that most coaches are now encouraging captains to lead on the field. To make mistakes and learn from them. These coaches can only do this if their leadership does not expect victories and is the only way for us to raise up quality leaders. Ultimately, these captains will grow much quicker than those who do not have that freedom and so the end result of producing great captains will transform into better results at the top end of our pipeline, where the result itself, is more important.

I have included an interview on page 8 under captaincy (Cricket Masterclass: The Art of Captaincy), which is one of the better discussions I have heard on this part of the game. Obviously aimed at the international level, there are however, many lessons to be taken down to the level that you are coaching at. Take 15 min, have a listen and follow through on these principles with your captain!

**"Leadership is a matter of having people look at you and gain confidence, seeing how you react. If you're in control, they're in control."**

Garry Hampson  
Coach Education Manager  
SWD Cricket

**SWD COACHING WEBSITE PAGES!!!!!!**  
For those of you who haven't seen the updated SWD Coaching Website page, click on the following descriptions to access: [SWD Coaching](#); [Downloads](#); [Year Coaching Calendar](#); [Coaches Corner \(coaching articles and drills\)](#); [Events and News](#) as well as information on: the [SWD Coaching Department Team](#); [Courses and Certificates](#); [Coach Development Programs](#) and [Private Cricket Academies](#).

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

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## SWD SENIOR PROVINCIAL NEWS

### Tsepo Ndwandwa Selected for SA Invitational XI

Following some quality performances with his left arm finger spin, Tsepo Ndwandwa was included in the SA Invitational XI to play against Pakistan in December.

A hard working and dedicated cricketer, Tsepo has developed over the past few seasons having been exposed to spin camps in India, as well as putting in the hard work on the training grounds. Under the guidance of head coach Baakier Abrahams, his overall game has improved and he has put batsmen under real pressure with his control and turn. A player for the future, we will be watching his development closely. Unfortunately he is currently recovering from an injury picked up during this fixture and we wish a speedy recovery!

*Below: Tsepo Ndwandwa was selected for the SA Invitational XI who played against Pakistan in a three day match from the 19th – 21st December 2018 at Willowmore Park.*



The first half of the season saw the SWD Senior Provincial team play 6 matches each in the First Class and 50 over formats respectively. The team has made great strides in both formats with a number of high-quality performances overall. Maiden first-class centuries for Kirwin Christoffels (106 vs Northern Cape) and Jean Du Plessis (116\* vs Western Province and 113 vs Northern Cape) were a few individual mile stones achieved. They were ably supported by experienced campaigners in Obus Pienaar, the team's leading run scorer with a combined 1093 runs, Niel Hornbuckle (564) and Brendon Louw (461). Marcello Piedt has continued his prolific wicket taking ability in both formats with 3 five wicket hauls. Special mention to Niel Hornbuckle for his career best (5 for 34) vs the North West Dragons in a match winning performance.

In one of the most unbelievable matches to be involved in, 17 wickets lost in the final session between the two sides made for great entertainment for the small crowd and a nightmare for coaches. In the end, the team managed to defend the target of 118 runs and conclude a memorable win by 28 runs.

The team now looks forward to their final 3 matches versus KZN Coastal (H), Easterns (A) and Eastern Province (H) respectively.



*(Top left) Jean Du Plessis sits in 3rd spot and (above right) Obus Pienaar 4th in the top 20 batsmen in the CSA 3 Day Competition with 2 centuries each and Obus is currently the leading List A batsman with 411 runs at an average of 137. Marcello Piedt (bottom left) lies 5th on the leading wicket takers list with 32 for the season and 4th in the List A competition with 10 wickets at an average of 12.6.*

# SWD 2018/19 WOMENS SQUAD NEWS

Following two good wins over Kei in the CSA Provincial Women Competition, the SWD Women were looking forward to meeting the log leaders, Free State at the Recreational Ground in Oudtshoorn over 26 & 27 January 2019. Solid batting performances from our batters were going to be crucial for a successful weekends cricket. However this did not materialize as Free State showed their pedigree in this encounter. SA Schools player, Annerie Dercksen, was dearly missed following her injury, but there's enough depth to calm the ship going forward. Micaela Andrews who scored a century against Kei will strive to continue with that momentum going into the last fixture for the season.



*Top right: Mochelle May (in front) and other players busy with warm stretches before a training session.*



*Bottom right: Above: Jeneviwe Jantjies hard at work in the nets during a skill specific throw down session.*

*“SWD Cricket in partnership with the Eden District Sports Academy hosted a two-day strength and conditioning education session”*

## SWD U19 GIRLS NEWS

The SWD U19 Girls team went to the CSA U19 Girls National Week, hosted at Michaelhouse in the KZN Midlands over 9 – 15 December 2018. The team won 2 out of the 6 matches during the week. They played hard and their losses were close ones with the game against Free State being a heartbreaking one when they lost by one run. The highlight of the week was the inclusion of Annerie Dercksen into the SA School team. “We are proud of this achievement and believe that the hard work and time you put in is rewarded when selected into representative teams” said Shaun Pretorius – Girls U19 Head Coach. Chani Damons, Gavoney Jansen and Zoe Meyer performed well at the national week. This was a great learning curve for a very young squad of players (majority of whom will be available for selection in 2019) and that they will have much improved performances in the 2019 edition. League fixtures are still being played and the players will begin their off season training programs in April.

*Right: The SWD Girls U19 Squad who represented SWD at the National Girls Week held at Michaelhouse over December 2018*



## Annerie Dercksen Selected for SA Schools

Following her selection to the SA Schools Fillies XI in 2017, Annerie Dercksen was selected for the SA Schools XI after the conclusion of the Girls U19 National Week held during December 2018, at Michaelhouse in the KZN Midlands.

Annerie, a learner at Sentraal College in Beaufort West, showed her skills at the week with both bat and ball, leading from the front as the captain of the SWD Girls U19 team. An injury during the week to her shoulder, for which she is undergoing rehabilitation currently, set her back slightly, but this did not detract from her inclusion into the SA Schools XI. Annerie will be completing her matric this year and we are sure to see more of her skills on the cricket field once recovered. She has been included in the SWD Women's squads and will no doubt feature during the 2019/20 season.

*Below: Annerie flanked by head coach Shaun Pretorius (left) and Assistant Coach Elridge Booysen (right) following her inclusion in the SA Schools team*



## Levin Muller Selected for USSA XI

Following a destructive 130 and ending 3rd highest run scorer at the USSA A Week (B Section) with 213 runs at an average of 71, Levin Muller was selected to represent the USSA XI at the upcoming Future Cup, to be held in Potchefstroom in April.

Having been involved in a tragic accident almost two years ago, Levin has shown strength of character and maturity while being on the road to recovery and this was his first major tournament and outing, following months of rehabilitation and undergoing various operations. Levin is part of the SWD Provincial Academy Squad who will be playing a number of fixtures against various academy squads leading up to the Franchise Academy Week to be hosted in Oudtshoorn during the week of the 4–8 March.

The Cobras Academy Squad will be selected from players from the SWD, Western Province and Boland Academies. These aspiring cricketers will be competing for honor's at the week as well as the SA Colts XI to play in the Future Cup in April



Levin Muller in action whilst making his successful return to competitive cricket.

## KFC MINI CRICKET



KFC Mini Cricket is CSA's Mass Participation project, keeping kids active while having lots of FUN!

The year is broken down into two main phases:

### May – August

Time is spent on planning and getting the program started for the season (planning meetings, coaching clinics, National KFC Seminar etc.

### September – April

These are the months when league matches are played. All the planning that went into training the coaches and coaching the kids, now turns into them portraying their capabilities on-field.

The CSA Scorecard requires several activities to take place within a region. Currently we have nine (9) regions, which means each region must plan and execute the following:

- \* One festival within the season. A festival consists of several schools entering teams to play against other teams, at one venue.
- \* At least one coaching clinic.
- \* Play regular league matches during the year.
- \* Grow the game – if not new schools, then more teams per age group per school

By end December 2018, we have already surpassed all the required activities in the regions, not counting the number of matches played for season. We still have until mid-March to complete the required number submitted to CSA.

- \* Festivals completed: 12 (includes two rained-out activities)
- \* Coaching Clinics: 13 (include one rained-out activity)
- \* Regular League Matches: 1368 of the 4200 completed (33%)

Unfortunately, not all regions are as active as they should be. In three of them we do not have a coordinator/committee to see to the running of the program. Unfortunately, this means the young children in those regions are the ones who miss out on this wonderful opportunity!

As Provincial Coordinator, I look for committed people within regions/towns to step up to the plate and help me to get their schools on the map (for example Competition: Kids & Proteas Tour), their coaches the recognition they deserve (Coach of the Year – CSA Award) and their kids the best possible means to enter the world of competitive recreational cricket (school teams, provincial teams, SWD Academy intake, Senior Provincial, Franchise, Proteas, The World!).

*Below: Some of the recent KFC Mini Cricket activities from around the region*



## COACH DEVELOPMENT NEWS

February will see all courses wrapped up with coaches currently completing their practical evaluations for both level 1 and level 2 certificates in the region. The challenge of coaches attending courses during cricket season, which has a much higher time demand than other sports will be addressed this year with all courses being run in the off season. Both SCHOOLS and CLUBS are encouraged to have their coaches attend the CSA accredited courses this year.

The level II coaches who attended our Level II Refresher in November are busy with a post course assignment which models what Level III candidates have to do. This is aimed at preparing potential level III coaches before they get on the course and to educate coaches on the process of developing a players specific skill/technical aspect in a focused and organized manner.

Four SWD coaches are currently at different stages of their level III certificates and we will hopefully see a new batch of level III coaches enter our system in the near future.

Recently an RPC and Hub Coaches CAP Camp (Coach Acceleration Camp) was held at ETA in George. Various guest facilitators addressed the coaches with practical sessions, workshops and discussions taking place on four main topics—Fielding (specific coaching techniques), Wicket-keeping (developing a young wicket keeper), Conditioning and Coaching (Crucial Personal Traits and Disciplines).

This group of coaches have over the last four years, really supported and taken their coach development seriously attending coaching forums, CAP Camps, Level II Refreshers as well as the relevant coaching courses. Another aspect which has helped this group of coaches grow, is that many of them have taken an afternoon and occasionally a Saturday or Sunday in order to use the invitation to shadow one of the SWD senior coaches at training and matches. It comes as no surprise then, that over 50% of the SWD Youth Team cricketers have come from these programs in the last two years and the performances of their players have been continuously improving.

A reminder to all coaches the coaching courses for 2019/20 financial year will be run this winter. Dates are available on the SWD Website under coaching / coaching calendar. Schools, clubs and coaches are encouraged to assist their coaches in attending a course during the winter to further upskill themselves.



*Some of the recent activities in the coach development pipeline.*

“Coaches have to watch for what they don’t want to see and listen to what they don’t want to hear.”

- John Madden

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

#SayQuotable

### OUR COACH

LEADS BY EXAMPLE  
 DEDICATED & DETERMINED  
 TEACHES TEAMWORK  
 MOTIVATES and LISTENS  
 BUILDS CHARACTER  
 CHALLENGES and DEVELOPS  
 Committed to OUR TEAM  
 Our **BIGGEST** Fan

## WHAT MAKES A GREAT COACH—7 KEY TRAITS

Having been in Coach Education now for over a decade, one of the most common questions I get asked is, “What makes a great coach?” To answer this in its entirety would take years because of the variety of sports and specifically the varying age of athletes, who all need different approaches. Also, a coach has to consider so many variables and possess a multitude of skills along with an understanding of things such as the athletes socio-economic background, community, family life, academic pressures, physical development and so I can go on.

And before we look to try answer this question, we must acknowledge how difficult coaching is. Firstly, the coach is put in the spotlight of the arm chair critic. Yes the person, parent, friend of the parent at the braai, headmaster, chairperson or anyone for that matter who has an opinion about themselves and their knowledge of the sport being coached. Although none of them will admit it, they all ultimately judge the coach on their win loss ratio. HOW VERY IGNORANT THIS IS!!! To nullify this argument and the most common angle for judging a coaches ability (winning vs losing), consider this... A very poor coach has an amazingly talented team and they just beat everybody without his intervention, but an unbelievably good coach, works with a team with zero talent in a terrible environment, losing all the time but having improvement with individuals. He/she **will be** labelled as a bad coach. People who use the win / loss ratio in judging a coach just reveal how little they actually know, simply because there is so much that goes into coaching successfully before the result happens.

To simplify this somewhat and stay away from the usual comparisons to the Alex Fergusons, Sir Graham Henry's and all the elite coaching legends, I will look at this from a school coaches perspective. So what should we be looking for in a coach, as a school hiring, as a parent looking for a coach for their child, or even an athlete or sportsman/women looking for a coach? Here are some suggestions below that will hopefully answer this for those of you who are coaches, hopefully give you a better idea of the personal traits and skills that you will need to develop on your way to becoming, that GREAT COACH!

Firstly, we must understand that coaching is a generic skill across all sports and the basics are the same, no matter which sport you are coaching. The reason for this, is that we are all dealing with people and young people in this example. The majority of quality coaching is actually based on the

interaction between coach-athlete, the environment created and the process of skill and knowledge transfer, completed by the realization of that learning process. The actual technical aspect of coaching is a secondary thing.

What I have found most prevalent is that coaches tend focus all their time on developing a plan so that they can win, because that is what is talked about in the staffroom and assembly on a Monday. Who won and who lost! Only some will then focus on the technical aspects with little thought to the underlying foundation of coaching as mentioned above.

Lets get into it...

### #1 GREAT COACHES GET THEIR PLAYERS TO BELIEVE IN THEMSELVES!

Great coaches build self esteem—ALL THE TIME and it is done intentionally by catching their players doing things RIGHT! Now that's a different approach to the norm!?! These coaches inspire their athletes to do more than they think they can, just as great teachers do!

### #2 GREAT COACHES ARE LIFE TEACHERS

There are so many lessons to be used in life that a coach is able to teach on the sports field. These great coaches are always looking for ways to teach things such as sacrifice, self-discipline and responsibility, working towards a goal, teamwork, dealing with failure with grace and success with humility, sacrificing personal needs for those of the team, honesty, integrity and so the list goes on! I have always used a saying, “You live your life like you play cricket (sport) and you play cricket (sport) like your live your life!” which to me means that the lessons taught on the sports field should mirror what a young athlete will need in life.

### #3 GREAT COACHES KNOW AND UNDERSTAND THEIR PLAYERS AND THEIR UNIQUENESS

Taking the time to get to know your players and what makes them tick, on and off the field helps these great coaches tailor what they say and how they respond in order to get the best out of their players and achieve maximum coaching effectiveness! These coaches coach the person and not just the athlete. This approach is highlighted by the All Blacks famous saying “Better people make better All Blacks!” And how true this is—athletes who are confident with themselves will make better decisions on field and deal with different tough situations more effectively than those who aren't!

#### #4 GREAT COACHES HAVE GREAT COMMUNICATION SKILLS

Its not what you know, but what your athlete ends up knowing that that reflects a great coach. The transfer and more importantly, the drawing out from the athlete, of skills and knowledge is key! A quote from our own Yogi Ferreira I have always remembered is that “You have two ears, two eyes and one mouth... Use them in that ratio” always reminds me that communication is a two way street. Ask a question and BE QUIET SO YOU CAN LISTEN EFFECTIVELY!

#### #5 GREAT COACHES CREATE A LEARNING ENVIRONMENT

This starts with the coach! They take the time to educate, upskill and continuously develop themselves in order to be relevant and give their athletes the best available coaching. An environment where athletes go away knowing that they learnt something whilst having FUN and are better than they were yesterday, will keep them coming back of their own will. By creating this environment, the coach has won half the battle already and they can then continuously challenge their players to do better and push themselves!

#### #6 GREAT COACHES DO NOT USE FEAR, EMBARRASSMENT AND HUMILIATION AS COACHING TOOLS

This speaks against the ‘old school approach’. The of these as coaching tools does not produce the outcome it is intended for. Rather, focusing on building players confidence, self esteem and self confidence in a real way, brings about athletes that want to learn, want to air their thoughts and want to push the boundaries. If you were continually being threatened and embarrassed, would you want to give an answer or put your neck out? I think not! This is where great coaches don’t let their egos get in the way. No one knows everything and so the great coaches always bring in outside help. They take the time to listen to suggestions from players AND act on them because they remember the most important thing about sport is that ITS ABOUT THE PLAYER!

#### #6 GREAT COACHES USE THEIR ATHLETES MISTAKES AND FAILURES AS VALUABLE LEARNING OPPORTUNITIES

Coming from a place of player development and not a winning focus, great coaches will use their communication skills (questioning and listening skills) to delve into the thought processes to help the athlete figure out why they failed. Was it decision making, option taking, lack of

concentration / conditioning, or just poor execution? Once these coaches (and their athletes) have gotten to the bottom of the problem, they can then put plans in place to improve. Great coaches allow for failure from their players—as long as they work at it and improve going forward! Great coaches do not sit idly at the side of the field—they are taking notes and asking players questions to continuously test and develop their players thinking at every opportunity.

#### #7 GREAT COACHES CONDUCT THEMSELVES WITH INTEGRITY, HONESTY AND ENERGY

These coaches model behavior that their athletes will respect and relate too. This allows these coaches to educate both athletes and parents about various aspects of the sport and how to conduct themselves. Athletes respond to coaches with integrity and honesty because they know they can trust them

Once you have laid this foundation with your coaching, then the sports specific skills coaching becomes even more effective!

There are more traits we could add to this list and yes, it takes effort to be a great coach, but it is worth it! One challenge school teachers face is that of time. If you are stuck in a rut as a coach and feel that you never have enough time at your sessions to achieve anything of value, then putting aside a few hours here and there to attend various coach development sessions will give you some fantastic ideas on how to maximize the little time that you have!

The one thing that GREAT COACHES don’t do is doing the same thing day in and day out, year after year....

Garry Hampson

Coach Education Manager SWD

## YouTube links

### Cut shot drills:

<https://www.youtube.com/watch?v=qYuMyRMjZRM>

<https://www.youtube.com/watch?v=KBjshn6O2M>

<https://www.youtube.com/watch?v=KBjshn6O2M>

<https://www.youtube.com/watch?v=KBjshn6O2M>

### Wicket-keeping:

A great set of wicket-keeping drills to use at training by Paul Nixon, ex-England keeper:

<https://www.youtube.com/watch?v=vqUP6AUxu3A>

<https://www.youtube.com/watch?v=vqUP6AUxu3A>

### Cricket Masterclass: The Art of Captaincy

A super discussion on captaincy by some of the best in the game!

Although based on the international arena, there are some fantastic lessons to be taken down to any level. Something for your players to watch? Michael Vaughan's comments on getting to understand and know your players resonates with what you as a coach should be doing as well!

<https://www.youtube.com/watch?v=RFE2ex7YdWI>

<https://www.youtube.com/watch?v=RFE2ex7YdWI>

## COACHES CORNER—FIELDING FOCUS

Players spend more time fielding during the game than bowling and batting. Fielding is the only skill that the team execute as a unit in a cricket match. With that said, anyone can see whether a team has been drilled thoroughly by just watching their fielding performance and organisation.

At the recently concluded CCKM week which took place in Cape Town from the 16-20 December 2018, I took a keen interest in how teams were set up on the field regarding their fielding plans and execution of the skill. The following areas need to be worked on by coaches and players to improve on fielding;

- **Fun**
- **Throwing technique**
- **Catching technique**
- **Balance**
- **Anticipation/Awareness (Pitch conditions/Angles)**
- **Fitness/Conditioning**

*"Sometimes the key with cricket is not to over-think. You've done the work and put in practice, you just have to let your mind and reactions take over." - Jonty Rhodes*

### **FUN AND ENJOYMENT**

Fielding can often be seen as a hard and boring element of the game. The onus is on the coaches to make fielding an enjoyable element of the game and this starts with the types of drills and atmosphere we create at practice. Keeping players engaged with games and competitions during practice sessions has a direct influence on how players view and execute this during matches.

### **THROWING TECHNIQUE**

One of the most neglected or least

trained aspect of fielding is the throwing technique. On many occasions at the CCKM cricket week, I observed players not executing this skill correctly. The most important aspects of this technique are, being balanced/having a stable base before throwing and having the head and body moving towards the target when throwing. For the sake of consistency and reduction in injuries, players should be encouraged to have their throwing arm level or just above shoulder height and throw from there (baseball technique).

### **CATCHING TECHNIQUE**

Catching was one of the poorly executed skills in the games I witnessed. Emphasis should be put on forming a stable base and deciding early which method they're going to employ to catch the ball. Taking a high catch with fingers pointing up should be stock standard for all players at under 19 level, the position of the hands is vitally important and with hands at or above eye level. The notion of soft hands speaks to the fielder being able to absorb the force of the ball when taking a catch. Also of importance is the part in your hand that the ball makes impact with first when attempting to take a catch, the soft part between your fingers and palm is where you should first make contact with the ball and this will increase chances of you taking the majority of catches.

## COACHES CORNER

### BALANCE AND STRAIGHT LINES

Dynamic and static stability are important aspects for any fielder to possess. Dynamic stability speaks to your ability to stay balanced in your movements towards the ball. Static stability is the fielders ability to form a stable base, especially when taking catching. Keeping straight lines towards the ball assists fielders in getting quicker to the ball which will help with cutting off runs in the outfield. Your movements as a fielder should always be STRAIGHT towards the point of contact with the ball.



### ANTICIPATION/AWARENESS

This part in fielding is the most important and most difficult to coach. Awareness is gained by spending time on the field and being exposed to different scenarios and pressure situations. Coaches need to make sure that their fielding sessions expose their players to pressures at different intensity levels.



### FITNESS AND CONDITIONING

Being fit and well conditioned allows you to perform your skills for longer periods of times at optimal intensity. For those coaching at higher levels, the use of conditioning coaches is the norm and thus players are able to field at the required intensity and level in testing conditions. Coaches who are not privileged enough to have these specialists at their disposal need to make sure that their players work towards meeting fitness benchmarks for their age groups as set out in the CSA guidelines. Coaches can make their fielding sessions testing physically, or get assistance from their local colleges, from students who study fitness and conditioning as they might be in need of logging practical hours for their studies.



Be sure to spend focussed time on your players and teams fielding skills this summer and your team will reap the benefits!

**Jason Maswanganyi**

**SWD Provincial Academy and U19 Head Coach**



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