



Edition 30

# The Nightwatchman



2021 has come and basically gone! Just like that. Our selected SWD Youth Teams are about to take part in the national tournaments under the threat of a 4th wave. We wish all players selected across the country the very best at these tournaments. It has been a frustrating time for us coaches, but even more so, for these young cricketers, some of whose dreams and aspirations lie out on a cricket field. Waiting to be discovered and realized.

The end of the year gives us a slight break in the routine of the year to reflect on what was, and ponder what will be in 2022. What is for certain, is that coaches will influence young peoples lives. Whether this is in a positive or negative manner depends on the coach and how he or she goes about their business. It is advisable to get alongside like-minded people (coaches) and learn from each other, a mentor, or just another coach you work with. Looking ahead to 2022, there are some new developments in the coach education space with an online level 1 being piloted and this should open up coaching opportunities for a lot of coaches.

From the SWD Coaching Department, we wish you and your family quality time together over the Christmas break and all the very best for 2022!

Garry Hampson—SWDC Coach Education Manager

### A good coach.....

- Listens
- Asks open questions
- Clarifies points made
- Encourages reflection
- Avoids 'telling'
- Builds rapport
- Is non judgemental
- Challenges beliefs
- Helps to see the big picture
- Encourages commitment to action
- Doesn't have all the answers
- Develops trust and respect
- Is solutions focused
- Has a strong belief that colleagues have the capacity to learn, develop and change.



## The Impact of Coaches

I have come to the frightening conclusion  
 I am the decisive element on the court  
 It is my personal approach that creates the climate  
 It is my daily mood that makes the weather  
 As a coach, I possess tremendous power  
 to make a child's life miserable or joyous  
 I can be a tool of torture or an instrument of inspiration  
 I can humiliate or humor, hurt or heal. In all situations it is my response  
 that decides whether a crisis will be escalated or de-escalated  
 and a child humanized or de-humanized.



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- [Whiteheads 10 wkts in innings](#)
- [SWD Womens Cricket News](#)
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## SWD COACHES FORUMS AND GROUPS

If you are based in the SWD region (from Plett to Swellendam to Beaufort West and all the towns in between) and would like to join one of the coach development groups or forums, or want additional information [PLEASE SUBMIT YOUR DETAILS BY CLICKING HERE](#). Alternatively you can head over to our [websites coach development page](#) and forward your details from there. Please note this is only for coaches based in the SWD region.



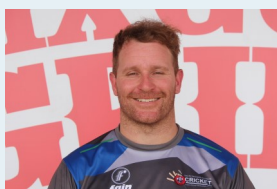
## SIX GUN GRILL SWD PERFORM IN CSA T20 KNOCKOUT

### MUSTO TAKES OVER AS STRENGTH & CONDITIONING COACH

South Western Districts Cricket announced the appointment of Shannon Musto as the newly appointed Strength & Conditioning Coach of the SWD professional team.

Musto, who hails from East London, completed a Bachelor's degree in Health Science and Human Movement Science at the University of Fort Hare, took up the position on Monday 25 October 2021. He was formerly involved with the Border cricket team as a provincial youth coach, assistant coach of the academy and provincial team and recently as the strength and conditioning coach of the Eastern Cape Iinyathi. He also represented Border at schools' level and played for the Warriors Colts. He has a CSA Level III coaching certificate.

"Shannon's credentials, skills and experience speaks for itself and together with his work professional work ethics he will be an asset for SWD Cricket", commented Albertus Kennedy, the Chief Executive Officer. "He will be an important appointment in our desire to be elevated in the structures going forward", Kennedy concluded.



The inaugural CSA T20 Knockout Challenge proved to be a fairly successful campaign for the SWD Provincial Squad. A change in the coaching staff saw Garry Hampson and Gurshwin Rabie step into the space. The competition did not get off to the best start with numerous challenges being faced by the SWD Squad—mainly due to COVID protocols and testing. This meant young Reagon Rhode missed the preliminary round. SWD arrived at the bio-bubble in Kimberly with 11 players from a squad of sixteen, with three of these players having to isolate in their rooms for a further two days.

As is custom of SWD teams, the players met this challenge head on and pulled together as a unit.

The first game against Northern Cape was won by 24 runs with Yaseen Valli (60 off 49 balls) batting into the death overs which allowed players to play around him. Captain Jean Du Plessis played a fantastic knock of 69 from 39 balls whilst Heath Richards showed what he is capable of when smashed 41 from 14 balls. Herschell America (dubbed Captain America by his teammates and commentators) then stepped up and took 3/23 in what was to become a fantastic competition with the ball for him.

The second game was a tight and lower scoring affair against Six Gun Grill Western Province with Herschell America picking up 3/22 in 4 overs, to restrict Six Gun Grill WP to 130/7 in their 20 overs. Yaseen Valli again batted through the innings scoring a valuable 55, with Sean Whitehead and Pheko Moletsane getting SWD over the line in a crucial win by 4 wickets.

The third game against the Imperial Lions, was again a low scoring affair with SWD posting 129/6 with skipper Jean Du Plessis top scoring

with 48. Unfortunately a couple of catches at the back end of the innings went down, which allowed the Lions to creep over the line and win by 4 wickets with one ball to spare.

Heading into the playoffs, SWD took on the Titans. Again, Covid protocols played a hand in taking out Onke Nyaku and Yaseen Valli which was a big blow to the team. The Titans batted first and again dropped chances by SWD allowed key batsmen to get going, with Donovan Ferreira using the two chances he was given to smash a very quick 50 to take the Titans to 192/5. The reply of SWD was right on target with Leus Du Plooy showing his talent with a scintillating 50. However a brilliant run out turned the game and regular wickets saw SWD



*Above: Herschell "Captain" America and below: The Six Gun Grill Squad that took part in the quarter finals in Kimberly, led by Jean Du Plessis*



## WHITEHEAD TAKES 10 WICKETS IN AN INNINGS

A brilliant ten wicket haul (10/36 in 12.1 overs) by Six Gun Grill SWD spinner, Sean Whitehead, sealed a 120 runs victory for the home side against the Eastern Storm on the third day of the Cricket South Africa Division 2 four-day match at the Recreation Ground in Oudtshoorn.

Whitehead, a former SA u/19 player, also bagged 5/64 in the first innings and in doing so he broke the SWD First Class record of Ottneil Baartman (14/95 - SWD vs KwaZulu Natal in Oudtshoorn; 2016/17) for the most wickets in a match with figures of 15/100. To make his achievement more significant he also excelled with the bat with scores of 66 and 49.

SWD, who won the toss and elected to bat first posted 242 in their first innings mainly due to a partnership of 114 between Whitehead (66) and Leus du Plooy (91). Divan Posthumus (3/10) and Jurie Snyman (3/40) both bagged three wickets.

Eastern's responded with 250 (all out) for a slim lead of 8 runs thanks to half centuries by Gionne Koopman (60) and Sizwe Masondo (63). Marcello Piedt (2/27) provided valuable support to Whitehead's five wicket haul.

In their second innings it was again Leus du Plooy (85\*) and Whitehead (49) who added stability to the innings as SWD was dismissed for 193 – setting the visitors a target of 186 for victory. Whitehead took control from the start and man alone dismissed the Storm for 65 in the 26th over.



## MSL DRAFT SELECTIONS

The third instalment of South Africa's premier T20 competition officially got underway when the 2021/22 Mzansi Super League (MSL) mini draft was held in Kimberley following the conclusion of the CSA T20 Knock Out Competition final.

The MSL makes its long-awaited return after the tournament was postponed in 2020 due to national and international logistical reasons caused by the effects of the Covid-19 pandemic.

The draft featured over 100 cricketers from Division Two sides, with only 16 players chosen to join the eight Division One teams that will be battling it out for the MSL 3.0 title when the first ball is bowled between 07-28 February 2022.

Under the new South African domestic structure, the top division teams, namely North West Dragons, ITEC Knights, GbetsRocks, Six Gun Grill Western Province as well as Momentum Multiply Titans, Imperial Lions, Hollywoodbets Dolphins, and the Gbets Warriors form part of the country's elite professional setups.

The 16 players were split evenly across the eight teams, with only two standout second division players drafted into each MSL side to rub shoulders with some of the world's

best. The breakout star from the CSA T20 Knock Out Competition, SWD's Herschell America, who is aptly nicknamed 'Captain America' will be showing off his latest dance moves in the shirt of new Division One side, the Dragons. SWD all-rounder, Onke Nyaku, was drafted as part of the Paarl Rocks franchise.

*Below: "Herschell America (top) and Onke Nyaku (bottom) were drafted into the Dragons and Paarl Rocks teams respectively, for the MSL 22 edition.*



## SWD WOMEN'S TEAM NEWS

The senior women's squad started their preparations for the 2021/22 season in August and will start their campaign in January 2022 after a successful 2020/21 season. "We are all excited for the upcoming season. We've created quite a positive atmosphere within the squad, and we have been putting in hard work over the past months, so I'm looking forward to see what we can achieve" said captain, Haroline Rhodes.

"I am humbled and grateful for the opportunity I have received to be the leader of such a remarkable Squad. I also want to wish our first female coach, Martelize van der Merwe all the best for this coming season and the rest to follow" concluded Haroline Rhodes.

After missing out on playing in the national week for the last two seasons, the u19 girls will travel to Paarl to participate in the CSA National Week from the 16th to 20th December 2021. Captain Cheyenne de Villiers said, "We are looking forward to the upcoming u19 Girls' week in Paarl this year after very seldom being on the field in previous months. We have been working hard and are planning to do the best we can on the field and to implement everything we have been practicing these past weeks".

### SWD Women's Squad 2021/22:

Bianca Figeland, Cheyenne de Villiers, Desoné Albertyn, Haroline Rhodes (Captain), Jané Winstler, Jeneviwe Jantjies, Jernononique Murphy, Julandi Saayman, Mariana Breedt, Marnizelle Rabie, Marochell Willemse, Mbali Ndukwana, Micaéla Andrews, Mochelle May, San-Mari Strydom, Vuyolwethu Bonya, Zoë Meyer.

### SWD u19 Girls' Team 2021/22:

Asakhe Xhongo, Cheyenne de Villiers (Captain), Desoné Albertyn (Vice captain), Elistine Pietersen, Faith de Jonk, Geneva van Wyk, Mariana Breedt, Marochell Willemse, Sange Somatamba, Shannon Pieterse, Shannon-Lee Windvogel, Siphokuhle Dyonti, Zimkhitha Kona.



*Above and below: the SWD Womens Squad has been training hard under head coach Martelize van der Merwe in preparation for the season. The Womens competition starts in January and the players are raring to go.*

*Bottom: The girls U19 Squad after playing a friendly preparation match at the Oakhill Sports Complex in Knysna*



## ARISHNA MAGHOO APPOINTED AS HEAD PHYSIOTHERAPIST

Arishna Maghoo was born in Ladysmith, Kwa-Zulu Natal, where she grew to love cricket. Arishna represented KZN Inland at u19 and women's level as a player, captain and manager between 2010-2015. She qualified as a physiotherapist in 2016 and completed her OMT1 in 2019. Arishna has worked as a physiotherapist in various public and private sectors, recently being

based at the Wanderers Sports Medical Centre and, at the Imperial Lions alongside Ziyaad Mohammed and Craig Govender. Arishna looks forward to making a significant contribution as a cricketing physiotherapist whilst trying to achieve a balanced life by being present, mindful and thankful.

## SWD ANNOUNCES TEAM FOR CRICKET SOUTH AFRICA (CSA) NATIONAL TOURNAMENTS

Six Gun Grill South Western Districts Cricket recently announced the teams for the CSA National tournaments that will take place in December this year.

The teams are:

**Six Gun Grill SWD U19 Boys Team: Khaya Majola U19 National Cricket Week 18 – 22 December 2021 in Potchefstroom**

Anaxolo Khitshini (Thembaletu High School - Captain), Francois-Andre Beets (Langenhoven Gymnasium), Thabo Dywili (Imizamo Yethu Secondary School), Ravin-Lee Kemmies (Sao Bras Secondary School – Vice Captain), Thurston Murphy (Bridgton Secondary School), Keenan Arries (Bridgton Secondary School), Kamvalethu Feni (Imizamo Yethu Secondary School), Liyabona Malefi (George High School), Francois Ackerman (Outeniqua High School), Breyton Plaatjies (Protea High School), Basil George (Sao Bras Secondary School), Elro Spies (Knysna High School), Ruben Groenewald (Outeniqua High School)

Coach: Bronwell Williams; Assistant Coach: Jacques Budricks; Manager: Francois Visagie

*Right: Ex SWD Cricketer Merlin Masimela will be coaching the SWD U16 Boys team at the CSA U16 National Tournament in December.*

**Six Gun Grill SWD U16 Team: Momentum U16 Cricket Week from 13 – 17 December 2021 in Pretoria**

Zander Nel (Outeniqua High School), Anele Siyo (Glenwood House - Captain), Enathi Khitshini (Imizamo Yethu High School), Simamkele Ndukwana (Imizamo Yethu High School), Josh Karelse (Protea High School), Leemar Pedro (Outeniqua High School), Keano Coericius (Bridgton Secondary School), Jesse Lewis (Point High School), Nicolas Duvenage (Outeniqua High School – Vice Captain), Charl-Francois Marais (Glenwood House), Zandre



## NATIONAL YOUTH TEAMS CONTINUED

### Six Gun Grill SWD U19 Girls Team: CSA U19 Girls National Cricket Week from 16 – 20 December 2021 in Paarl

Asakhe Xhongo (Themba lethu High School), Carla Cilliers (Point High School), Faith de Jonk (Bridgton Secondary School), Mariana Breedt (Outeniqua High School), Cheyenne de Villiers (Brad's Home School - Captain), Sange Somatamba (Imizamo Yethu Secondary School), Shannon Pieterse (Gerrit du Plessis Secondary School), Desone Albertyn (Gerrit du Plessis Secondary - Vice Captain), Elistine Pietersen (George High School), Shannon Pieterse (George High School), Siphokuhle Dyontyi (Imizamo Yethu Secondary School), Marochell Willemse (Gerrit du Plessis Secondary), Zimkitha Kona (Themba lethu High School)

Coach: Martelize vd Merwe; Assistant Coach: Haroline Rhodes ; Manager: Michelle May

### Six Gun Grill SWD U16 Girls Team: CSA U16 Girls Cricket Week from 13 – 17 December 2021 in Gqeberha

Caroldene Ewerts (Bridgton Secondary), Lianca Venter (Point High School – Vice Captain), Rochelle Kruger (Sao Bras Secondary School), Obukwayo Ndabeni (Future Focus), Sesethu Majoko (Gerrit du Plessis Secondary School), Emmy-Kay Samson (Oudtshoorn School of Skills), Linamandla Tyobeka (Themba lethu High), Qnamani Swartbooi (Themba lethu High), Taryn Jansen (Oakhill College), Shaniece Wanie (Môrester High School), Veruschka Titus (Oakhill College), Kelsey Stuurman (Bridgton Secondary School - Captain), Charoney Marnewick (George High School)

Coach: Jane Winstler; Assistant Coach: Bianca Figeland; Manager: Lericia Plaatjies



*Left: Martelize van der Merwe will coach the Girls U19 team , whilst Jane Winstler (right) will coach the Girls U16 team when the national weeks commence in December*



## BOYS U16 PREPARATION

To start off, I believe we had a very successful Talent ID Process across the Regions, Oudtshoorn, Knysna, Mossel bay and George under difficult conditions. We had a few challenges with regards to Venues, timelines, player nominations and transport, but we managed to work our way around that and completed all our Talent ID Processes. We invited a group of 31 players to our final net trial that took place in George @ Outeniqua on the 27th of September 2021. After that I decided that I will invite the same group of 31 players to our Trial games that took place over the course of 3 days, 4, 5 and 6 of October 2021 in Oudtshoorn, venue Oudtshoorn High School. We had 3 full days of trial matches, where we gave all players a fair and equal opportunity. After the trials we had our Selection Meeting and signed off teams for the National Weeks that will take place in December. I do believe that we have selected the best, balanced, and strongest squad of 13 and (5 on the shortlist) to go and represent SWD at the Boys U16 National Week from 13 – 17 December 2021 in Pretoria.

We are well under way with our preparation for the National Week, training has been going well. We have played 2 T20 games in Knysna, Oakhill Sports Campus. Our 1st game was against the SWD Senior Women, we managed to win our 1st game, and we played the SWD Boys U19 in our 2nd game. We lost our 2nd game, but it was good to see the boys play together. We are all in good spirits and looking forward to our National Week in Pretoria.

Merlin  
Masimela  
Boys U16 Head  
Coach



## GIRLS U16 PREPARATION

We started this program with Activation Clinics to spread the word about girls' cricket and to get everything on track since we had a big set back because of the Covid pandemic. Thereafter we began the Talent Identifications process with Net Trials in the different regions around South Western District (SWD).

The Match Trials was held between selected players from the Net Trials over a period of 2 days. During these matches we could see clearly where the skill level is at and what we needed to work on. Overall, we looked at natural ability and enjoyment of the game. Since it's the first time this u/16 girls age group has been introduced, there was no need to be strict and technical about what is required.

We have a group of girls that are eager to learn more about the game of cricket and to improve their skill level. This is also an opportunity for them to start building towards the next step, which is the girls u/19 team and become a product to the National set up.



# SWD HOSTS SUCCESSFUL PROVINCIAL KFC SEMINAR

## NATIONAL KFC SEMINAR

Various delegates from SWD Cricket attended the annual Cricket South Africa (CSA) KFC Mini Cricket seminar that was hosted at the Zebula Golf Estate and Spa at Bela Bela in Limpopo to celebrate the work that the KFC coaches and program have achieved through a very tough year under the cloud of the Covid pandemic.



*Above: Coaches and guests at the SWD KFC Provincial Seminar*

Below: Back row: David Mokopanele (Manager Mass Participation; CSA), Glenda Stalmeester, Meryl Daniels, Aldene Adams and Devan Muller (all SWD delegates).

Front Row: Thandiwe Ntsali, Seishani Leshaba, Pholetsi Moseki (Acting Chief Executive Officer; CSA), Genevieve Anthony (SWD KFC Mini Cricket Coordinator), Buhle Motshegoa (KFC Mini

South Africa’s leading cricket development programme – KFC Mini Cricket – received a boost for SWD Cricket at the annual KFC Mini Cricket Provincial Seminar on Saturday, 6 November 2021.

Coaches, volunteers, administrators, key stakeholders, and coordinators gathered at the Makietie Venue in Volmoed (Oudtshoorn) to listen to how the season will unfold.

The 2021/22 KFC Mini Cricket Provincial Seminar was hosted in person for the first time in two years with limited delegates and guests while those that could not attend in person, did so virtually.

Virtual attendees were from Central Karoo, Hessequa, Knysna, Mossel Bay & Plettenberg Bay.

SWD KFC Mini Cricket coordinator Genevieve Anthony was beaming with joy at the opportunity to once again host the KFC Mini Cricket seminar in person, as last year’s seminar was hosted online due to the ongoing Covid-19 pandemic.

“The seminars are important as they lay the foundation for our season and we are happy to have hosted all our guests including our volunteer coaches, Cricket South Africa and our sponsor, KFC, as we plan to resume play,” Anthony commented.

The overarching theme of this year’s KFC Mini Cricket festival is “Imvuselelo” or “Recovery” as South Africa continues to recover and rebuild from the devastating impact of the Covid pandemic.

KFC Mini Cricket provides a platform for kids in South Africa to have fun and be active. It is the largest grassroots development sports programme in South Africa and is also essential building block for learning cricketing basics and entrenching a love for the game.





## FOOD FOR THOUGHT...

The way kids learn to make good decisions is by making decisions, not by following directions.

**Alfie Kohn**  
(Unconditional Parenting)

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

#SayQuotable

INCOME SELDOM EXCEEDS PERSONAL DEVELOPMENT.

Jim Rohn

PICTUREQUOTES.COM

## COACH EDUCATION NEWS

After a tough year of almost no face-to-face interaction with coaches, the coach development scene has finally been able to get off the ground with courses, forums and coach shadowing sessions now taking place again. A Level 1 Course was recently concluded at the end of October in Knysna with the majority of candidates coming from the KILT (Knysna Institute for Learning and Teaching) Program, managed by the Knysna Sports Academy. These young coaches are making a huge difference in the lives of young cricketers at various schools supported by the KILT Program. A recent festival managed by the Knysna Sports School put the work that the coaches have been doing onto the playing field and some exciting matches were seen.

In another development, CSA have launched the online Level I Course which is being piloted by a number of affiliates. Should you wish to register for this online course which will run until the end of January (online theory part) [click here](#) IF YOU LIVE AND COACH IN SWD ONLY.

A group of coaches are currently on the level II course which will be concluded in late February whilst 3 coaches are busy with their level III accreditation. Looking ahead to the new year, two CAP Camps are planned for the early part of the year, with forums taking place in January.



*Above: Coaches on course being put through their paces during the Knysna Level I course held at the Knysna Sports Academy and below, the group of coaches who attended the Knysna Level 1 Course*



# COACHES CORNER: THE IMPORTANCE OF STAYING HYDRATED

Some of the functions of water include:

Provides shape and structure to cells. Approximately two thirds of the body's water is located within cells (intracellular fluid). Muscle cells have a higher concentration of water (73%) than fat, which is only about 25% water. Men generally have a higher body muscle percentage than women and therefore a higher body water percentage.

Regulates Body Temperature. Because water absorbs heat slowly, the large amount of water contained in the body helps maintain body temperature homeostasis, despite fluctuations in environmental temperatures. Evaporation of water (sweat) from the skin cools the body.

Aids in absorption of nutrients. Approximately 7 to 9 litres of water is secreted in the gastrointestinal tract daily to aid in digestion and absorption. Except for approximately 100ml of water excreted through the faeces, all the water contained in the gastrointestinal secretions (saliva, gastric secretion, bile, pancreatic secretions and intestinal mucosal secretions) is reabsorbed in the ileum and colon.

Transport's nutrients and oxygen to cells. By moistening the air sacs in the lungs, water allows oxygen to dissolve and move into the blood for distribution throughout the body. Approximately 92% of blood plasma is water

Serves as a solvent for vitamins, minerals, glucose and amino acids. The solvating property of water is vital for health and survival.

Participates in chemical reactions. For instance, water is used in the synthesis of hormones and enzymes.

Eliminates waste products. Water helps excrete body wastes through urine, faeces and exhalations.

Is a major component of mucus and other lubricating fluids. As said, it reduces friction in joints, where bones, ligaments and tendons encounter each other.

### Water Requirement

Water is an essential nutrient because the body cannot produce as much water as it needs daily. To maintain wa-

ter balance, intake should be approximately the same as output. On average, adults lose approximately 1450-

Source of water loss	Average amount Lost (ml)
Perspiration	450-900
Exhalations	350
Urine	500-1400
Faeces	150
<b>TOTAL</b>	<b>1450 - 2800</b>

2800ml of water daily. Water is lost through the skin and exhalations (skin loss) accounts for approximately half of the total water lost daily. Water is also lost from urine and faeces to make up the remaining water loss.

Another way to calculate water requirements is to allow 1-1.5ml of water per calorie consumed: For instance, someone consuming 2500 calories daily needs 3000-3500ml of fluid.

Actual requirements can be highly variable. Factors affecting water requirements include extreme environmental temperatures (very hot or very cold), high altitude, low humidity, and strenuous exercise increase losses. Water evaporation from the skin is also increased by prolonged exposure to heated or recirculated air, such as during long airplane flights. Source of water loss Average amount Lost (ml) Perspiration 450-900 Exhalations 350 Urine 500-1400 Faeces 150 TOTAL 1450 - 2800 BA (Hons) in Biokinetics (Bio kineticist) BA (Sports Psychology) Nikita Harrington Biokinetics © Page 3 of 6 Water requirements increase during pregnancy and lactation. People who eat a high- fibre diet need to consume more water



# COACHES CORNER: THE IMPORTANCE OF STAYING HYDRATED—CONTINUED

## An example of a day on how to keep hydrated.

- Waking up first thing in the morning – 500ml water
- Breakfast - Approx. 500ml's water and or with cranberry / orange juice. Choose salty / add salt to food.
- Mid – morning – Approx. 500ml's water or other beverages. high fluid snacks (yoghurt, smoothies, flavoured milk)
- Lunch - Approx. 500ml's of water, milk, or juice with lunch Choose salty / add salt to food.
- Mid - afternoon - Approx. 250mls of water/sports drink to pre-hydrate for afternoon training sessions workout + 250 ml 20-30 minutes before training.
- During training - Drink to thirst or 250mls of fluid per 30 mins for training sessions longer than 60 minutes
- After training - Approx. 250mls of water or sports drink for every 0.5 kg's lost in the training session to replace fluid losses. and return to normal hydration status.
- Dinner - Approx. 500mls of water, milk, or juice with lunch. Choose salty / add salt to food.
- After dinner - Approx. 500mls – 1l of water or other fluids throughout the night to “pre-hydrate” for the next day If energy allows, add high-fluid snacks (cereal with milk, soups, frozen yoghurt)

## You need to drink 3-4 litres per day when you are physically active

### Rehydration

Most athletes tend to finish training and competitive events with some level of dehydration. It has shown that it is challenging for athletes to drink adequate amounts of liquid to restore fluid balance. A fluid loss of more than 2% body weight incurred in one session can negatively impact performance during subsequent training sessions. It is vital for athletes to incorporate simple strategies to restore fluid balance, - as to always keeping liquids on hand during the day in order to restore the balance of fluid lost for the following session.

Fluid replacement alone will not guarantee hydration after exercise. The electrolytes lost in sweat, especially sodium,

must be replaced to avoid large fluid losses in urine during the rehydration process. Therefore, personally as a Strength and Conditioning Coach I instil athletes to have rehydrate and slow mag – based on the training sessions and the time of the day.

It is important for athletes to include sodium in their carbohydrate recovery drink or add some salt to their food if the food item is not already salty. The addition of sodium also preserves thirst which enhances voluntary fluid intake. The amount of sodium found in most retail sports drinks, flavoured milks and liquid meal supplements is more than adequate for rehydration purposes. Salty foods such as lean biltong and salted nuts can also be consumed with or instead of a higher salt beverage depending on individual sodium losses.

### Signs of Dehydration

- Headaches	- Constipation
- Bad Breath	- Body Aches or Spasms
- Fatigue	- Low blood pressure
- Very dark urine	- Rapid thirst
- Dry Skin	- Feeling dizzy or lightheaded
- Dry mouth, lips and eyes	- Urinating less frequently, or less than 4 times a day.

### Dehydration will be more common if you experience or have the following.

- Vomiting	- Increased alcohol assumption
- Diarrhoea	- Excessive sweat after exercise
- Heatstroke	- High temperature at 38°C or greater
- Taking diuretics	

### To check if you are hydrated use a urine chart such as the one on the following page

# COACHES CORNER: HYDRATION CHART

## Are you hydrated?

### Urine Color Chart

Use this urine color chart to assess if you are drinking enough fluids to stay hydrated throughout the day.

1		<b>Hydrated</b> If your urine matches the colors numbered 1 through 3 you are hydrated.
2		
3		
4		<b>Dehydrated</b> If your urine matches the colors numbered 4 through 6 you are dehydrated and need to drink more fluid.
5		
6		
7		<b>Severely Dehydrated</b> If your urine matches the colors numbered 7 or 8 you are severely dehydrated and should consult a doctor.
8		

**Precaution:** Certain medicines and vitamin supplements may change the color of your urine. The colors on this chart should only be used as a guide.

S300PB



**Contacts**

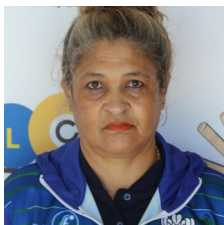
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