

“The Nightwatchman”

Edition 15



Another season has come and gone. With it there have been the usual ups and downs experienced by players, coaches and teams across the region with some licking their wounds, while others are still celebrating and basking in glory.



From a coach development perspective it has been a challenging year with new programs being introduced including the Coaching Framework. Although this took up the majority of time it will make things easier going forward once certain teething problems are ironed out. I would like to take this opportunity to thank all the coaches and those who have supported the coaching department through this past financial year. There have been too many people supporting the programs to thank everyone individually, but we have seen the department grow both in personnel, as well as experience.

Two highlights from a coaching perspective have been the inaugural SWD Coaches Conference which took place in February and hosted coaches from around the province. The line up included specialist speakers headed up by Adrian Birrell—ex Proteas Assistant Coach. We will be looking to expand on this conference and have planned to host this annually in August, before the season kicks off. Be sure to check the calendar in the newsletter for dates. The selection of so many RPC and Hub players into the SWD Youth Teams highlighted the tremendous program initiated by CSA in addressing the shortcomings of our past, as well as the hard work put in by the RPC and Hub Coaches.

I would like to thank our sponsors in Kempston Motors in George as well as Nulaid for their continued support through the year and the SWD Board, Management, Office Staff, as well as every single coach in the region for supporting the coaching programs and for the many hours of work put in over the past year.

Garry Hampson
SWD Coach Education Manager

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Points of interest

SWD’s Regional Performance Centre excels at National Tournament. Picture below: The team leaves the field after another win



SWD Senior Provincial Squad News

The 2017/2018 Senior Provincial season has come to a close. After a slow start, the team progressed steadily and managed to play some really good cricket in both formats. There were some very good individual performances which drew attention nationally and this bodes well for the union in developing players for franchise cricket.

Obus Pienaar was the stand-out first class batter with an average of 101, including 4 x 100s and 4 x 50s with a highest score of 186. Hanno Kotze, scored his maiden first class century (153*) versus Border as well as Daniel Sincuba with a brilliant 154 versus Northern Cape. Marcello Piedt was the standout first class bowler with 31 wickets. Mention must be made of young Bradley De Villiers who on debut, picked up match figures of 9 for 135 with a career best of 7 for 79 versus Namibia.

In List A, Neil Hornbuckle carried his bat in a match winning performance of 153* versus North West at the Recreation ground and contributed 10 wickets this season with the ball in a good overall performance. Glenton Stuurman, in only 5 matches, picked up 12 wickets at an average of 15 and economy of 3.77 along with Marcello Piedt (10 wickets) including a best of 5/35 versus Free State.

Final log positions

Sunfoil Provincial three day (6th) – P10-W0-L1-D9 with 117 points

CSA provincial one day challenge (4th) – P10-W5-L4-NR1 with 23 points

Baakier Abrahams
SWD Head Coach

Below: SWD players prior to a fielding session with Adrian Birrel



A coach is someone who always makes you do what you don't want to do, so you can be who you've always wanted to be. There is no glory in practice, but without practice there is no glory...

SWD Women's Cricket

With the 2017 2018 season completed and a number of highlights and learnings to reflect on, our women's cricketers are already working towards a better 2018 2019 season.

Head Coach Shaun Pretorius has been hard at work identifying young and new talent too boost the senior squad and the upcoming season will see the players in this squad put under pressure by some of the exciting talent that has been picked up. Talent plus hard work will always win over talent and so the players who take the opportunities being put before them this off season will reap the rewards.

A camp, focusing on the basics of the game was recently held at the superb Glenwoodhouse

facilities with 20 identified players from the senior and U19 squads attending. Various coaches were invited to assist and lend a helping hand, in working the players through the basics which will be focused on through the off season through one on one sessions that will take place weekly throughout the region.

Having identified conditioning as an area where a big improvement is possible, a number of the players have been put through the NPR testing at ETA College and this data will be used to develop a training program for the players to work on through the off season.

Below: The players and coaches who attended the women's camp at Glenwoodhouse on the 4 April .



Above: the girls in action at the women's camp held at Glenwoodhouse.

Below: Henrico Louw briefing the women's squad before fitness testing began



Coach Development

There have been various coach development sessions taking place during the past month. Our level 1 and 2 coaching courses were wrapped up, the annual level 2 refresher took place and a financial management and budgeting short course is underway through ETA, for our Framework, RPC and Hub Head Coaches. SWD also recently hosted the Cobras leg of the Advanced Level II Course for coaches involved in the High Performance Pipeline, which will be used to screen coaches for the level 3 course for 2019.

The Level 2 refresher received some fantastic feedback from the coaches who attended through the evaluation forms with comments such as "I was impressed with the way the course was presented, topics were clearly explained with quality information", "the batting presentation on coaching players on coaching spin has opened my eyes on how to prepare my players better", "it passed my expectations". Unfortunately the only thing where the course was marked down by the coaches were the remarks on the attendance at the course of key level 2 coaches who missed out on some valuable information. I must thank the facilitators and presenters on the course, especially Jonathan Beukes and Baakier Abrahams who brought a very professional, refreshing and

precise angle to the discussions.

The financial management and budgeting course through ETA has been another fantastic initiative and I would like to thank Jonathan Beukes, SWD Cricket Services Manager for the support and drive to have all of the coaches and a number of the office staff attend this informative and practical course. We are halfway through the sessions and the coaches have been challenged and stretched in a different way to the usual cricket specific sessions they are exposed to.

Monday 16th April saw coaches who are involved in the high performance / youth teams from the Cobras region gather for the Advanced Level 2 Course at the ETA Campus in George. This course is aimed at upskilling, as well as screening potential candidates for the level III course in 2019. Wian De Wet from ETA and Dr Steve Harris facilitated the course which covered topics such as Diversity and Mental toughness.

Although this has wrapped up the coach development for the season, the SWD Coaching Department will be straight back into it during May, with various courses and camps taking place. See the proposed Coach Development Calendar later in the newsletter.



Anti-clockwise from top: Coaches on the Level 1 course in Oudtshoorn, discussing bowling actions

Henrico Louw and Jonathan Beukes facilitating on the Financial management course

Bottom right: Anton Ferreira opening the Advanced Level 2 Course at ETA

Top right: Jonathan Beukes presenting the theory of coaching batsmen on how to play spin



SWD Regional Performance Team Excels at

The SWD Regional Performance Centre and Hubs team excelled at the Standard Bank National U/17 week that was held in Pretoria last week. The team that was selected from players from the Bridgton Regional Performance Centre and Rosemoore, D’Almeida and Thembaletu Hubs won three out of their four matches – including an impressive victory against Gauteng on the last day.

“This performance is a huge compliment for the development work and quality of coaching that is taking place at our RPC and Hub program”, commented SWD Cricket Services Manager, Jonathan Beukes. “The work that is done by the respective coaches, Elridge Booysen (Bridgton RPC), Ranwill Claassen (D’Almeida Hub), Angus Roelfse (Rosemoore Hub) and Lastword Tapfumenayi (Thembaletu Hub) deserves recognition”, he said.

“The RPC and Hub program is one of the incentivised areas in the Cricket SA Operational Score Card and is a key strategic focus area of our programs which is supported with financial- and human resources. We are indeed proud of their performances during the past tournament as well as with the high number of players that these programs deliver for our representative teams”, said SWD Cricket President, Mr Rudy Claassen.

Of the 12 players who took part in the tournament, 9 have already represented SWD at National Weeks. It is rewarding to see the hard work that has been put into these players by the coaches over the past few years, paying off, through solid performances on such a big stage. The team had quality preparation going to the tournament after getting together in February where they attended a number of camps and played fixtures

against some of the SWD PPP squads and Academy. Unfortunately 2 players, Enzo Jafta and Joviano Tock (both SWD Youth Team players) missed the tournament due to injury.

The scores in brief are below.

SWD vs EASTERNS (50 overs)

SWD 122 (Geon Burns 28; Thulani Khumalo 4/44; Sibusiso Tshaba 3/16)
EASTERNS 123/4 (Thulani Thembela 42, Sihle Dlamini 30)
Easterns won by 6 wickets

SWD vs NORTHERN CAPE (Time Cricket)

NORTHERN CAPE 59 (Orapeleng Motlaring 34; Ayabona Ngondo 3/7)
SWD 172 (Tyrese Karelse 62; Jedhli van Briesies 41; Kutlano Ntshe 3/43)
NORTHERN CAPE 63/5
SWD won by an innings and 49 runs

SWD vs BORDER (50 overs)

SWD 219/9 (Tyrese Karelse 55; Clifton Olivier 39; Akhanya Bangani 3/60)
BORDER 53 (Ayabonga Ngondo 4/5; 3/11)
SWD won by 166 runs

SWD vs GAUTENG (T20)

GAUTENG 100/9 (Jandre van Wyk 2/9)
SWD 104/3 (Clifton Olivier 53)
SWD won by 7 wickets



Above: The RPC players during one of their training camps in preparation for the CSA U17 RPC Tournament that was held in Pretoria

Left: The SWD U/17 RPC team that participated in the Standard Bank CSA U/17 RPC week that was hosted in Pretoria are: Back Row: Jhedli Van Briesies, Tyrique Wessels, Tyrese Karelse, Mesuli Vuba, Mclacon Goliath and Sonwabiso Miso Middle Row: Wanita Davis (Standard Bank), Angus Roelfse (Rosemoore Hub Coach), Lastword Tapfumaneyi (Thembaletu Hub coach), Ranwill Claassen (D’Almeida Hub coach), Elridge Booysen (Bridgton RPC coach) and Edward Khoza (Manager Cricket Services; Cricket SA) Front Row: Thabo Dwili, Ayabonga Ngondo, Jandre Van Wyk, Reagon Rhode and Clifton Olivier



Coaching Corner:

Do you have a Coach Development Plan (CDP)?

So much of our time as coaches is focussed on others (or at least it should be!), that we often forget to look inwards at our very own development. I am sure you would be able to list very quickly, two or three coaches who either coached you or that you know, who have not changed a thing they do in the last few years - hopefully not longer! When listening to the emergency procedures being explained on board an aeroplane, it is always stated that you must secure your own oxygen mask first, before you help others. This is not a selfish instruction but one that will ensure you are able to effectively help more than one person (before you suffocate or pass out).!

It is the same when it comes to coaching. If you do not look after your own development as a coach, you will suffocate your players in boredom, outdated methods and training sessions. These are the sessions that players joke about at break time. When was the last time you attended a coach development session. When did you ask a senior coach or mentor to come and just watch your session to give you some ideas on how to do things differently. Do your sessions reflect your coaching philosophy? Or do you even have one?

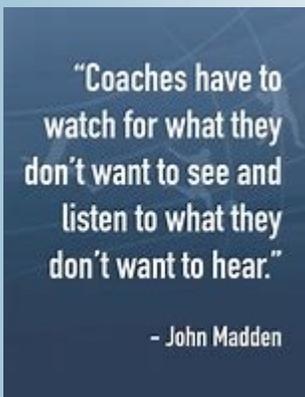
Having worked with coaches now for the past ten or so years, I am amazed at how few coaches show real initiative in developing themselves. It is rather a case "of when I have too" I will attend a course or forum. My appeal to you as a coach -whether or not the above statements reflect your approach to your development or not—is that you relook at how you are developing yourself or not. Be honest in this self evaluation.

Some of the questions you should ask yourself are:

1. What is your Coaching Philosophy? What drives you and motivates you for your coaching sessions?
2. What is your long-term development goal in relation to your current coaching role or position?
3. Have you identified your short term, medium term and long term coaching goals?
4. What additional knowledge, experience and skills do you need in order to meet those goals?
5. Where will you be able to get these skills? Courses, on the job training or shadowing?
6. Are there any obstacles to you would face in achieving these goals, and how will you overcome them?



When you look at the actual skills, knowledge and experience needed, you will also have to look at it from the perspective of your players. What do they need from you that you are not giving them and yes—no coach is giving their players everything they need! The best way to find out is to give them an anonymous questionnaire where they can air their feelings and thoughts. Be sure to put your ego and pride in your pocket through this entire process as this is probably the biggest downfall of any coach development program! Also ask a trusted mentor or coach who will give you honest feedback on your strengths and weaknesses they can see.



Armed with the information gained here you will be able to then align your Personal Development Plan (PDP) to your vision you have for yourself of where you would like to be in 1, 3, 5 years time. This is a worthwhile process to go through as our Framework Coaches are finding currently. Each one of them has a PDP which includes things under headings of Soft Skills, Leadership, Technical, Cricket Knowledge/Strategy, Personal and Life Skills and will cover things such as tying courses, financial management and budgeting courses, technical training, personal fitness, attending leadership training and so on.

When you hear yourself or another coach saying things such as "I have been successful doing this for 10 years... Don't fix what isn't broken" etc, be sure to know that deadwood is forming and we know what happens to that!

My last suggestion is READ! There are some fantastic books out there on coaching, leadership and other related topics - one suggestion is the book Legacy which I have found to be a fantastic resource to refer to. If you or your school would like assistance in developing a coach development plan, please contact me through the SWD Office

Garry Hampson—SWDC Coach Education Manager

What to look forward to: Coach Development

As we are in the planning stage for the next season the dates set out below are proposed dates for various coach development sessions that are planned for the next financial year. Once confirmed they will be communicated directly with coaches, schools and clubs.

DEVELOPMENT SESSION	DATE	VENUE/REGION	TARGET GROUP
COACHING COURSES			
Level 1 (evenings)	15,17,18,22,24,25 May	George	Unqualified Coaches
Level 1 (afternoon/sat)	8,9,15 June	Knysna	Unqualified Coaches
Level 2 (full day)	6,7,12 June	Oudtshoorn	Level 1 Coaches
Level 2 afternoon/sat)	20,21,27,28 July	George	Level 1 Coaches
Level 2 Refresher	22,24 October	TBC	Qualified Level 2 Coaches
CAP CAMPS			
First Aid Course	10/11 May	George	RPC Hub & Pipeline Coaches
RPC, Hub, Focus School & Club Coaches CAP Camp	16/17 July	George	RPC, Hub, Focus, Club Coaches
High Performance Pipeline Coaches CAP Camp	7,10 September	TBC	High Performance Pipeline Coaches
CONFERENCES			
CSA Coaches Conference	29 May - 1 June	Pretoria	CSA invitation only
SWD Coaches Conference	24/25 August	TBC	All cricket coaches—SWD
COACHING FORUMS			
Club Coaches	1 August		
Captains & Coaches	29 August		
George	4 September		
Riversdale	5 September		
Oudtshoorn	11 September		
Knysna	12 September		
Beaufort West	18 September		
Mossel Bay	19 September		
Club Coaches	17 October		
Regional	November tbc		
George / Knysna	16 January		
Oudtshoorn/Mossel Bay	23 January		
Riversdale/Beaufort West	30 January		
Regional	February tbc		

NOTE: These dates are subject to change. Should you have any queries please contact the SWD Coaching Department



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