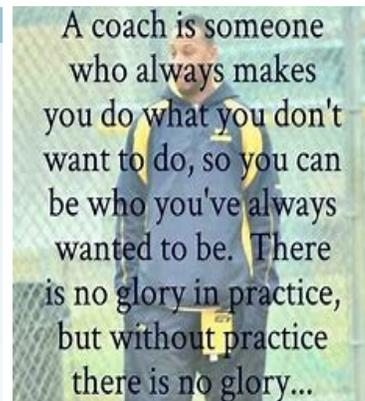


July 2018  
Edition 16



# The Nightwatchman

## Off-Season? What's that?

A friend of mine asked me how the off season was going and was a bit taken aback when I just laughed at his question. Gone are those days, it seems, for the staff in the background, because the so called off-season is chock-o-block with activities. Camps at the various age group levels, coaching courses, first aid courses, CSA Coaches Conference, strategic planning sessions as well as the ongoing player development and coaching sessions to name but a few things. It never ends!



With the new season bearing down on us, it is all systems go. The school holidays are upon us and will see various camps and sessions being run in the province through the RPC and Hub coaching programs, as well as the Framework Coaching programs.

Having spent time this winter looking into our coaching database, a worrisome aspect of the game in SWD, is the number of coaches at schools specifically, who are not correctly qualified or accredited. This puts the school and players at risk at various levels from quality of coaching to legal issues.

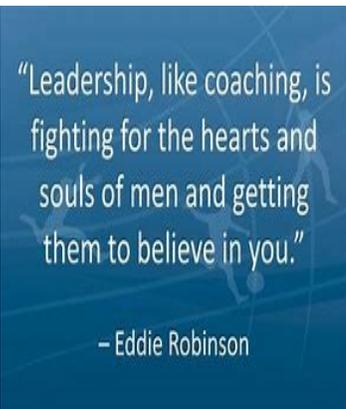
A level 1 coaching course in George has concluded with the 25 coaches attending the course still to write their exams and there are more courses forums and CAP Camps planned in the next few months. Our framework coaches have been hard at work through the 2nd term working with various players throughout the region, under the PPP banner, as well as working through the level III course at the same time. It has indeed been a busy time, but with the effort invested now, the players should reap those rewards come match time.

Garry Hampson—SWDC Coach Education Manager

## Three SWD coaches receive recognition

Three coaches from the region recently received recognition for their achievement's as well as for completing the CSA Level III successfully. Gurshwin Rabie (SWD Provincial Academy and U19 Head Coach) along with Oakhill 1st XI Coach and U19 Assistant, Chicco Ponela were recently certified as level III coaches, having successfully completed all aspects of the course. This is a fantastic achievement and adds depth to the coaching in the region.

On a different note, Elridge "Ello" Booysen was recognized at the CSA Annual Awards as the Pitch-vision RPC Hub Coach of the Year. This is truly a remarkable achievement considering the 'competition' around the country and speaks volumes for his work ethic and leadership at the RPC. See the full story on page...



### Inside this issue

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### Special points of interest

- Jean Du Plessis represents SA U19 in England
- 2018/19 Men and Women's Squads announced
- Various players attend TAP Camps
- Elridge Booysen awarded Coach of the Year Award

## SWD 2018/19 SQUAD ANNOUNCED

South Western Districts Cricket announced its squad and contracted list for the 2018/19 season. The revised Cricket South Africa contracting for senior provincial players has been increased from seven to eleven contracts and also allow for contracts of a two year period.

SWD's top performer last season, Obus Pienaar, has been retained and together with experienced players like Neil Hornbuckle, Brendon Louw, Marcello Piedt and Letlotle Sesele, they will form the back bone of the team. Tsepo Ndwandwa, who recently attended a spinners camp in India, was also retained after a fine debut season with SWD. Mthobeli Bangingdawo from Them-balethu, the first local player who has developed through the Black African program and SWD Pipeline, was rewarded for his performances with a contract along with Jean du Plessis., who leaves for England in July with the SA U19 squad, after a successful U19 World Cup.

New faces are Yamkela Oliphant, a wicket keeper/batsman who emerged from the Fort Hare Academy in Alice, Kirwin Christoffels (from Eastern Province) – who represented the SA U/19 team and Stefan Tait (also from EP) – a left arm seam bowler who will add variation to the bowling attack.

Two key players from the past season, Hanno Kotze (Boland) and Glenton Stuurman (Eastern Province), will leave the province and will be hoping to break through to the next level. Six players additional to the eleven contracted players were also added to the squad and these include Todd Walker, Bailey Aarons, Bradley de Villiers and Herschell Amerika who already represented SWD. Jaco Janse van Rensburg who represented the SA Franchise Colts earlier this year will also be part of the squad along with Marco De Kock.

Coach, Baakier Abrahams, will be in his second year of his three year contract and an assistant coach/fitness trainer position to assist him will be filled soon.

The squad is: Herschell Amerika, Bailey Aarons, Mthobeli Bangingdawo, Kirwin Christoffels, Marco de Kock, Bradley de Villiers, Jean du Plessis, Neil Hornbuckle, Jaco Janse van Rensburg, Brendon Louw, Tsepo Ndwandwa, Yamkela Oliphant, Marcello Piedt, Obus Pienaar, Letlotle Sesele, Stefan Tait and Todd Walker

### Du Plessis on SA U19 England Tour

Following a successful U19 World Cup with the bat, where he cemented his place in the team through solid performances under pressure, Jean Du Plessis has again been selected for the SA U19 Squad to tour England during July.

The squad gathered for a camp in May in preparation for the tour where they will play 2 tests and 3 ODI's during July.

The tour takes place during the July holidays which will ease some of the pressure felt by these young cricketers who try and balance their studies with tours and other commitments such as this. The SA squad is a mixture of some 'experienced' U19 players as well as players vying for places in the next U19 World Cup .



Above and below: Du Plessis in action at the U19 World Cup in New Zealand



An SWD Provincial Squad, full of exciting young talent, mixed with experience was recently announced. It includes players such as (clockwise from top left); Mthobeli Bangindawo, Kirwin Christoffels, Jean Du Plessis, Obus Pienaar, Tsepo Ndwandwa and Stefan Tait.

# SWD 2018/19 WOMENS SQUAD ANNOUNCED

The 2018 2019 SWD Women's Squad was announced. Twenty two players have been included in the squad and Head Coach Shaun Pretorius is excited about the young talent that is coming through. Asked about the squad he said "There is a great mixture of experienced campaigners as well as some really exciting young talent. This will create real competition in the squad for places and will hopefully elevate our standard of play."

Players such as SA Fillies player, Annerie Dercksen from Sentraal Hoerskool along with fellow Girls U19 players, Chani Damons, Zoe Meyer, Ashley Ann Meyer and Mbali Ndukwana are the next crop of players coming through and we are looking forward to their development this season.

The 22 players are: Kaylene Abrahams and Mochelle May (both Riversdale), Micaela Andrews, Jeneviwe Jantjies, Haroline Rhodes and Jane Winster (all Union Stars), Vuyolwethu Bonya (Plettenberg Bay), Monique Booysen, Chantal Cupido, Wendy Eckersly, Marnazelle Rabie and Marion Williams (all Harlequins Forces), Chani Damons, Candys Jansen, Ashlee Ann Meyer and Elzaan Petersen (all Mossel Bay), Annerie Dercksen (Beaufort West), Bianca Figeland and Zoe Meyer (Ramblers), Mbali Ndukwana (Thembaletu) and Julandi Saayman (Western Hope)



Annerie Dercksen (top) and Chani Damons (bottom), who are both still U19, have been included in the SWD Squad

## MTHOBELI BANGINDAWO

In 2013 SWD Cricket initiated a black African program to introduce the game to black African communities that had previously had no access to the game. The townships of Thembaletu, Kwanonqaba, Bongolethu and Concordia in Knysna benefitted from this program. Thembaletu however emerged as a community which embraced cricket wholeheartedly and this culminated in a cricketing Hub being established on the back of the program.

The Hub has grown from strength to strength with a number of players being selected to the SWD Provincial Age Group teams over the years. A number of these players have then progressed with Unathi Mbathane and Sintu Majiza accepted to the Fort Hare Academy and others into the SWD Provincial Academy, such as Ayabonga Kitshini, who is now employed as the Thembaletu Hub Assistant Coach and Mthobeli Bangindawo. Lopsy, as he is known is the first player to break through, debuting in the Africa Cup where he took 3 wickets in his debut game.



Above: 'Lopsy' Bangindawo being congratulated on his 1st SWD wicket by his teammates

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

## SWD Squad train at Eden Districts Sports Academy

In what is a massive boost to the Senior Provincial program, SWD Cricket in partnership with the Eden District Sports Academy hosted a two-day strength and conditioning education session at the De Jager's Sports Complex on the 8th- 9th May 2018.

Runeshan Moodley, who accompanied the SA Under 19 side to the world cup in New Zealand in January 2018, conducted the two-day introductory and gym sessions as well as compiling the programs. "As part of the presentation, we tried to educate the players on the importance and benefits of a good strength and conditioning program, how it has evolved in modern day cricket and the expected outcomes we hoped to achieve individually and collectively," said Moodley.

SWD senior players will be put through a rigorous gym program over the next 12 weeks which will be overseen by JJ Du Toit, fitness trainer at the Eden Districts Sports Academy, as part of the off season/pre-season program.

SWD cricketers will also receive nutritional support from future life which is a welcomed source of nutrition for the players.



Far left: Members of the SWD Squad at the Eden District Sports Academy

Following a solid season and hard work under Head Coach Baakier Abrahams he is continuing to develop. Lopsy is the first of a crop of talented players coming through the Thembaletu ranks such as Mesuli Vuba, Ayabonga Anthony and Thabo Dwjili to name but a few.

The work put in by the coaches at the Hubs and RPC's must also be commended, because they are identifying and then developing talented cricketers under trying conditions in areas where there has been little cricket culture. However with the success of players such as Lopsy leading the charge and becoming role models for the young cricketers in these communities, these communities cricket cultures will continue to develop until they become self sustainable.

## Levin Muller making a return

Following a tragic accident over a year ago, 3 operations later and months of rehab, ex SWD U19 player and Outeniqua High School learner, Levin Muller is making his return to the game.

Known for his explosive and destructive batting for Outeniqua High School (where he was Head Boy) as well as for his success with the SWD Youth Teams, Levin was on the brink of a promising breakthrough into the senior provincial arena when he was unfortunately involved in a tragic car accident. However, his fighting spirit and character have seen him through this really tough period and he is back at training with a purpose to make an impact early in the season. Asked about his rehab and goals for the year he said "I am grateful to be back on the field and able to be hitting the ball hard again. The operations to my right hand has healed well, although it is still getting back to full strength and I have a minor op in July to remove pins from my left hand, but then its all systems go. My focus is to be ready and vying for selection to the Africa Cup in September".



*Levin Muller is excited on making his return to the game following a long lay off due to injury*

## SWD PROVINCIAL ACADEMY SQUAD

The names of the 2018/19 Intake of the SWD Cricket Academy were released by SWD Cricket. This is the 9th academy intake of the province with the main aim to broaden the player base within the province as well as providing depth to the senior squad. Over the years provincial players like Marcello Piedt, Brendon Louw, Hanno Kotze, O'Neill Baartman, Lyndon Volkwyn, Mthobeli Bangindawo, Jean du Plessis and Glenton Stuurman have emerged from the academy.

Players like Bailey Aarons and Todd Walker who represented SWD at provincial first class level last season, are again part of the academy alongside promising players such as Levin Muller, Francois Barnard, Travis Ackerman, Renaldo Swartz, Xavier Tekana and Linford Crotz, who all played for SWD at schools level. Jaco Janse van Rensburg who represented the SA Franchise Colts earlier this year will also be part of the squad as well as Athenkosi Kwitshana who represented the Cobras Colts in the Franchise Academies three-day tournament.

The academy program is one of the pipeline development programs that is funded by Cricket South Africa. The aim of the program is the retention and development of cricket players with a focus on black African players and a holistic approach to player development. The specific identification of talent that

is based on focused succession planning is important to ensure the success of the program.

The Academy Coach, Gurshwin Rabie said that provincial academies are seen as one of the most important links between the identification and development of players at junior (school) level and their continual growth towards a future in professional cricket. SWD cricket had its first academy intake in 2010. Education, facilities as well as sports science, medical, conditioning and other support is provided to the players. The academy also makes provision for player support and guidance through the SACA (SA Cricketers Association) Player Plus Program.

The academy squad is: Bailey Aarons, Todd Walker, Levin Muller, Francois Barnard, Travis Ackerman, Renaldo Swartz, Athenkosi Kwitshana, Linford Crotz, Jaco Janse Van Rensburg. Stefan Tait and Xavier Tekana. Two further names will be added to the intake.



*Following his selection to the SA Colts XI, Jaco Janse Van Rensburg has been included in the academy intake for 2018*

## OFF SEASON COACHING

The four SWD Framework Coaches have been hard at work across the region working with players on a small group or individual basis. The focus of their work has been on developing the basics of players games during the off season. This work is 'clocking up the travel miles' as they have travelled both close (under 100kms) - Oudtshoorn and George as well as to the far reaches of the region (100kms+) including Mossel Bay, Knysna, Riversdale, Beaufort West and Plettenberg Bay to work with various players, and this on a weekly basis.

The support of schools who have provided facilities for these sessions to take place has been superb! The use of the two indoor centers at Oakdale and Glenwood allows for uninterrupted training, whilst PW Botha, Outeniqua High, Oakhill, Holy Cross, Outeniqua Primary, Wesbank Primary, Knysna Sports School and Knysna Primary and Imezamo Yethu have all been very supportive and SWD would like to extend its thanks to these schools and headmasters for the wonderful support given.

There is still a long road ahead in developing our cricketing facilities in the region to where we are able to provide players with the same facilities as young cricketers have access to around the country, but it is encouraging to see how certain schools are investing into their facilities.

## CSA U16 TAP CAMP—THABO DWJILI

During the month of May annually, CSA hosts the U16 TAP Camp which is aimed at Black African cricketers from around the country who have been identified by the affiliates and screened by CSA. Players are then invited to attend the three day camp, which is hosted at the Fort Hare Academy in Alice, Eastern Cape.

Thabo Dwjili, from the Thembaletu Hub was invited to attend the camp along with RPC Coach Elridge Booysen. The camp included technical, mental and fitness sessions, where the players were screened technically and exposed to some of the top technical and mental coaches from around the country. The camp also afforded SA U19 coach, Lawrence Mahatlane the opportunity to have a look at the talent coming through the pipeline.

Thabo's successful U15 National Week last year ensured his selection and he is just one of a number of players coming through the SWD RPC and Hub programs who are beginning to make a name for themselves, due to their quality performances. These successes are testament to the investment that CSA has been pumping into the pipeline which feeds the Proteas, as well as to the hard work that the RPC and Hub coaches from our region have been putting in over the past few years. The performances of these teams continues to improve every year, with quality players being produced from the D'Almeida, Thembaletu and Rosemoore Hubs, as well as from the Bridgton RPC.



*Top right: Coach Ello and Thabo on route to Fort Hare*

*Right: Thabo keeping during a middle session and Left: the invited players gather for the start of the CSA U16 TAP Camp at Fort Hare*



*“To catch the reader's attention, place an interesting sentence or quote from the story here.”*

## SWD PLAYERS HEADED FOR COBRAS U17 CAMP

Annually, the Cobras host camps intended to identify players in the pipeline and to monitor their progress with the help of the CSA Scouts and Framework Coaches.

SWD has a strong U17 group this year and 9 players were invited to the Cobras regional camp to be hosted during the holidays in Paarl. The camps are designed to expose players to different ideas, inform them about the standards and benchmarks expected of players looking to break into pipeline and to gauge their development levels.

Provincial Academy Coach Gurshwin Rabie will be taking the players to the camp, along with the SWD U17 Head Coach, Eduard

Strydom. The nine players attending the camp are Matthew Thorne, Armin Kade (Outeniqua High School), Ayabonga Ngondo, Reagan Rhooode, Tyrece Karelse (all Bridgton RPC), Jhedli van Briesies (Langenhoven Gymnasium), Heath Richards (Glenwoodhouse), Thabo Dwjili and Mesuli Vuba (Thembaletu Hub)

*Above right: Jedhli Van Briesies will be hoping to follow in fellow keepers—Jean Du Plessis's footsteps and Ayabonga Ngondo (bottom) are both attending the Cobras U17 Regional Camp*



## BUDGETING & PLANNING COURSE

Gone are the days when coaches can just arrive at a net, tell someone to pad up and which bowlers are going to bowl. The need for efficient planning and budgeting has risen dramatically and with that need, all SWD Framework, RPC and Hub Head Coaches, as well as a number of office staff involved in running various programs attended a 10 week budgeting and planning course, run by Henrico Louw from ETA College in George.

This exposed everyone on the course to the different processes and systems used in budgeting and managing a program in order to assist them in the day to day work on the ground. This was a superb initiative from Jonathan Beukes, Cricket Services Manager and the on the job training aspect was found extremely valuable by everyone involved.

A big thank you must be extended to the staff of ETA College for their continued and professional support of a number of programs and aspects of cricket in the region!



*D'Almeida Hub Head Coach Ranwill Claassen and Thembaletu Hub Head Coach Lastword Tapfumenayi presenting on the budgeting and planning course facilitated by ETA George*

## COACHING COURSES AND FORUMS

Without doubt this has been one of the busiest, so-called, off-seasons we have had to date. With conferences, courses, forums as well as the intensive off season coaching program at full steam, there has been hardly a moment to catch ones breath after the season concluded.

SWD Head Coach, Baakier Abrahams, Women's Head Coach Shaun Pretorius and Garry Hampson—Coach Education manager all attended the CSA Coaches Conference held at the Fairways Golf Resort and Spa in Johannesburg. Again, the conference was very informative with various guest speakers presenting and this included the current Proteas Coaching Staff, who shared their views on both technical as well as strategic points.

The last remaining coaches in the elite pipeline who are require certification in first aid attended a first aid course run by Treinemon-to in George during the month of May. This was a valuable course in that it prepared the coaches for emergencies they may face whilst on duty with their players and squads.

Two coaching forums with framework, RPC, Hub and focus school coaches have taken place in the winter, to share information on winter training and preparing players for the season. These forums will be expanded in the 3rd term to the usual regional forums. .



*Clockwise from top: Gurshwin Rabie—Academy Head Coach being checked for vital signs on the first aid course. Candidates on the Level 1 Course at Glenwoodhouse being put through their paces and some of the coaches who attended the course below*



## RPC HEAD COACH ELRIDGE BOOYSEN RECEIVES PITCHVISION COACH OF THE YEAR AWARD

In a landmark achievement for coaching in the SWD region, Elridge Booysen, the Bridgton RPC Head Coach became the first SWD Coach to be recognized with a national award when he received the Pitchvision RPC Hub Coach of the Year Award, at the held CSA Awards.

This comes on the back of hard work and dedication by both himself and his assistant coaches at the RPC (Regional Performance Centre) in Bridgton—Oudtshoorn. The objective of the RPC is to develop identified cricketers from the area to a level where they are able to compete at an elite level, and this work has seen a number of players gain selection to various representative teams through the RPC.

Elridge has been a long serving coach in the community, having finished his playing career for SWD as a wicket-keeper batsmen. Currently living in Oudtshoorn, he has been head coach of the RPC for 3 years and has forged a name for himself in the coaching circles as a dedicated and hard working coach, who cares for his players. The ownership and initiative he has shown in dealing with numerous challenges on the ground has led the RPC to success and hence his recognition on the national stage.

Elridge will be jetting off to the United States to attend the Leaders in Sport Conference, sponsored by Pitchvision (and flying business class) in July, along with Mark Boucher, Shane Burger (the Franchise and Senior Provincial Coaches of the Year).

We are certainly proud of Ello's achievement's and wish him well on his travels over the Atlantic Ocean.



*From top to below: Coach 'Ello' Booysen coaching at the RPC. Middle: Ello with two RPC players at the U17 RPC Tournament and below: a very proud SWD delegation at the CSA Annual Awards surrounding Pitchvision RPC Coach of the Year winner, Elridge Booysen*

*In a landmark achievement for coaching in the SWD region, Elridge Booysen, the Bridgton RPC Head Coach became the first SWD Coach to be recognized with a national award*



## YouTube links

For the younger coaches this may be 'old news' but for some of us older coaches who are slightly challenged when it comes to keeping up with social media and things such as YouTube, there are some fantastic clips out there from top players who give advice and ideas on everything in the game.

Below are just a few that we have found useful. A reminder when watching and listening to players is that they generally speak about what worked for them. As a coach (or player) you will need to take this information and then apply it to the individual player you are working with. Remember that everyone is different!

To help with what we are talking about in the coaches corner this month, have a look at these clips:

AB De Villiers

<https://youtu.be/dTRx3cUDfXo>

<https://youtu.be/dPBsbKLoR3Y>

Kevin Pietersen Masterclass

<https://youtu.be/yrLUd99fqWc>

My Cricket Coach

<https://youtu.be/V6Hv-bW5Xzs>

## COACHES CORNER

With the season beckoning, players are beginning to dust off the pads, bats and boots, if they have not already done so, to begin their preparations for the season ahead.

In this months coaching tip we are going to look at an aspect of batting which underpins the batting technique and if not in place, is often a cause of a number of technical faults, leads to poor balance, bad positioning, poor judgement of line and length and incorrect weight transfer.

So, what are we talking about? Your hands, your balance, your feet? What we are in fact looking at is your head position and what you do with it whilst playing any shot. On its own, the head is the heaviest 'member' of the body and so it will effect your balance more than any other part of the body. This is both good and bad news because if you use it properly it makes batting much easier, but if not, it can really complicate things.

I am sure most people reading this would have been told at some stage by a coach to "move your feet" or maybe you are still use this language when coaching? Now, whilst moving your feet is still important, it is not the most important and foremost movement that needs to happen when going to meet a ball and blast it for 6! As coaches we really need to change our language and focus more on the head position!

For instance. If you take a player and make them stand with their feet together and give them a little push so that they start to fall over, be-

cause their head is no longer over their feet and they are unbalanced, they will naturally take a step to balance themselves out! So, if this movement is naturally ingrained in us, where we move our foot or feet to ensure we stay balanced once our head has moved, surely we should be coaching our batsmen to get their heads into the correct position towards and in line with the ball FIRST, and then check if the feet are landing in a position for them to stay balanced?! A player who moves his feet first and then his head will almost always leave his head behind and not be able to transfer their weight correctly into the ball!

This is a fundamental skill that needs some specific time spent on, in the winter to ensure that the head is dead-still at delivery (so that the line and length can be judged correctly) and then it moves first into the correct position, creating the momentum into the ball needed to transfer your weight correctly.

Using stationery balls first and then drop drills, followed by underarm drills will be the correct progression at most levels to drill this habit into your batsmen.

We trust this gives you a better idea of the importance of a batsman's head position. Head over to the YouTube links and check them out for a more detailed explanation from some of the best in the world.



**Important contacts**

**Coach Education Manager** (all coaching related affairs)

**Garry Hampson:** [garryh@cricket.co.za](mailto:garryh@cricket.co.za)

**Schools Co-Ordinator** (all schools and schools league affairs)

**Glenord Keiser:** [gkeiser@swdcricket.co.za](mailto:gkeiser@swdcricket.co.za)

**Clubs and Facilities Co-Ordinator** (all club and facility related affairs)

**Pieter Stuurman :** [pstuurman@swdcricket.co.za](mailto:pstuurman@swdcricket.co.za)

**KFC Co-Ordinator** (all KFC Mini Cricket related affairs)

**Genevieve Anthony:** [genevievea@swdcricket.co.za](mailto:genevievea@swdcricket.co.za)

**Peformax Administrator** (all Performax related affairs)

Genevieve Anthony: [genevievea@swdcricket.co.za](mailto:genevievea@swdcricket.co.za)