



Above: Some of the coaches and presenters who attended the inaugural SWD Coaches Conference at the Recreation Ground. For the full report go to pages 8 and 9

Edition 13

“The Nightwatchman”

Silly Season is upon us



Its that time of year again when the seasons are winding down or up, depending on where your team is on the logs. The fight for the top spots in the leagues or getting into the qualification rounds is hot and the teams languishing in or around the drop zone are frantically trying to get of it!

As a coach it is a time of pressure because added to this players are now planning what they are doing in the off season and where they may move to next season, so coaches are squad planning and negotiating for next season.

This is the time of year when it is a good time to start reflecting on what has passed while the season is still fresh in your mind and to get your plans in place early for the off season in order to prepare for the 2018 2019 season.

Our SWD season has been a very busy one, especially the last month with many different activities taking place from various camps as well as coach development programs. I trust you will find the newsletter informative and that it will inspire you to get involved in our programs when you see what you may have missed.

Garry Hampson
SWD Coach Education Manager

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SWD Women's Squad News

The SWD Women's Provincial team finished their season on a high by winning both the 50 over and T20 games against Northern Cape on 24 and 25 February 2018 at the Recreational Ground, Oudtshoorn. This capped off a season that saw this team develop and grow as a unit from a slow and average start, to almost qualifying for the A fine achievement driven by a coach who showed real passion, initiative and drive having taken over the squad as the season began.

The team won 5 out of 8 games this season. They finished second on the log for 50 overs and third in the T20 competition. Coach Shaun Pretorius is very excited about what the future holds for this team as he said "We've done well, but there are still small things to fine tune and with some of the talented U19 girls now pushing for selection, there will be

competition for places in the squad next season. This competition is always healthy as it pushes players to be better and they cannot rest on their past"

Below: The successful SWD Women's Squad having completed their 2017 2018 season under coach Shaun Pretorius. Hard work in the off season will see them move their games to the next level for 2018 2019



SWD U19 Girls hard at work

After a successful national week in Port Elizabeth (December 2017), the players are currently busy with one on one sessions in the different regions of SWD. Having players spread out from Beaufort West to Riversdale and back to Knysna is a real challenge to coordinate and ensure that each player gets the attention they need in order to develop. These one on one sessions allows me as coach

to work individually, spend time with the players getting to know them better as well as being able to focus on the individual skills of each one of the players. This creates an open platform during practice where players can communicate with the coach and the girls are responding well to the challenge of improving their games going forward. There are number

of exciting cricketers coming through who will form part of the PPP squad for 2018 2019 and I am looking forward to working closely with this group through the winter.

This winter program will see the individual sessions continue along with players invited to specialist camps as 4 players attended the recently held Black African Camp with Adrian

Anti-clockwise U19 Girls hard at work training specific skills during the ongoing one on one sessions taking place around SWD.

Far left: Ghislaine Le Grange (Glenwood House)

Bottom Left: Mbali Ndukwane

Bottom right: Zoe Meyer working her wicket keeping skills

Below: Vuyiseka Bonga



Black African Elite Camp

On the 21 February, PW Botha College in George, one of SWD Cricket's Focus Schools, hosted 35 identified Black African cricketers from the region for an Elite Black African Specialist Coaching Camp over two days. These players spent the two days working with Adrian Birrell on various aspects of the game, which included a very entertaining and informative session for the players as they waited for the rain to stop on day 1, being taught in their home language by one of South Africa's top coaches, who recently finished his contract with the Proteas.

Also in attendance was Mr Graham October – CSA TAP Talent Scout who joined the camp to scout for talent for the CSA TAP Program. The SWD Framework Coaches including the Women's Pipeline Coach were also present as the players included 4 U19 Girls. Baakier Abrahams, along with four SWD Senior Provincial Players lent a hand at the camp, which he attended because according to him, "It is very important as a coach to pay attention to your Pipeline and feeder system!"

Players from U11 through to U18 were present and they were put through their paces with bat and ball, as well as work being done on their fielding. Of the 35 players present, 16 have earned their SWD Caps in the representative teams and with the talent on show over the two, there will no doubt be more players selected from this group following quality performances on the field. What was promising was to see the number of batsmen at the camp who already have some big scores under their belts. Players such as Mesuli Vuba – a very promising top order bat and allrounder, Thabo Dwjili who led from the front with the bat at the National U15 Week, Jedhli Van Briesies who has already represented SWD U18 down to young Enathi Kitshini, who has already notched up a top score of 171 at the age of 11. Another aspect that was exciting were the spinners on show from Ayabonga Ngondo, a left arm orthodox bowler with great control and attitude, Kamvalwethu Feni who has started making an impact as a leg spinner at U15, along with the exciting duo of Enathi Kitshini (left arm orthodox) and Hlumani Hlangani (right arm legspin) – both in the U11's.

Players came from all regions with the split being Oudtshoorn – 6 players, Knysna – 4 players, Mossel Bay – 1 player and George 24 players with the majority coming from the Thembaletu Hub.

Feedback on the players from Adrian Birrell was very positive who said that it was apparent that coaching had been done on these players and so we would like to congratulate everyone involved in the players who attended the camps. Our focus with this group of players, as with all our identified players is

to take the quantity (we have the talented players) and turn that into quality. To do that we as the coaches as well as the hubs, schools and parents must work together, towards ensuring all our identified players are able to train and play on quality facilities and in structures that offer them enough quality game time for them to properly develop their skills and character.

A big thank you is extended to Adrian Birrell. His humbleness to come and work with young players starting out after having worked at the 'sharp edge' with the Proteas stands out. The energy and passion a coach, at his age shows, is a real benchmark for all aspiring coaches to follow and added to that his ability to speak Xhosa fluently enabled him to connect individually with our young cricketers. To all the other coaches who attended and assisted at the camp -we would like to thank you as well! Your inputs into the next generation are valued, even though the fruits will be seen in the years to come.



Anticlockwise from above: Denzil Masete learning weight transfer while 'boxing' Ad Birrell. Jedhli Van Briesies picking up some batting tips from AD. Left: The talented allrounder Mesuli Vuba in action



Clockwise from above: Liyabona Malifa, Iyapho Matinyana, Aycoba Nyangaza, Enathi Kitshini and Hlumelo Hlangani. Mesuli Vuba facing the pace and all the players and coaches who attended

Spin and Wicket Keeping Specialist Camp

Following the identification of many spinners and wicket keepers across the region through the PPP Talent Identification process, a specialist spin and wicket keeping camp was arranged with Paul Adams and Ezra Poole – CSA Specialist Coaches. The Camp took place over two days with the coaches working hard throughout the day in the Oudtshoorn sun. They put the players through their paces working with the senior provincial and academy spinners, both mornings and then worked with the identified age group spinners and wicket keepers in the afternoons.

Both Paul and Ezra shared valuable insight with all the players, giving them both technical and strategic tips and advice which the players will be able to work on by themselves. The young players were inspired by Paul's story when he asked them who was 16 and if they thought they could walk out onto the park to represent the Proteas in 2 or 3 years' time – because at their age he had no idea it would happen for him like that. His message to them was that if they wanted to be selected they would have to really get to know their own bowling, what works, what doesn't and the way to do that was to bowl for hours by themselves when no one else was doing it. Valuable advice indeed.

It was also encouraging to see how the keepers – who are often the "Forgotten Warriors" in any team – learnt so much and appreciated the focus of a coach's time on their skills. Far too often coaches will use their keepers to bowl at nets and do not spend time working on the skills of the engine of their fielding team. As Jean Du Plessis said of the camp having just returned from the U19 World Cup, "These two days were brilliant – I learnt a lot about my wicket-keeping and can now go and develop these skills further".

The work that Shaun Pretorius – SWD Women's Pipeline Coach – has been doing with his players, has been bringing through talent and two of the Girls U19 squad were also invited and they both impressed! Annerie Dercksen from Beaufort West and Chani Dammers from Mossel Bay attended the camp and impressed with their control and energy.

Generally, spinners come in the form off right arm orthodox, but this camp showed that there is depth of talent across all types spin with 9 leg spinners, 4 left arm orthodox and one china man bowler attending. The next step from here is for these bowlers, as well as the wicket keepers, is to work hard on the skills individually identified for them, using the drills that Paul and Ezra gave them. With the winter approaching this is the ideal time to do this and we encourage the players school and hub coaches to work with the SWD Framework Coaches in facilitating and encouraging this through the winter.

SWD Cricket would like to thank Paul and Ezra for their time and effort spent with our players. We would also like to thank the par-

ents and coaches who drove the players from as far as Beaufort West, Knysna and Mossel Bay, all the way to Oudtshoorn on both days. Your extra effort to get them to Oudtshoorn is appreciated!



Above: SWD and SA U19 player Jean Du Plessis hard at work with Ezra Poole and above right, talented U19 wicketkeeper Jedhli Van Briesies being put through his paces by Ezra.



Anti-clockwise from above: The talented Jandre Van Wyk releasing a ripper. SA Fillies and Sentraal High player, Annerie Dercksen between sessions. U11 off spinner Juvandre Alexander in action and some of the SWD Senior Provincial players who worked with Paul Adams and Ezra Poole over the two days

Coaching Corner—Key Points from the SWD Coaches Conference

Friday the 23 February 2018 saw coaches from around the region descend on the Recreation Ground in Oudtshoorn, to attend the inaugural SWD Coaches Conference. The programme was put together to bring both practical as well as ‘theoretical’ components to the coaches and help coaches from the region grow their knowledge of different parts of the game, from the key coaching concepts through to conditioning. A key concept that came through throughout the day was that coaches cannot stay stagnant. You must continually upskill yourself and develop, because the type of players/learners are changing with the times. Always begin with the WHY and not the WHAT when coaching!



Adrian Birrell, the ex-Proteas Assistant Coach spent the good part of two and a half hours running the coaches through his “practical coaching lessons”, learnt through his experiences with the Proteas. What was key was that all the lessons, tips and ideas he shared were on key basic principles and relevant to all the coaches present, from primary schools through to premier league. He worked on batting, bowling as well as fielding drills and key focus areas for coaches, and those present benefitted from being able to take notes and video some of the drills. During AD’s discussion prior to the practical’s he mentioned some key points that us as coaches should take cognisance of.



1. Coaching is about growing people. Success isn’t about winning all the time
2. You must be SELFLESS as a coach and not Selfish. It’s always about the player! Be a servant and educate in all areas
3. You must have passion every day. This underpins everything you do
4. You as a coach must
 1. Give your team direction
 2. Offer and teach skills (technique)
 3. Develop a strategy based on what you have
 4. Have a purpose! Understand WHY your team exists – this is the glue for the other three points
5. He also gave three simple words you as a coach must continually repeat with all your actions as a coach:
 PLAN DO REVIEW

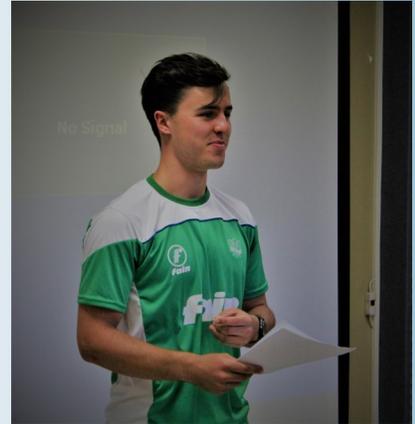
Lunch was followed by **Jean Du Plessis**, recently returned from the U19 World Cup. Jean, a member of the SWD Academy and SWD Men’s side, spoke on his experience at the World Cup and gave his perspective on coaching, from a young players viewpoint. The lessons he shared were valuable to any coach working with an elite cricketer. Jean had 8 points that he put forward to coaches (In brief):

1. Clear communication to your players is vital. They must know where in the pecking order they stand. Speak Less and Mean More
2. Get to know your player personally (what makes him tick) and be approachable
3. Share your experience and engage with people who have different views to yours Baakier Abrahams, SWD Head Coach and CSA Talent Scout then presented on how school coaches ‘fit’ into the CSA Talent Acceleration Program (TAP) and SWD Pipeline. A discussion took place with all the coaches on their roles in this pipeline, which ensured coaches left the conference, understanding their roles in developing and nurturing talented players, as well as the entire process that they would go through individually.
4. Find a balance between too much and too little information
5. Be positive always
6. Your way of sharing information may not get through to all your players. Use other coaches or avenues
7. Take extra time to know that your players understand exactly what you want from them
8. Deal with conflict early, openly and in a transparent manner



Some other key points Jean mentioned from a player's perspective were that coaches who try to help players understand their own games and game plans are able to make a huge difference. Teach your players to take both positives and negatives

from every net to help them plan and move forward. Before a game just focus on positive input to boost confidence – this helps a player so much more than loads of technical and strategic information. Also, coaches should try avoid giving conflicting messages to their players. His final message was for coaches to emphasize to their players that they must take their opportunities as early as possible, when they come along.



Baakier Abrahams, SWD Head Coach and CSA Talent Scout then presented on how school coaches 'fit' into the CSA Talent Acceleration Program (TAP) and SWD Pipeline. A discussion took place with all the coaches on their roles in this pipeline, which ensured coaches left the conference, understanding their roles in developing and nurturing talented players, as well as the entire process that they would go through individually. Some of his key points were that coaches must:

1. *Know their space*
2. *Have good time management because your job never ends*
3. *A hard work ethic of throwing balls and spending one on one time with players is the foundation of a quality and passionate coach*
4. *He also mentioned that we cannot expect a finished product because even senior provincial players were still developing and so coaches must have patience*
5. *Always look 1 step ahead – where do you want your players or what do you need and 1 step behind – what is coming up to your team*
6. *Coaches must remember that they are always being 'interviewed' because your team reflects the work you put in*

Henrico Louw from ETA then followed tea with a brilliant practical discussion and workshop, "Developing Fundamental Skills" with specific focus on conditioning. The talk was especially relevant to all school coaches because he dealt with the actual 'athlete' that coaches are dealing with today, compared with 20 years ago and the challenges associated with developing skills with these players. This is a talk that any school which is looking at developing its learners holistically should be exposed to.



The conference was very well supported by the SWD Framework, RPC and Hub coaches and with the timing not being ideal for all school teachers to be present, the next Coaches Conference is planned for a Saturday, late in August 2018.

I would like to thank our guest speakers, Adrian Birrell, Baakier Abrahams, Jean Du Plessis and Henrico Louw for giving up their time to present and share their experience and knowledge with the coaches on hand. I would also like to thank the SWD staff in the office, Jonathan Beukes, Zenobia Nel, Ashley-Ann Grootboom and Reagan Booysen for their support behind the scenes.

We look forward to the next conference and invite our coaches to join us and share the learning experience

Garry Hampson

SWD Coach Education Manager



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