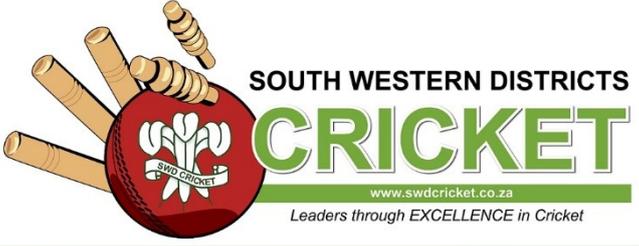


THE NIGHTWATCHMAN

Edition 11 – February 2017



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SWD HOST SA U19'S AND SRI LANKA U19



Above : Akhona Mnyaka in action for the SA U19's

The Recreation Ground hosted 3 matches between the SA U19's and Sri Lanka U19's during the first week of february. Some fantastic cricket was enjoyed by the cricket supporters of the Southern Cape with the SA U19's proving too strong for their opposition.

Nipun Ransika, Manelker De Silva and Praveen Jayawickrama took eight wickets between them to bowl the Coca-Cola South Africa under-19s out for 75 runs and claim a 153-run victory in the third and last Youth One-Day International match at Recreation Ground in Oudtshoorn on Sunday. The visitors, who were two-nil down in the three-match series ended the contest on a positive note with a strong win.

Having learned from their previous encounters against the hosts, the tourists elected to bat first after once again winning the



Above : SA U19 Man of The Series, Rynhard Van Tonder in action. His calm but steely composure at the crease was a lesson for all young school batsmen watching the games as he constructed his innings under pressure

toss. They posted 228/9 thanks to a 98-ball 77 runs by Hasitha Boyagoda and 41 from 49 deliveries hit by Vishva Chaturanga up front. South Africa end the series with a 2-1 victory and will also be satisfied with having beaten Sri Lanka five times out of the seven times the sides met in the Cricket South Africa Youth Triangular series and in this last stand-alone contest combined.



COACHING CORNER

SEASON REVIEW AND STRATEGY

The end of the season is the time while things are still fresh, for coaches to have a quick review of the season – its ups and downs, what worked, what didn't, WHO worked and WHO didn't, how YOU worked and then to put some strategies in place for the off season and tweak what you may do next season.

This is by no means an exhaustive and complete article but is really meant to be a guide to help start the process. Every coach is different and has a different approach to coaching, problem solving and leading a team and therefore the way you would go about this process is an individual thing, so take what you like and discard the rest (but use it to provoke some thought into what else you would look at)!

If you have gotten to this paragraph, my guess is that you are one of the ones who takes their commitment to continuously developing and learning at least half seriously, so that you can enable your players to do the same. There are different types of reviews done with the most common being a performance review (I am sure you have had one at work) – based on past performances done by a coach or manager, a 'political review' done with a Board or Executives political agenda driving the need for a review or a review caused by in-house (players, coaches and support staff) or outside pressure (from fans, media, boards etc.)

The problem with these types of reviews is that they often engender feelings of scrutiny and the 'proverbial' witch hunt for those people who have underperformed or feel they are on the 'hit' list. A few key points on a review: They should be systematic and totally independent from personalities or political influences; should get the honest inputs of everyone in the organization or support structure that surrounds the team and these inputs respected and valued and there should be zero emotion in the review, but must rather be based on actual facts. Be prepared for the tough conversations or negative feedback (hopefully in a constructive form – this should be encouraged) and honestly commit to CHANGING what needs to change in order for the TEAM TO BE THE BEST!

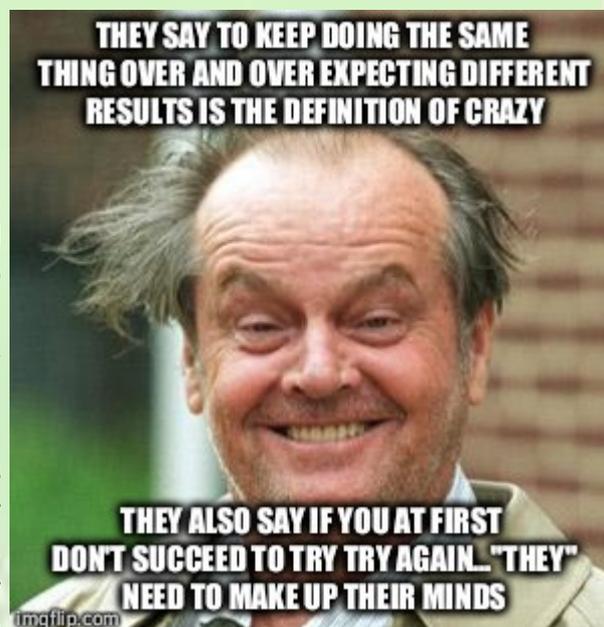


As far as I am concerned reviewing a season is actually code for planning for next season, because everything should be done with what lies ahead! Last season has gone, the horse has bolted and the water is long gone under the bridge! Learn your lessons and get on with it – purposefully (and STOP doing the things that did not work last year)!

When reviewing, here are some questions to ask yourself, your players

and support staff:

- ⇒ What do you (or I) want or need to improve this coming season?
 - A general question looking at things such training focus / commitment, nutrition, fitness and the non-technical aspects of the game.
- ⇒ **What new skill(s) do you want or need to learn moving forward?**
 - This looks at the technical aspects of the game as an individual or team?



- ⇒ **What are the benchmarks that we need to meet?**
- This would be looking at best practices in terms of training and performances. As a club cricketer for instance, what level are the best around the country performing at and how much do I need to improve on?
- ⇒ **What details can we not afford to miss next season?**
- This attention to detail must highlight the areas that caused frustration to players and coaches alike, from selection process to things that infringe on the environment in the team from outside influences, all the way to facilities. This includes all the controllables from how you train, eat, prepare – even the behavior of players and the influence of people and their agendas on the team and its environment. This is most often the cause of problems and poor performance because it nags away at players and coaches and becomes a major issue, but is normally the thing that gets brushed under the table and not dealt with.
- ⇒ **Question the purpose and efficiency of everything that affects the team.**
- This follows on from question 4. If it does not add positive value to what happens inside the white lines – IT MUST GO!
- ⇒ **Who needs to be replaced or what new players do we need to balance the team?**
- Any “let go’s” should be done discreetly and soon so it does not linger
- ⇒ **How did my leadership perform in the team – captain and vice as well as senior players?**
- Do I need to replace them and why? Is it an emotional decision or an objective one I have come to?
- ⇒ **What do I need to measure this coming season in order to make sure we are improving?**
- Is it stats, fitness, practice attendance or what?
- ⇒ **THE CRUX: WHAT IS THE PLAN GOING FORWARD? WHAT MUST CHANGE?**
- Do it and keep on doing it! You will need to persist with your plan to give it time to work. Hopefully you will be given enough time to work the plan, both in preparing the layers for it and in actually executing it!
 - What normally happens is the teams (including all involved around a team) with empty trophy cabinets will get together, have meetings, planning sessions and spend a lot of money on this exercise, but then you find the coaches and players struggling and frustrated with the same things year after year. That exercise is a simple waste of time and a wonderful box ticking exercise that people can pontificate about, but it does not translate into better performances!

Depending on where you are in the pipeline would determine the level and depth you would go into this process and planning, but no matter where you are, this process is important in order to measure and improve on what you did in the past. My humble plea is to not be one of those close-minded people who say “it’s always worked this way, so why should I change it?”. That is ‘sitting duck’ thinking and YOU ARE setting YOURSELF up, in your oppositions sights for the next season.... Remember: Sending a message strapped to a pigeons leg, still works today, but its not the best method

Hopefully you will have a bit of a starting point to reflect, but more importantly plan and put things into action RIGHT NOW!



“Enough with all the strategic planning. Get out there and kill something.”

COACHING 'HOT SEAT'

IN CONVERSATION WITH RAYMOND BARTIE AND DOUGIE BAARTMAN

Hampo: "Hi Raymond and Dougie. It is great to chat with you both and thank you for your time. Raymond I will start with you. Can you give us a short background of what you currently do for work and what it entails?"

Raymond: "I am a post level 1 teacher at Outeniqua Primary School where I am teaching grade 6's. "

"How long have you been coaching cricket and where did you start?"

"I have been coaching cricket since 1991 and it all started at Klerksdorp Primary School."

"What have been your coaching highlights or the players you have worked with that have gone onto provincial and franchise cricket if any?"

"I have had many u/11 and u/13 players who've been selected for provincial youth teams and performed well. I've also represented both North West and SWD as manager, coach and umpire during a number of tournaments. One of my highlights as a qualified CSA umpire was to have had the privilege to umpire the match of the SA u/18 Colts back in 2000 in Potchefstroom where Hashim Amla and Stephen Cook played."

"You are currently attending the level 1 course in George. As an experienced coach, have you learnt new things or has it been old tekkie as they say, and boring?"

"It has been a wonderful learning experience having learnt new things and I am currently applying the knowledge gained from the level 1 course. "

"And can you give us one example"

"I've enjoyed all sessions, but the wicket keeping and bowling sessions were great. I am analyzing the players' mistakes more easily now and the remedies are paying off. "

"Do you think it is worth every school coach attending one of these courses, even though they may have been coaching for many years?"

"It is most definitely worth for every school's cricket coach to attend one of these courses and aspire to go for higher levels. One is never too old to learn and as the game cricket has advanced during the years, it is important to stay up to date with new techniques and ideas."

Brilliant - thanks Raymond for your time and the efforts you put into the game! Dougy – over to you. As an ex SWD player, you have made the switch to coaching. What's it like on the other side of the fence?"

Dougie: "For me it's a complete learning curve and I have honestly learnt so much more about the game over the last two years especially how to work with players. I can't wait for the new season to start!"



Above: Raymond Bartie, the Outeniqua Primary U13A coach

COACHING 'HOT SEAT': IN CONVERSATION WITH RAYMOND BARTIE AND DOUGIE BAARTMAN

“What are your goals, next steps and aspirations as a coach?”

“I would like to attend the level 3 course, make a success of it by passing and then to work with elite cricketers in SWD whilst giving great coaching to both club and school players. Coaching is my career!”

“Your recently went with the SWD Academy Squad for a week to Cape Town on a “Coach Shadowing” opportunity. Tell us what you learnt and what value this time spent with Andre Du Plessis was worth to you?”

“I learnt so much from Andre—especially with working with players when you have a bad day on the field. How he approached team talks and drew things out of the players. I learnt that you need to know how your players tick because he seemed to know the right things to say and to also know what is going on in their lives.”

“Any other things you may have learnt that you did not expect to learn about?”

“ Carrying on from my last answer is that you just have to know your players—on and off the field. You need to be like a second father to these young players.”

“Do you think it is worth a young, or more experienced coach to shadow our top coaches, and why, considering that you have done a number of different coach shadowing sessions from practice to matches?”

“It certainly is! As I have said I have learnt so much and even after having played many 1st class games—it was eye opening and worth any coach who is serious about his coaching to spend some time with these coaches.”

“Awesome! Thanks for your time and we look forward to your development as a coach!”



Above: Dougie Baartman in his playing days for SWD where he was a vital part of the successful bowling attack

COACH EDUCATION NEWS



COACHING FORUMS

A number of forums have taken place in the region but the highlight was a forum run by SA U19 Head Coach, Lawrence Mahatlane and some of the players who recently overpowered a strong Sri Lankan U19 side at the Recreation Ground in Oudtshoorn. Following the first games victory, Lawrence and the players joined a small group of coaches from the region who had made the effort and who brought along some of their players to the forum. It was encouraging to have a number of the RPC and Hub coaches present along with some of their captains from their teams.

What followed was a brilliant insight into the workings, strategies, approaches and what it takes for a young player to get into the set up. Lawrence shared on the process that players go through and are exposed to as well as the roles and support that coaches through the system play in developing players. He shared a number of his experiences and highlights as a coach in the system. A key point was that the real coaching is done by the school and age group coaches in the affiliates because they are the ones who spend the most time with these players. This highlighted the need for all of our coaches to be accredited and get up to speed with the latest skills and techniques in coaching.



Above: SA U19 Head Coach Lawrence Mahatlane sharing his experiences



Above: Rynhard van Tonder and Jade De Klerk answer questions from the floor

The 4 players then shared their thoughts and experiences on what its like to tour abroad, dealing with the media and what happens when you lose at that level, the differences in the team culture and what they had learnt through this process. Most interestingly was their thoughts on the differences and what to expect as a young cricketer moving up through the ranks from schools, to Youth teams and to the SAU19. This insight was brilliant from both a players perspective as well as for coaches who were given an idea on their roles through the players eyes.

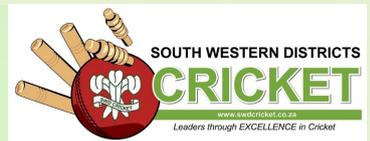


Above: Some of the RPC and Hub coaches with their players who attended the SA U19 forum meeting



COACH DEVELOPMENT

COACH SHADOWING OPPORTUNITIES



A number of our coaches have taken the opportunity to shadow our two very experienced coaches in Andy Moles and Andre Du Plessis. This program allows coaches the opportunity to get inside a provincial training session or change room during a match and not only observe, but actively take part in warming players up, running fielding drills giving their inputs.

Bradley Carolus recently spent time during SWD's game against Northern Cape in the change room with Andy Moles. For a young promising coach who



Above: Bradley Carolus with Andy Moles, watching proceedings from the home change room

is making a real impact at George High School, the experience gained from spending time with a coach with international experience is invaluable.

Douglas Baartman, the coach who has brought to life Western Hope CC (narrowly lost to Pirates in the Premier League final by 1 wicket), spent time with Andre Du Plessis during the cobras franchise academy triangular in Cape Town. As an ex player, spending time with management on a tour proved to be eye opening

and his comments in the coaching hot seat page show how valuable the time was for his development.

Equally as important as the willingness and initiative shown by the coaches wishing to shadow, is the openness and quality of the coaches being shadowed. Having someone in your environment can be seen as an intrusion but both Andy Moles and Andre Du Plessis are coaches who are more than happy to share their knowledge and experience with others and this attitude is something to be commended!



Above: Dougie Baartman (Western Hope CC Head Coach) and Andre Du Plessis (SWD Academy and U19 Head Coach)



Above: Bradley Carolus in the thick of things prior to the match kicking off against the Northern Cape side.

HIGH PERFORMANCE NEWS

DU PLESSIS AND BANGINDAWO SELECTED FOR COBRAS U23



Jean Du Plessis and Mthobeli Bangindawo have been selected to represent the Cobras U23 Academy at the Franchise Academy 50 Over tournament from the 14 March in Potchefstroom. Both young players are part of a talented group of U23 cricketers coming through the ranks of the SWD Youth Teams. Their selection comes off the back of SWD Semi Pro selection, quality performances for their clubs as well as at the Cobras Academy triangular held between the Boland, Western Province and SWD provincial academies.

Right: Jean Du Plessis on the attack Namibia for the SWD Semi Pro team



RPC AND HUBS BEGINNING TO BEAR FRUIT

The Regional Performance Centre and HUB programme initiated by CSA 3 seasons ago are showing the right kind of signs having now produced 26 SWD Youth Team players, with five of the seven school leavers attending or having attended the SWD Provincial Academy under the guidance of Head Coach Andre Du Plessis. Mthobeli Bangindawo debuted for the SWD Provincial Men's side during the Africa T20 Cup and has since played in both the CSA 3 day and 50 over competitions.



Above Ex-SWD wicket keeper and RPC Head Coach, Elridge Booysen discussing strategies with bowlers at a training session in Oudtshoorn

The D'Almeida U15 team recently were crowned as the U15 Promotion League winners for the second time in three years. The performances of the various teams are improving every year but challenges remain for the coaches as they work with the different squads. The buy in from the communities, headmasters and schools in the areas serviced by the squads is vitally important in order for this fantastic initiative by CSA to coming to maturity. These young players are given the chance to play the game they love in an environment that uplifts and attempts to level the playing fields, between players who have access to great facilities, coaches and structured leagues as well as



Above: Young players from the Thembaletu Hub in George warm up for a training session



Left: D'Almeida Head Coach Ranwill Clasen coaching during a batting focused training session in Mossel Bay

the socio-economic and lifestyle advantages .

FOR THE MOMS AND DADS OUT THERE..

This article we have circulated before and it has appeared in a number of newsletters already, but with the growing, and not diminishing drive by parents to create super athletes out of their children through hours and hours of extra coaching, there is a real need for some education of us as parents out there, and I would encourage you to share this with the parents of your teams or classes you are involved with, or even just your friends.



An Open Letter from the Back Seat

by John O'Sullivan / Tuesday, 31 January 2017 / Published in Sports Parenting

Dear Mom and Dad

I wanted to start this letter by saying I love you, and I know you mean well. I appreciate all the time and energy you put into taking me to my games and practices, and I know you sacrifice a lot to do it. I also appreciate when you try to help me get better by pointing out the things I do wrong because I know you know a lot about soccer. But we really need to talk about the ride home after games.

Yesterday's soccer game was amazing I thought. We had a great first half and scored three goals, and the other team had a great second half and tied it up. When we came back and won 4-3 in overtime, it was awesome. It was one of the most exciting games ever. I have never yelled so loudly when a goal went in. Did you see my teammates and I after in the big pile on? Did you see coach throwing around hugs and high fives? Did you see me smiling and laughing with my friends?

Then I saw dad. He was furious. When I made eye contact with him, he gestured with his head and mouthed "into the car, now." At that moment, all the excitement and happiness was gone. I actually wished I was driving home with a friend. When we got in the car, dad started right away. "What were you guys doing out there today? Is this some kind of joke?" "Dad, I don't want to talk about it." "We are going to talk about it Bobby," Dad said. "I have been driving back and forth to practices and games, and then you go out there today and do absolutely nothing. If you don't pick it up and get serious, we can find you another team so you can mess around with your friends."

I just stared out the window as Dad continued to tell me all I had done wrong, how my coach was putting in the wrong players and letting weaker kids play too much, and on and on. I stopped paying attention after a while. Couldn't I enjoy the most exciting win ever for a few hours at least? Sometimes when I get in the car after a game I want to talk about it. If I bring it up, I am asking you to give me advice or tell me how I did. Other times I just want to relax. When we lose I already feel lousy. When we win I know that sometimes I didn't have a great game, but I would still like to feel good for awhile. Can't we talk about the bad things after dinner or the next day? Why do we have to talk about it when you guys are angry? You guys come home from work and tell me you are too tired or you had a bad day and you don't want to talk about stuff. Why isn't it OK for me to feel the same way after a game? Why do you think I don't care if I say "can we talk about this later?" Mom and Dad, I sure love sports, but it seems like my sports make you guys angry more than they make you happy. They certainly make you mad at me more than anything else I do. Maybe it would be better if I just didn't play anymore so we could go back to being happy all the time. What do you think?

Your son,

Bobby

Note from John O'Sullivan: While this letter is fictitious, it speaks to an alarming truth. [The ride home after the game is a moment many children recall as some of their worst memories in youth sports.](#) They are physically and emotionally exhausted. They are hungry. They are ready to move on, win or lose. Some want to chat a bit about the game, while others just want to sit quietly, read a book, or chat with their friends. This has nothing to do with whether your kids care about the result, or whether they are competitive or not. When you have a bad day at work, and your significant other wants to talk about it and you say "not now, I just want to forget about it," how does it make you feel when he or she keeps pushing? This is

CONTINUED..

similar to the ride home for kids after games.



Parents often decide that the ride home is going to be a teachable moment. They have guaranteed face time, and it is time for a debrief and a rehashing of the good, the bad, and all too often, excruciating details about the ugly. They fail to take into account their child's state of mind, and whether he or she actually wants to talk about the game. They do not give themselves time to relax and get less emotional about the conversation. **Honestly, there could not be a less teachable moment in your child's sporting life than the ride home, yet it is often the moment that well-intentioned parents decide to do all of their teachings.**

And this is where it all goes sideways.

Parents, we are not bad people. The vast majority of parents I have met are amazing, well-intentioned and are simply giving feedback because they want to help. The game is fresh in the mind, so let's talk about it, right? If we are ready to teach, shouldn't our child be ready to learn? That's what this dad thinks in this great new video from [True Sport in Canada](#):

The father in the video without a doubt loves his son. He wants his son to do well. He sees things his son could do better. He wants him to be more focused and serious. These are all well-intentioned thoughts. But is this the right place to express them? The answer is no.

In 2015 researcher Dr. Samuel Elliott from Flinders University published a study of 12-13-year-old children playing Australian Rules Football. He found that most parents and children engaged in a debrief after the match on the ride home. The parents, for the most part, believed that being critical task-masters post game was an important part of their role, **but when asked whether they considered their child's state of mind before delivering their assessment, they said no.** The most upsetting times, according to the research, was when games were either blowout wins or blowout losses. In other words, kids either felt really good, and hated being brought down, or felt lousy and didn't need to be made to feel worse. Ultimately, Elliott found that while poorly timed debriefs did not explicitly make kids quit, it did lessen enjoyment and ownership of the experience, two critical ingredients in sports participation.

Mom's and Dad's, we all have a Bobby or a Susie in our lives. Take a moment and ask your kids if they want to talk about games on the ride home. Take a moment and consider your emotional state, as well as that of your child, and ask yourself if there is a better time to have the conversation. Ask your child, regardless of age, if there is a better time to have this conversation.

Please make the ride home a safe place for our young athletes, and they will repay us with greater enjoyment and love of sport. The alternative is that sport becomes something to be feared and avoided, and that can have devastating consequences.

Let's give the ride home back to our kids. I promise you will be glad you did.

Source:

Samuel Elliott and Murray Drummond. "Parents in youth sport: what happens after the game?" Sport, Education and Society, May 6, 2015

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