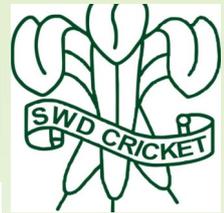


# THE NIGHTWATCHMAN

SEPTEMBER 2015 EDITION

PROMINENT  
PAINTS  
A PPG Brand



PPC  
CEMENT



"SWD gear up for Africa T20 Cup"

Canon

## IN THIS EDITION:

- PG 1-2: AFRICA T20 CUP
- PG 3-4: COACH EDUCATION NEWS
- PG 5-6: COACHING TIP FOR BATSMEN
- PG 7-8: KFC MINI CRICKET, RPC, HUB AND BA PROGRAM NEWS
- PG 9: SWD SCORERS ASSOCIATION NEWS
- PG 10: CONTACT DETAILS
- PG 11: AFRICA T20 CUP FIXTURES



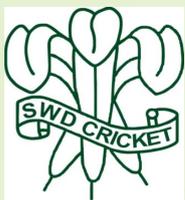
## AFRICA T20 CUP

The Africa T20 Cup is here! There is a lot of excitement and energy in the SWD Squad at the moment as the players prepare for the inaugural Africa T20 Cup. The first round of pool games took place over the 4/5/6 September. However SWD will only be taking part in their pool matches over the weekend of the 25/26/27 September in Bloemfontein.

The Africa T20 Cup is all about unearthing new talent which will be playing alongside international and franchise players. Vernon Philander will be spearheading the SWD attack and obviously brings an enormous amount of experience to the squad with his international experience. Alongside him—Andrew Puttick with his wealth of experience with both bat and gloves, Sybrand Engelbrecht (still known for taking one of the best catches ever—[see this video](#)) who has become a match winning all-rounder—both with bat and ball as well as his prowess in the field and Mthokozisi Shezi, the left arm seamer who has represented SA A and played one ODI for South Africa will be representing SWD in this exciting competition.



*Proteas player, Vernon Philander will be in action for SWD*



*“what a great honour to be named captain of this team”*



Waldo Lategan will be captaining the SWD team and is really looking forward to the challenge and captaining the likes of Philander. He had this to say: “What a great honour to be named captain of such a team with so much pride and history. My first challenge as captain is a rather large one with the Africa cup around the corner. I look forward to leading our province at this tournament. I’m quite excited about the make-up of the team! We’ve got a well-balanced squad, which includes national experience, quality bowlers and quality batsman. There a number of match winners who can all win you the game on any given day. We’ve got the privilege to have a guy like Vernon Philander in our team who has been rated as one of the world’s best bowlers and we are really excited to be playing with him as well as Puttick, Shezi and Engelbrecht. All quality players themselves. We are keen to learn from these big names joining us for the Africa cup. We want to play great cricket and win games and give people reason to sit up and take notice of this small province.



*SWD Captain Waldo Lategan*

Two rounds of the Cup have already taken place with two pool rounds still to come as well as the semi final and finals weekend

### Pool C (Diamond Oval)

| Month  | Day     | Date | Time          | Home Team        | Away Team         |
|--------|---------|------|---------------|------------------|-------------------|
| Sep 15 | Fri Day | 18   | 18:00 - 21:10 | Griqualand West  | Eastern Province  |
| Sep 15 | Fri D/N | 19   | 09:30 - 12:40 | Eastern Province | KwaZulu-Natal*    |
| Sep 15 | Sat Day | 19   | 13:00 - 16:10 | Griqualand West  | Namibia*          |
| Sep 15 | Sat D/N | 19   | 16:30 - 19:40 | KwaZulu-Natal    | Namibia           |
| Sep 15 | Sun Day | 20   | 10:00 - 13:10 | Namibia          | Eastern Province* |
| Sep 15 | Sun Day | 20   | 13:30 - 16:40 | Griqualand West  | KwaZulu – Natal*  |

### Pool D (Mangaung Oval)

| Month  | Day     | Date | Time          | Home Team               | Away Team               |
|--------|---------|------|---------------|-------------------------|-------------------------|
| Sep 15 | Fri Day | 25   | 18:00 - 21:10 | Free State              | South Western Districts |
| Sep 15 | Fri D/N | 26   | 09:30 - 12:40 | South Western Districts | Gauteng*                |
| Sep 15 | Sat Day | 26   | 13:00 - 16:10 | Free State              | Kenya*                  |
| Sep 15 | Sat D/N | 26   | 16:30 - 19:40 | Gauteng                 | Kenya                   |
| Sep 15 | Sun Day | 27   | 10:00 - 13:10 | South Western Districts | Kenya*                  |
| Sep 15 | Sun Day | 27   | 13:30 - 16:40 | Free State              | Gauteng*                |





*“topics under discussion focused on video analysis and how any coach can use technology ”*



## **COACH EDUCATION NEWS** **FORUM MEETINGS**

Our forums have started rolling out for the summer with meetings held in Mossel Bay, Oudtshoorn and Knysna. The topics under discussion focused on video analysis and how any coach can use technology that is freely available along with a phone or basic camera to do quality video analysis and give feedback to their players. These sessions were well attended in Knysna and Mossel Bay but unfortunately the turnout in Oudtshoorn was disappointing.

Our RPC Hub and Black African Program coaches have had two forums recently with the focus being on improving the standard and quality of players through session planning, use of correct drills and aligning the different programs around the province. We are already seeing a new crop of young players being identified out these programs and with the continued focus of the coaching department and the coaches involved, these players can only go from strength to strength. The identified players have all been included in the HP Age Group Squad training sessions to expose these players to the high standards of the National Weeks and to aid in their development.



*The RPC, HUB and Black African Program Coaches who recently attended a Forum Workshop at the Recreation Ground in Oudtshoorn*



*“breaking down strategies for the National Tournaments in December”*



## **COACHING COURSES**

The Level 1 in Oudtshoorn planned for August was postponed due to a very low turnout of coaches. This course has been postponed indefinitely.

The Bridgton RPC recently ran an Orientation Course for coaches in Oudtshoorn, while the Kwanonqaba Black African Programme ran an Orientation Course during August for coaches at schools involved in the programme.

The next courses will be run in November with a Level 1 and a Level 2 course being conducted.

## **AGE GROUP COACHES FORUMS**

The coaching staff for the SWD Age Group Squads for 2015 have met twice to discuss the preparation of the SWD Age Group squads and to run through specific training focus points as well as breaking down strategies for the National Tournaments in December.



*The coaches who attended the Age Group Forum meeting in George recently*





*“Here are some ideas for batsmen to use for a session in the nets”*

# Canon

## COACHING TIP: HOW TO USE THE NETS EFFECTIVELY TO IMPROVE YOUR BATTING

Many batsmen waste their very limited and precious time they get in the nets because they have no plan or goal or even an idea of what they are trying to achieve. Most batsmen are lucky to get more than a 20 minute slot in the nets at any practice, although you will face at least 40—60 balls in that time, depending on who is bowling.



Here are some ideas for a batsmen to use for a session in the nets.

### **1. Make it situation specific**

This can mean saying to yourself that you are opening the batting and will look to leave and defend your first 6—12 balls to get a feel for the wicket and then to look for singles and build your innings.

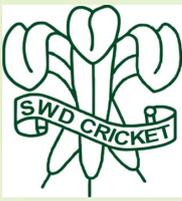
Or you have come in during the middle overs and must rotate the strike to get the batsmen in, back on strike. You will be looking to get in line and drop and run or play to the gaps as soon as possible without ‘facing’ to many dots.

Another situation could be, you have walked in, in the final overs under huge pressure to score at more than a run a ball. How will you play? Work out through experimentation as well as taking notes and reviewing which shots are high/low risk and in what situations you can use them!

### **2. Make it role specific**

Different batsmen have different roles in the team and this is also defined by the number you are picked to bat. As a top order batsmen you should know exactly what your role is—if not, ask your coach and play every session as if you are going out to bat in the middle in that role, or one you are working towards. Ask the bowlers what field they are bowling at and even put beacons out where the fielders are. Have a look at a few balls to get a feel for the pace and bounce. Look for opportunities to rotate the strike with singles and learn to know which bad balls you are able to put away early in your innings and which ones you may need to leave to lower the risk. Or, are you batting in the middle overs and will you be facing a lot of spin? What are your scoring options against spin.

Are you the batsmen who is expected to bat through the innings? Then your practices should be focussed on that—cut out those loose risky shots and focus on working out how you will rotate the strike effectively against different bowlers.



*“Make it skill specific”*

# Canon

One of the most common problems at nets is when the bowlers all come in and have a slog in the nets. A bowlers job is not to score the big runs and very infrequently should you find yourself in that situation, but more often you will need to support the batsmen who is in and so you should learn to develop the skills to suit this role. Work on a solid defence so firstly, you get to spend more time in the middle. Then work out where you will score singles. And ONLY THEN, look at where you can score boundaries. Bowlers normally have this process backwards!

### 3. Make it skill specific

A whole book can be written on this as there are so many different skills to train and develop, but just like eating an elephant, you do it one bite at a time. Work on your strengths first and then add to them. You may be strong off the front foot and not so good off the back foot—so cut out the big back foot shots and concentrate on scoring only off your front foot shots to start. In time you can ask the bowlers to bowl short at you for a whole session to develop this part of your game.

It may include forcing yourself to play one type of shot for every ball bowled so that you are able to work out different options for a shot. For example working only on sweeping the spinner—every ball. This will teach you to sweep different lines and lengths confidently.

Other skills (that are sometimes forgotten) to develop, are leaving—both on line and length, using your feet to go down the wicket and knowing where your off stump is when standing on different guards. The development of other unorthodox shots like the reverse sweep need to be practiced and you have to put time aside for it.

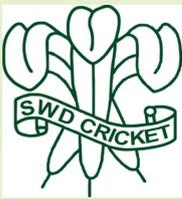
IS



#### For the Coach:

As a coach you need to have a handle on what your players are working on and give them the space to make mistakes when developing skills. That is WHY IT CALLED PRACTICE! We far too often expect excellence way to soon in our players. Let them work out their game plans by encouraging this process and creating the space and environment to learn and always be working towards something.





*“one-hundred-and-fifty-three schools in the province are participating in the KFC Mini Cricket program with 5,574 players “*

## SWD CRICKET – KFC PROVINCIAL MINI CRICKET SEMINAR



SWD Cricket, on Saturday 22 August, presented a very successful KFC Provincial Mini Cricket festival at the Surval Olive Estate in Oudtshoorn. The seminar was attended by almost 100 delegates including the Cricket South Africa Mini Cricket Manager, Mr David Makopanele.

The national mini cricket strategy as well as the provincial mini cricket plan was presented at the seminar with the theme: *“In pursuit of Excellence”*. The activation program, which is the responsibility of Playmakers, was illustrated by Brian Radebe. A very emotional and motivational theme was conducted by the local kick boxing coach Ranger Grebe in conjunction with Lani Lombard.

According to Gary Moos, the SWD Mini Cricket coordinator, one-hundred-and-fifty-three schools in the province are participating IN the KFC Mini Cricket program with 5,574 players – of which 1,410 are girls. The majority of the coaches – 381 – are female with 124 male coaches in the program.

### KFC MINI CRICKET COACHING COURSES:

A KFC Mini Cricket Coaching Course was conducted in Knysna, Oudtshoorn and in Thembaletu. Forty new coaches successfully completed the course in the three respective regions. See below upcoming courses:

Hessequa Region: 11 -12 September 2015

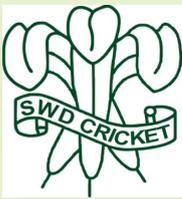
Mossel Bay Region: 17-19 September 2015

Kannland Region: 23-24 October 2015



*The delegates who attended the 2015 KFC Seminar held at Surval Boutique Olive Estate*





*"THIS COULD BE YOUR TEAM AND SCHOOL THIS YEAR TAKING ON THE PROTEAS!"*



### KFC KIDS TAKE ON THE PROTEAS COMPETITION

For schools who have a KFC team or program running this is a competition not to be missed. You have a chance (if you enter) for your KFC team to take on the Proteas team this summer and we would love to see one or two of our schools taking on the Proteas or being invited to serve as ball boys at a franchise or international match! To enter simply continue to push the **Call to Entry \*120\*7535#** and as many times as you can!

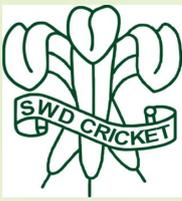
For episode one click here <https://www.youtube.com/watch?v=jBb3JtwbX8U> or click on the link in the email below to for episode two <https://www.youtube.com/watch?v=FvimHdDAMQg>

Be sure to enter as many times as you can to increase your chance of winning! What an awesome opportunity this is for any young cricketer!!

THIS COULD BE YOUR TEAM AND SCHOOL THIS SEASON



As the saying goes , "you have to be IN it to win it!" MAKE SURE YOU ENTER as many times as possible!



*“The SWD Scorers Association has been on the move!”*

## **SWD SCORERS ASSOCIATION IS MOVING!**

The SWD Scorers Association has been on the move recently having run a number of courses across the region. With Super Schools all having to score their games on CriqHQ there has been a super response with scorers joining courses around SWD. Altogether 45 scorers were trained with 22 writing exams. Follow up sessions will be conducted in the next few months for the rest of the scorers to write their exams.

Below are some pictures of some of the courses.



*Participants of the George Scoring Course, which was held at Glenwood House. 22 participants attended of which 12 were trained on Both the linear and CriqHQ systems*

*16 scorers were trained at Aerial College in Oudtshoorn in Linear Scoring*



*7 scorers were trained at Knysna Secondary in Knysna in linear scoring*





**COPIERS  
FAX  
PRINTERS  
PABX**

**Contact Gielie Marais on 0729704043 for more info**

**IMPORTANT CONTACTS:**

**SWD Office**

info@swdcricket.co.za      044 2726604

**Coaching Manager** *(all coaching related affairs)*

Garry Hampson: ghampo@swdcricket.co.za

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

Glenord Keiser: gkeiser@swdcricket.co.za

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

Pieter Stuurman : pstuurman@swdcricket.co.za

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

Gary Moos: gmoos@swdcricket.co.za

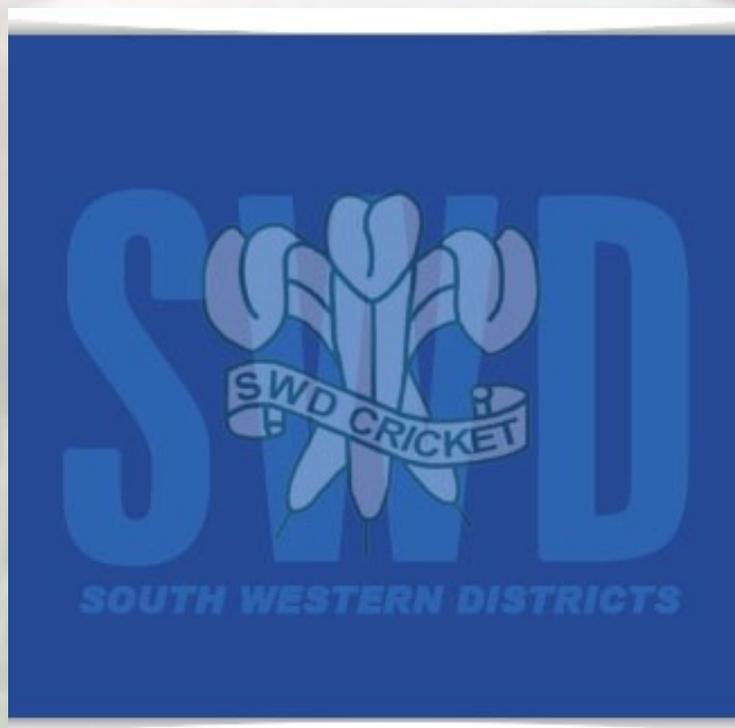
**Performax Administrator** *(all Performax related affairs)*

Genevieve Anthony: genevievea@swdcricket.co.za

To see the SWD Cricket website click [here](#)



A PPG Brand



# CRUZE THROUGH LIFE IN STYLE!



**SPECIAL PRICE**  
**CHEVROLET CRUZE 1.6**  
FROM ONLY  
**R199 900\***

CHEVROLET 

**GET YOUR STYLISH  
CHEVROLET!**

**FIND NEW ROADS™**

**KEMPSTON MOTOR GROUP**  
LANGENHOVEN STREET, GEORGE TEL: 044 801 7411 FAX: 044 801 7422  
7 MAIN ROAD, KNYSNA TEL: 044 382 6611

DIVISION OF THE KEMPSTON MOTOR GROUP TRUST A JURISTIC REPRESENTATIVE OF FSP LICENCE NO. 21244

\*On-the-road & Registration Fees Excluded. Terms & Conditions Apply.  
Model's shown may differ. Errors & Omissions Excepted.



# WHERE GREAT STORIES START

4 September - 4 October 2015

## AFRICA T20 CUP FIXTURES

(Matches depicted with \* are scheduled to be televised)

### POOL A (SAHARA WILLOWMOORE PARK)

| Date  | Day     | Time          | Time             | Home Team         |
|-------|---------|---------------|------------------|-------------------|
| Sep 4 | Fri D/N | 18:00 – 21:10 | Easterns         | Western Province  |
| Sep 5 | Sat Day | 09:30 – 12:40 | Western Province | Northerns*        |
| Sep 5 | Sat Day | 13:00 – 16:10 | Easterns         | Zimbabwe*         |
| Sep 5 | Sat D/N | 16:30 – 19:40 | Northerns        | Zimbabwe          |
| Sep 6 | Sun Day | 10:00 – 13:10 | Zimbabwe         | Western Province* |
| Sep 6 | Sun Day | 13:30 – 16:40 | Easterns         | Northerns*        |

### POOL B (SENWES PARK)

|        |         |               |                      |                       |
|--------|---------|---------------|----------------------|-----------------------|
| Sep 11 | Fri D/N | 18:00 – 21:10 | North West           | KwaZulu-Natal Inland  |
| Sep 12 | Sat Day | 09:30 – 12:40 | KwaZulu-Natal Inland | Boland*               |
| Sep 12 | Sat Day | 13:00 – 16:10 | North West           | Border*               |
| Sep 12 | Sat D/N | 16:30 – 19:40 | Boland               | Border                |
| Sep 13 | Sun Day | 10:00 – 13:10 | Border               | KwaZulu-Natal Inland* |
| Sep 13 | Sun Day | 13:30 – 16:40 | North West           | Boland*               |

### POOL C (DIAMOND OVAL)

|        |         |               |                  |                   |
|--------|---------|---------------|------------------|-------------------|
| Sep 18 | Fri Day | 18:00 – 21:10 | Griqualand West  | Eastern Province  |
| Sep 19 | Fri D/N | 09:30 – 12:40 | Eastern Province | KwaZulu-Natal*    |
| Sep 19 | Sat Day | 13:00 – 16:10 | Griqualand West  | Namibia*          |
| Sep 19 | Sat D/N | 16:30 – 19:40 | KwaZulu-Natal    | Namibia           |
| Sep 20 | Sun Day | 10:00 – 13:10 | Namibia          | Eastern Province* |
| Sep 20 | Sun Day | 13:30 – 16:40 | Griqualand West  | KwaZulu-Natal*    |

### POOL D (MANGAUNG OVAL)

|        |         |               |                         |                         |
|--------|---------|---------------|-------------------------|-------------------------|
| Sep 25 | Fri Day | 18:00 – 21:10 | Free State              | South Western Districts |
| Sep 26 | Fri D/N | 09:30 – 12:40 | South Western Districts | Gauteng*                |
| Sep 26 | Sat Day | 13:00 – 16:10 | Free State              | Kenya*                  |
| Sep 26 | Sat D/N | 16:30 – 19:40 | Gauteng                 | Kenya                   |
| Sep 27 | Sun Day | 10:00 – 13:10 | South Western Districts | Kenya*                  |
| Sep 27 | Sun Day | 13:30 – 16:40 | Free State              | Gauteng*                |

### SEMI-FINALS AND FINALS (VENUE T.B.C)

|        |         |               |                         |                        |
|--------|---------|---------------|-------------------------|------------------------|
| Oct 03 | Sat Day | 10:00 – 13:10 | Semi Final 1*           |                        |
| Oct 03 | Sat D/N | 14:00 – 17:10 | Semi Final 2*           |                        |
| Oct 04 | Sun Day | 14:00 – 17:10 | Winner of Semi Final 1* | Winner of Semi Final 2 |