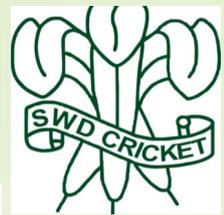


THE NIGHTWATCHMAN

Christmas 2015 Edition

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IN THIS CHRISTMAS EDITION:

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DECEMBER NATIONAL TOURNAMENTS

Its that time of year again when the selected teams get to travel to various locations across the country and take part in the annual national age group tournaments. After a lengthy and tough selection process the squads were finalised and they have been preparing in earnest for these tournaments which form the first few rungs on the ladder to a career in professional cricket.



SWD U19: Back: Jaco Janse Van Rensburg, Richard Papenfus, Bailey Aarons, Jay-Cee Nel, Todd Walker, Siyabonga Mbathane, Dillon Nuys, Nevada Jacobs, Joshua Van Eerdan
Front: Samkelo Mvimbi, Francois Visagie (Manager), Merlin Masimela (Assistant Coach), Jean Du Plessis (Captain), David Pryke (Head Coach), Levin Muller (vice Captain), Athenkosi Mapono

Jean du Plessis (Captain)	Glenwood House
Sam Mvimbi	Oakhill School
Athenkosi Mapono	Imizamo Yethu Secondary
Nevada Jacobs	Langenhoven Gymnasium
Jaco Janse van Rensburg	Outeniqua High
Siya Mbathane	Themba lethu High
Josh van Eeden	Bay College
Levin Muller (Vice Captain)	Outeniqua High
Dillon Nuys	Langenhoven Gymnasium
Todd Walker	Oakhill School
Bailey Aarons	York High
JC Nel	Oakdale Agricultural School
Richard Papenfus	Glenwood House

For the teams selected, the weeks are as follows and you can follow most scores on cricinfo

- Coca Cola Week -Port Elizabeth (16-20 Dec)
- Girls U19 Week -Durban (11-15 Dec)
- U17 Week -Pietermaritzburg (11-15 Dec)
- U15 Week -East London (10-14 Dec)
- U13 Week -Johannesburg (9-13 Dec)

Head Coach: David Pryke
Assistant Coach: Merlin Masimela
Manager: Francois Visagie



SWD U13

Ryan Shearer	Oakhill School
Lleyton Avontuur (Vice Captain)	Van Reede Primary
Schalk Vermeulen	Wesbank Primary
Mihele Dingiswayo	Holy Cross Primary
Jesse Adams	Outeniqua Primary
Gary Collanani	Knysna Primary
Kirk Nevay	Glenwood House
Callie Swanevelder	Glenwood House
Jandre van Wyk	Bongulethu Primary
Anoxolo Kitshini	Tyholora Primary
Michael Papenfus (Captain)	Glenwood House
Jacques April	Panorama Primary
Liyema Guga	Denneoord Primary

Coach: Wynand de Ridder
Assistant Coach: Darien Deal
Manager: Keith Wagner

SWD U17

Mthunzi Bongindawo	Imizamo Yethu Secondary
Renaldo Swartz	Oudtshoorn High
Shaquille Cloete	Outeniqua High
Athi Khwitsana	Oakhill School
Francois Barnard	Langenhoven Gymnasium
Grant Esau (Vice-Captain)	Langenhoven Gymnasium
Unathi Mbathane	Thembaletu High
Joshua Kleu (Captain)	Glenwood House
Darren Fry	Point High
Faghan Adonis	Langenhoven Gymnasium
Reinhardt Lotter	Outeniqua High
Edrich Janse van Rensburg	Outeniqua High
Ruan Moolman	Glenwood House

Coach: Pieter Stuurman
Assistant Coach: Siyabolela Nkosana
Manager: Marco Paulse

SWD U15

Braam van Huysteen	Outeniqua High
Migheal Vermeulen	Outeniqua High
Tyrece Carelse	De Villiers Primary
Johan Muller	Langenhoven Gymnasium
Matthew Thorne	Outeniqua High
Jean Bruiners (Captain)	Langenhoven Gymnasium
Brian Jack (Vice Captain)	Sentraal High
Shaun Wagner	Glenwood House
Arminn Kade	Outeniqua High
Jedhli van Briesies	Sao Bras Secondary
Odin le Roux	Outeniqua High
Mesuli Vuba	Imizamo Yethu Secondary
Zinedene Robinson	Outeniqua High

Coach: Salvin Hannie
Assistant Coach: Ranwill Claassen
Manager: Marco Paulse

SWD GIRLS U19

Kaylene Abrahams	Gerrit Du Plessis
Micaea Andrews (Captain)	Bridgton Secondary
Annemarie Dercksen	Sentraal High
Caryn Reans	Uniondale High
Esmarelda Francies	Gerrit Du Plessis
Justine Manaka	Uniondale High
Chani Damons	Soa Brass Secondary
Ziyanda Skosana	Imizamo Yethu Secondary
Edeema Machaka	Imizamo Yethu Secondary
Ashley-Anne Meyer	Soa Brass Secondary
Cecilia Strydom (Vice Captain)	Oudtshoorn High
Alizine Stuurman	Bridgton Secondary
Sanelisiwe Mqobhozi	Thembaletu High

Coach: Elridge Booyen
Assistant Coach: Mochelle May
Manager: Elize Arendse





“coaches from all corners of the region attended ”



COACH EDUCATION NEWS

CAP CAMPS / FORUMS

The coach development program has been in full swing through the summer with coaches from various parts of the region getting involved in different aspects.

The age group coaches have met a number of times to discuss and prepare for the national weeks whilst the ongoing RPC and HUB coach development has seen the fifteen appointed coaches attend 2 forums and a CAP Camp designed specifically to develop their coaching skills. This program is already starting to show results with a number of players from these programs being selected as first choice players in the various age group teams.

The RPC, HUB and Black African Program Coaches who attended the CAP Camp held at the Recreation Ground with Andre Du Plessis (centre), the High Performance Coach

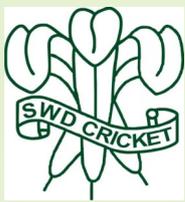


A very successful Regional Coaches forum was held during the SWD vs EP game with coaches spending the afternoon watching the game from the Presidents Suite as well as running through some very relevant topics on coaching through the afternoon. Coaches from all corners of the region attended the forum and thoroughly enjoyed the day.



Some of the coaches who attended the Regional Coaches forum held during the SWD vs EP fixture





“Altogether 52 coaches attended the two courses in November”



COACHING COURSES

2 well attended courses were run in November during the exams. Both a level 1 and a level 2 course was conducted. Altogether 52 coaches attended the two courses which were both held at the Recreation Ground in Oudtshoorn. It was especially heartening to see the response from schools whose coaches were not accredited properly sending their coaches on the courses. This is vital for the future of the talent pipeline as coaches hold the key to unlocking the talent which is plentiful in the region.



Coaches and facilitators from the recently held level 1 course which had a full attendance. Coaches from across the province attended and were put through their paces in both theory as well as the practical aspects of the game

Schools and clubs are encouraged to engage their coaches and ensure they attend the upcoming courses in 2016 in order for your cricketers to receive the best possible coaching available.





"All cricketers must have good balance"

Canon

BALANCE—THE KEY TO UNLOCKING YOUR TALENT

Whether it is as a batsmen, bowler, wicket keeper or fielder, all cricketers must have good balance!

From a batting perspective good balance allows you to access the ball easier, move down the wicket, adjust to movement and bounce of the ball and to manipulate the ball into areas of the field that are free of fielders! In an article on cricinfo, Brendan McCullum, New Zealand's top batsmen was asked if he could steal one thing from AB—what would it be and his answer was "Jeez, it is pretty hard to pick one. He can hit it all around the park. He has tremendous balance at the crease. Anyone who can access the areas of the field that he can and with the power he can has got to have very good eyes. But I think his balance is one thing that allows him to be as strong as he is all around the wicket. So, if I could steal one thing from him, it would be his balance while batting." Quite a statement, but this shows the importance of balance at the crease.



Good balance does a few things for a batsmen:

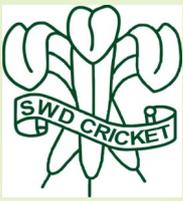
- It keeps your eyes level allowing you to watch and judge the ball affectively
- It allows you to move efficiently and quickly forward or backwards depending on the length of the ball
- It allows you to get into the best positions for all your strokes
- You will be able to create space for your hands to manipulate the ball
- You will be able to move down the wicket smoothly and get into the best position to access the ball
- It helps you create a stable base which is important for timing, executing your shot, power and hand speed to name a few

These are a few of the basic points. But, how do you develop good balance at the crease. Well firstly your set up needs to be correct and naturally balanced, head above your feet and not "outside" them, feet about shoulder width apart, eyes level, shoulder lined up at the bowler and hands preferably in a comfortable "hanging" position. This is easy to talk about but some batsmen struggle to get into this position. A great aid to develop this without the coach having to say much is to use the [ZWINGO](#) which forces the batsmen to get into a balanced position, otherwise he keeps falling over.



One point which cannot be overlooked before you get to technical, is the batsmens core strength. This has to be developed and trained and getting in touch with your local fitness trainer at the cricket union would be a great idea. Coaches should try bring in core training to their sessions for all their players because core strength is often referred to as the foundation for speed, strength, power and agility and everyone, including the coach needs a good core!

A mistake a lot of coaches make is to always train playing the cover and off drives because that's where 'most' balls come. This causes batsmen to subconsciously move to the off side, putting their head outside of the feet and this often develops into a habit of moving before the ball is bowled and creates a number of technical issues. A great drill to develop great balance and to stop this movement is use the three drop drill'



“Generally if your eyes are level throughout the skill, your balance will be good”

Canon

What this entails is:

- 1) dropping the ball inline with the toes about 2—3 feet away from the batsmen's front foot. He then steps and plays a straight drive ensuring his head is in the correct position, in front of his front foot.
- 2) the ball is then dropped about 1—2 feet away and in line with the middle of his front foot—he then plays an on drive with the front foot just opening up in its original position with the body following through after the ball
- 3) the ball is then dropped directly in front of his front foot heel—he must ‘pull his foot back, open it up and play the ball through mid wicket. The body will follow through after the ball with his weight transferring forward.

What this drill enforces is that the batsmen has to make sure his eyes stay level and his head moves directly over the contact point with his weight transferring into the shot. It also forces him to keep his head still before the ball is dropped because if he does not he will not be able to access the leg side balls properly. The drill is then progressed to accurately thrown balls on the same line as the three above.



There are many other drills one can use but these two we have found to be very successful in developing great balance in batsmen. As a general rule, if a batsmen, bowler, wicket-keeper and fieldsman can keep their eyes level throughout the skill and ‘moving towards’ the ball, their balance will be good! So to keep it very simple focus on this as a start.





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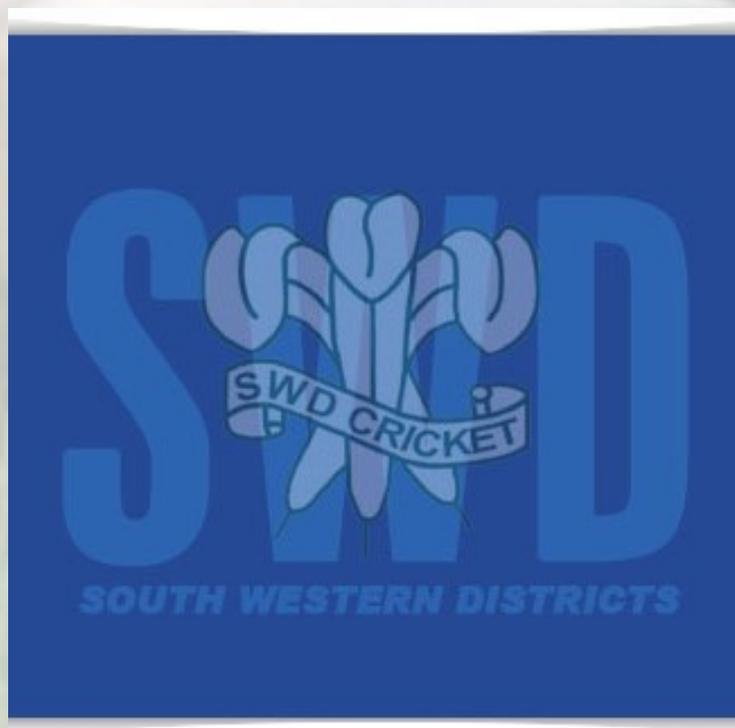
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To see the SWD Cricket website click [here](#)



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