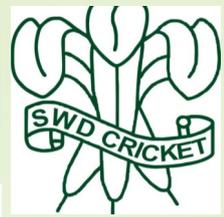


# THE NIGHTWATCHMAN

Edition 6—Jan 2016

PROMINENT  
PAINTS  
A PPG Brand



PPC  
CEMENT



SWD U18: 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

# Canon

## IN THIS EDITION:

- PG 1-3: DECEMBER NATIONAL AGE GROUP TOURNAMENTS
- PG 4 : COACH EDUCATION NEWS
- PG 5 : COACHING TIP
- PG 6 : SEMI PRO NEWS
- PG 7 : SCHOOLS CRICKET
- PG 9: CONTACT DETAILS

## SWD U/18'S EXCELL AT COCA COLA KHAYA MAJOLA WEEK

The SWD u/18 team recorded three impressive victories in their last three matches at the annual Coca Cola Khaya Majola National cricket that was hosted in Port Elizabeth.

They had a disappointing start when they lost in the first innings against Boland in a time cricket match when Boland posted 218/8 in their first innings with Nevada Jacobs 3/46) and Todd Walker (3/38) the pick of bowlers. SWD were dismissed in their first innings for a disappointing total of 105 with only captain, Jean du Plessis (27) making a significant contribution with the bat. Boland declared their second innings at 24/1 and SWD replied with 63/2. Richard Papenfus made 44\*

In the second time cricket fixture Northern Cape declared their first innings at 175/8 with Dillan Nuys (4/49), JC Nel (2/23) and Jaco Janse van Rensburg (2/43) were the pick of the bowlers. SWD replied with a credible 201/8 with Richard Papenfus (78) and Jean du Plessis (46) top scoring. Northern Cape declared their second innings at 85/2 and SWD were 38/3 at close of play in their second innings. Siyabonga Mbathane (2/23) took in the second innings.

Free State (143/4) defeated SWD (123/6) by 20 runs in their first T20 match with Nevada Jacobs (2/25 with the ball), Jean du Plessis (34 with the bat) and Josh van Eeden (26\* with the bat) the top best performers. SWD (105/9) however turned their performances around with a brilliant 22 runs victory against a strong Eastern Province (83 all out) side. Levin Muller who made 41 led with the bat while JC Nel (2/11) and Dillan Nuys (3/4) were outstanding with the ball.



# Canon



Todd Walker on his way to 87\* vs Border

In a 50-over match against Border Todd Walker produced a brilliant all-round performance for SWD who came out victorious with an 88 run victory. SWD, who batted first made 271/5 with Walker (87\*) top scoring. He was well supported by Muller (39), Papenfus (43), du Plessis (27) and Samkelo Mvimbi (30). Walker (6/24) who recorded the best bowling performance of the tournament was well supported by Athinkosi Mapona (2/37) as Border were dismissed for 183.

The last match was reduced to 30 overs per team due to rain. The SWD batsmen were again impressive with scoring at a rate of 6.63 posting 199/6 thanks to Levin Muller (32; 34 balls), Jean du Plessis (68; 63 balls) and Bailey Aarons (32\*; 20 balls). Nevada Jacobs (2/20), Aarons (2/19), Nuys (2/11) and Mapona (2/19) all bowled well to restrict Mpumalanga to 104 as SWD won by 95 runs.

## JEAN DU ESSIS SELECTED FOR SA COLTS

The captain of the South Western Districts U/18 schools team, Jean du Plessis, from Glenwood House in George was included in the SA Colts XI team.

The announcement was made during the gala dinner to close off the annual Coca-Cola Khaya Majola Week which was held in Port Elizabeth this year. The SA Colts team and the SA Schools team played each other on Monday at St George's Park in a match that culminated the closing of this prestigious event.

Since Waldo Lategan's inclusion in the SA Schools team in 2008 SWD every year produced a player for either the SA Schools or SA Colts team. His inclusion underlines the quality of the cricket development and high performance programs in the province and he follows in the footsteps of players Lategan, Brendon Louw, Jean Heunis, Marcello Piedt and Rian Botha.



SWD 18 Captain Jean Du Plessis in action at the Coca Cola Khaya Majola Week. His allround performances with bat and ball earned him a call up to the SA Colts XI



# Canon

The other three SWD cricket teams that participated in the Cricket South Africa National weeks produced some fine results in the matches that were completed. The u/13's that played in Johannesburg recorded an impressive five wicket victory against Free State in a T20 clash and defeated Easterns by 6 wickets. The u/15's who were in East London for the CSA U/15 National week made an impressive start when they won their first four matches against strong opposition composing of Namibia, Northerns, North West and Easterns. In the CSA u/17 week that took place in Pietermaritzburg SWD's first victory was against Northern Cape in a Twenty20 match where SWD won by 5 wickets. The summarized score cards are:

## **SWD U/13's**

### **SWD U13 vs Northerns – Time Cricket**

**SWD U13 1<sup>st</sup> Innings: 51** (D Herbst 3/12; CC Oberholzer 2/3)**Northerns 122** (CC Oberholzer 35; GPhuti 27; M Papenfus 5/29; K Nevay 2/29; J van Wyk 2/24)**SWD 2<sup>nd</sup> Innings: 46/2** (M Papenfus 26) **Northerns won on 1<sup>st</sup> Innings**

### **SWD U13 vs Limpopo – Time Cricket**

**Limpopo 1<sup>st</sup> Innings: 149** (K Patel 44; J Harms 31; K Nevay 4/40; M Papenfus 2/32)**SWD 117** (M Papenfus 45; K Patel 6/36 ; L Labuschagne 3/16)**Limpopo 2<sup>nd</sup> Innings: 46** (J Harms 33\*)  
**SWD 14 Match Drawn**

### **SWD U13 vs Free State – T20**

**Free State 112/7** (JD Oliver 49\*; M Papenfus 2/9; J van Wyk 2/15)**SWD 115/5** (C Swanevelder 47; R Shearer 23; V Lekulo 2/9)**SWD won by 5 wickets**

### **SWD U13 vs Northern Cape – T20**

**Northern Cape 65** (L Guga 3/15; J van Wyk 3/8)**SWD 47** (R Alexander 2/3; CN Erasmus 2/15; S Sokoyi 2/8)**Northern Cape won by 18 runs**

### **SWD U13 vs Easterns – Match reduced to 45 overs per side**

**Easterns 117** (J van Wyk 4/24; J April 2/8)**SWD 123/4** (M Papenfus 28)**SWD won by 6 wickets**

## **SWD U15 vs Namibia – Time cricket**

**Namibia 113** (L Hermanus 43\*; G Lottering 30; B Jack 4/14; J Bruiners 2/9)**SWD 146** (B Jack 35; Z Robertson 23; G Lottering 4/33)**Namibia 2<sup>nd</sup> Innings: 62/2** (N Loftie-Eaton 23; B Jack 2/10)**SWD won on 1<sup>st</sup> Innings**

### **SWD U15 vs North West – Time cricket**

**SWD 158** (O le Roux 46; M Vermeulen 38; M Jansen 5/33)**North West 149** (R de Villiers 62; D Jansen 34; O le Roux 3/29; B Jack 2/30; J Bruiners 2/28)**SWD 17/1 SWD won on 1<sup>st</sup> Innings**

### **SWD U15 vs Northerns – T20**

**SWD 105** (J Bruiners 33\*; O le Roux 28; J Arendse 2/15)**Northerns 55** (S Wagner 4/15; B Jack 2/3; J Muller 2/2) **SWD won by 50 runs**

### **SWD U15 vs Easterns - T20**

**SWD 70** (R Neethling 2/7; M Twala 2/4; A Rudolph 2/11)**Easterns 58** (M Thorne 3/11; S Wagner 2/9; J Muller 2/8)**SWD won by 12 runs**

### **SWD U15 vs Gauteng – 50 overs**

**Gauteng 255** (CD Skelton 57; M Chanakira 50; J Venter 35\*; Z de Jager 34\*; J Muller 2/31)**SWD 148** (M Vermeulen 38; C van Dyk 5/19)**Gauteng won by 107 runs**

## **SWD U17 vs Easterns – Time cricket**

**Easterns 247** (L Geldenhuys 76; C Opperman 59\*; F Adonis 2/14; A Kwitshana 2/42; J Kleu 2/53)**SWD 112** (F Barnard 35; B Harwood 3/19)**Match Drawn**

### **SWD U17 vs Zimbabwe – Time Cricket**

**SWD 167** (F Barnard 31; L Roach 4/26; M Balfour 3/11) Zimbabwe 2/0

### **Match Drawn**

### **SWD U17 vs Free State – T20**

**Free State 96/5** (C Shreuder 26; A Kwitshana 3/12)**SWD 83/7** (EJ van Rensburg 27; PJ Visser 2/5)**Free State won by 13 runs**

### **SWD U17 vs Northern Cape – T20**

**Northern Cape 76/9** (J Kleu 4/7) **SWD 77/5 SWD on by 5 wickets**



# Canon

*“coaches were involved in the warm ups, team chats and everything else that goes on behind closed doors in the change room “*



Luwellen Marx and Heinz Kruger with Head Coach Andre Du Plessis during the SWD vs Border fixture

## COACH EDUCATION NEWS

Although the holiday period is traditionally a bit slower than usual on the coach education front, 2016 has come with a bang and there are a number of coach education programs running in full force presently . The coach shadowing program has been running brilliantly with coaches from around the province getting to spend time with the semi pro head coach, Andre Du Plessis. The idea of the shadowing program is to duplicate the high quality training practices and disciplines shown by the head coach down into the HP training, RPC & Hub programmes, Black African Programmes and Club and School cricket coaching.

Coaches who responded to the invitation were able to spend time actively involved in semi pro training sessions as well as being able to spend the day with the team in the change room during home matches. These coaches were involved in the warm ups, team chats and everything else that goes on behind closed doors in the change room and picked up a lot information which they are able to transfer back to their own teams and players.

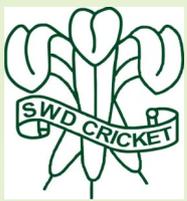
The coach development program aimed at preparing coaches for level III is also up and running for 2016 with coaches busy identifying players and doing a full analysis and program development for them. This program is aimed at up-skilling coaches in order to prepare them for the rigorous level III course should

they be selected to attend the course. It does however lift and develop their current coaching skills.

Douglas Baartman—Head coach of Western Hope CC and Elridge Booysen—the Bridgton RPC Coach spent time helping out at a SWD training session



Level 1 & 2 coaching candidates who attended the two different courses in November are busy preparing for their theory and practical exams in February and there are a number of forum meetings planned for February.



*“get your team into the classroom and show them some of these”*

# Canon

## COACHING TIPS

Every edition we are putting together different articles on how to train better, use different techniques, focus on key points and develop our players strategy but sometimes it is better to actually watch it being done. For this reason the coach shadowing program was introduced as seen on the previous page and the coaches who spent time shadowing the SWD team picked up a tremendous amount of information, new drills, ways of coaching and confidence in their own skills through this program by being able to watch a quality coach (Andre Du Plessis in this case) in action. With this in mind—learning to coach through watching a drill or session being done—we have changed up the coaching tip page for this month, knowing also that most coaches and their players have access to the internet where there is a wealth of knowledge (and some rubbish mind you), and so this months coaching tip is not a tip at all, but rather a bunch links to some drills and masterclass sessions on YouTube. Both Pitchvision and MyCricketCoach are two of our favourite sites that have some brilliant drills and articles that you can use for your coaching or for your own game. Below are just a few links for you to follow and either show to your players—we all know that sometimes “the out of town specialist” will say exactly what you have been saying but your players will listen to them and so you can find some of the drills or explanations on the web and before a practice or on one of those rainy days—get your team into the classroom and show them some of these. They will help for sure! There is plenty info out there for you to use

## BOWLING

**Learn how to create the Perfect Run Up**— <https://youtu.be/t2oQROhiQFk>

**Masterclass bowling**—<https://youtu.be/wBa1OxNYI-Y>

**How to identify a mixed action**— [https://youtu.be/4Ur1BX8Fw64?](https://youtu.be/4Ur1BX8Fw64?list=PLb6SC4pc804u1_DJRFonEShW8cJa8Bddw)

[list=PLb6SC4pc804u1\\_DJRFonEShW8cJa8Bddw](https://youtu.be/4Ur1BX8Fw64?list=PLb6SC4pc804u1_DJRFonEShW8cJa8Bddw)

**Nathan Lyon spin bowling masterclass**— [https://youtu.be/0kH\\_QwWtF7U](https://youtu.be/0kH_QwWtF7U)

## WICKET-KEEPING

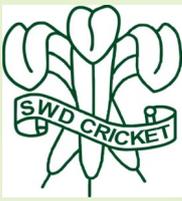
**Wicket keeper and spin masterclass**— <https://youtu.be/vMhEw-lqRz4>

## BATTING

**The Stance**— <https://youtu.be/P-dTpcEQTFY?list=PLb6SC4pc804tSNCdNIPyZZ3WEbqgfumlh>

**Setting a stable foundation**— <https://youtu.be/tAfibgnH3Tc>

**Learn how to play the sweep shot**— <https://youtu.be/HAv02yMQeIE>



*“Failure can either be a stepping stone to success or a stumbling to defeat- Ron Holland”*

# Canon

## SWD SEMI PRO NEWS

The SWDC Senior Team is in the final stages of our season with 2 matches to go in the three day format, one T20 and one 50 over match. We have switched our focus to the 50 over competition as it requires us to win the final match in our pool to advance to the final of the CSA Limited over Competition.

Our results in the 3 day and T20 competitions have not been something to write home about this season, but we are still striving to compete and win our remaining matches.

The mood in the camp is very positive as we understand the need to prepare well for the remainder of the season. The squad is in a good space and working very hard towards our goal which is to win all of our remaining matches for the season. We have had some good performances from various players this season, which in general has led to players being rewarded to play for Franchise cricket.

Luthando Mnyanda, was on loan to the Knights and has recently re-joined our camp again. Siya Simeu, had a short stint with the Cobras as well and we are glad to have them both back in the set up to share their knowledge and experience with the young cricketers that have aspirations to play at the higher level.

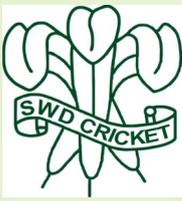
So, it's all down to the last 50 over match against Northern Cape - a must win match to qualify for the final of the 50 over competition.



Andre du Plessis

The SWD squad after beating Gauteng on the double





*“Oakhill School from Knysna caused a major upset “*



## SCHOOLS CRICKET

Oakhill School from Knysna caused a major upset on Friday when they defeated Outeniqua by 7 wickets to be crowned the SWD Schools Coca Cola Twenty/20 champions for 2015/16. Oakhill, who are coached by former Dolphins and SWD fast bowler, David Pryke, won the trophy for the first time smartly by out-playing the favourites – Outeniqua – as the winning target was reached with 27 balls to spare and seven wickets in hand.

Outeniqua, who batted first, posted 132/6 in their allotted 20 overs Arminn Kade (46\*; 37 balls, 1x6; 3x4) the top runs scorer. In their run chase a seventy-one runs partnership for the third wicket between Simkelo Mvimbi (53; 50 balls, 5x4) and Scott Armstrong (33\*; 38 balls, 2x4) paved the way for Oakhill to record an historic victory.



David Pryke (center), the coach of Oakhill together with batting hero, Simkelo Mvimbi (left) and Todd Walker (captain) after Oakhill defeated Outeniqua by 7 wickets to win the Coca Cola SWD Schools T20 competition

David Pryke (centre), the coach of Oakhill together with batting hero, Simkelo Mvimbi (left) and Todd Walker (captain) after Oakhill defeated Outeniqua by 7 wickets to win the Coca Cola SWD Schools T20 competition

Oakhill (97 all out) qualified for the final after a 46 runs victory against Point High School (51 all out) in the first semi-finals whilst an opening partnership of 221 runs between Levin Muller (145) and JP Duvenage (92) enabled Outeniqua to post 251/2 before they dismissed

Oakdale for 120 for a comprehensive 131 runs victory.

Oakhill will now lock horns with the winners of Western Province and Boland to determine which school will represent SWD at the Cricket South Africa national schools T20 competition.



The victorious team of Oakhill that won the SWD Schools Twenty20 competition are:  
Front Row: Nic Thompson; Bradley Carroll; Keagan Hartsliel; Scott Armstrong and Athenkosi Kwitshana.  
Back Row: Ben Pama; Todd Walker (captain); Lawrence Wiid; Challenge Gobo; Shaun Riley; Alec Yardley; Samkelo Mvimbi and Mr Dave Pryke (coach).



THE NEW OPEL ADAM S

# IT'S SSSO HOT RIGHT NOW!

Interested in a little something sexy?  
Call or visit us today.



## KEMPSTON MOTOR GROUP

TEL: 044 801 7411 | FAX: 044 801 7422 ADDRESS: LANGENHOVENSTRAAT, GEORGE

DIVISION OF THE KEMPSTON MOTOR GROUP TRUST A JURISTIC REPRESENTATIVE OF FSP LICENCE NO. 21248

Terms & Conditions Apply. Model/s shown may differ. Errors & Omissions Excepted. 95479



**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](#)

