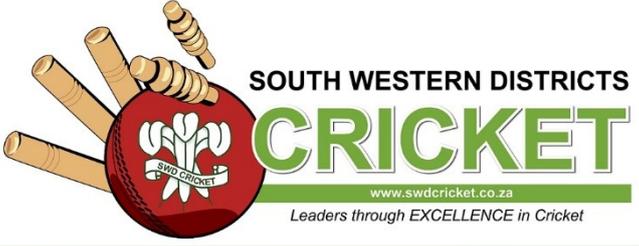


# THE NIGHTWATCHMAN

Edition 7 – Aug 2016



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## ANDY MOLES APPOINTED AS SWD HEAD COACH

International coach Andy Moles was recently appointed as the SWD Head Coach. Andy comes with a ton of experience from around the globe and off his most recent coaching assignment, that which saw him take Afghani-



stan through their most successful T20 World Cup campaign. Andy's story of how he burnt all of his bridges so that he could focus on becoming a 1st class cricketer and the journey through a very successful playing career which then turned into an ongoing successful coaching career is one to inspire everybody.



## GURSHWIN RABIE APPOINTED AS HP ASSISTANT COACH

Former Cobras, Warriors and current SWD player, Gurshwin Rabie recently joined the SWD Coaching Department as the HP Assistant Coach where he will assist Andre Du Plessis with the High Performance Program as well as shadow the academy training sessions. With Gurshwin approaching the end of a very successful career (but still with plenty in the tank) he has decided to begin the transition into coaching. Currently Gurshwin is attending the Level III Course and brings a wealth of playing experience both locally and abroad to the coaching structures.



# AFRICA T20 CUP IN OUDTSHOORN



The weekend of the 16—18 September will see the first televised cricket tournament hosted in Oudtshoorn when the Africa T20 Cup comes to town. 4 teams including last years champions –Northerners, Northern Cape and the international Kenyan team along with our very own SWD side will be contesting this round with the table leader going through to the semi finals.

All fixtures are televised with the first game starting at 9:30 am and the second game at 1:30pm. SWD will be playing the Friday Saturday and Sunday afternoon games. Entrance is free at the gate and with Protea players such as Dane Piedt, Dane Vilas and SA 'A' player Dane Paterson turning our for SWD— these are the three games you definitely must come and watch. The sides may contain a maximum of 4 franchise (including Protea) players and must field an U19 and an U21 player in each game. The SWD U19

Captain who was selected for the SA Schools Colts XI in 2015, Jean Du Plessis from Glenwood has been included along with Chris Marrow who played in the 2015 edition.



This promises to be a brilliant family weekend and one for everyone to come along and enjoy. For further information regarding details and entrance, contact the SWD Office at 044 2726604 or [info@swdcricket.co.za](mailto:info@swdcricket.co.za)



*Clockwise from above: Protea & Cobras player Dane Piedt, Jean Du Plessis, a scholar at Glenwoodhouse and SWD U19 Captain, Dane Paterson—SA A and Cobras and Dane Vilas—Protea and Cobras have all been selected in the SWD Africa T20 Cup*

The SWD Team is: Gurshwin Rabie – Union Stars (captain), Siyabonga Booie – Harlequins Forces, Jean du Plessis – Glenwood House, Neil Hornbuckle – NMMU, Jongile Kilani – Harlequins Forces, Hanno Kotze – NMMU, Brendon Louw – Pirates United, Chris Marrow – Paaltdorp United, Dane Paterson – Cape Cobras/SA A, Dane Piedt – Cape Cobras/Proteas, Dane Vilas – Cape Cobras, Nelson Setimani – Union Stars, Glenton Stuurman – Harlequins Force

For the match schedule click on the following link: <http://www.swdcricket.co.za/documents/fixtures/africa-t20-cup-2016.pdf>

**SEE YOU IN OUDTSHOORN!**

## COACHING 'HOT SEAT' IN CONVERSATION WITH ANDY MOLES....

Hampo: "Hi Andy, thanks for your time. I was looking for some pictures of you on the web and came across this heading—"Andy Moles begins stint with Afghanistan and this picture". In short what was it like coaching in that environment?"



Andy: "One thing that struck me straight away was the huge passion the Afghan players and public have for the game. The facilities at times were not excellent, however the hunger to improve and work on their cricketing skills were always there. The players were very passionate about the team and their personal performances, this was often evident on the field by the way they challenged each other

"You had a seriously long and successful first class career and while I was looking for some playing pictures of you I came across this one describing you as "Bears Legend..." Most people won't know how you fought so hard and sacrificed so much TO

GET YOUR Warwickshire career off the ground. They can check out

this link [http://www.addisarmycricket.co.uk/interview\\_8.html](http://www.addisarmycricket.co.uk/interview_8.html)

to a brilliant article I dug up on you (I've found no dirt though) but what advice do you have for young cricketers nowadays who seem to expect that once they have played for the academy or U19's, they should get a contract?"

The simple message is 'there is no short cut'.... players need to understand that there is competition for places on contract lists, therefore they must be 'ready' to take advantage of any opportunity when it arises, as well as understanding runs/wickets and good

fielding will always make the individual stand out.

"You have had a long history with South African cricket but have travelled and coached globally including Scotland, Argentina, New Zealand and obviously Afghanistan. How have you found the SWD playing environment compared to your past experiences and where could we improve our system?"

It is too early to pass comment on SWD playing environment as I have been with the full squad of players for only 2 weeks, however they have impressed me with the way they have gone about their practice and willingness to listen to different options and game plans that might improve the teams performances.

"What would you like the coaches in the system through the schools, clubs and representative sides to focus on and get through to their players?"

I believe in getting the basics right. Young players in my opinion must understand what is expected of them from the coach and then prepare well to execute those



**"Any advice to young coaches who would like to follow a career path such as yours in coaching?"**

**"I guess the best message is to never stop learning, and try to understand the needs of every single player and how best you can challenge them to improve."**

**"Nickname?"**

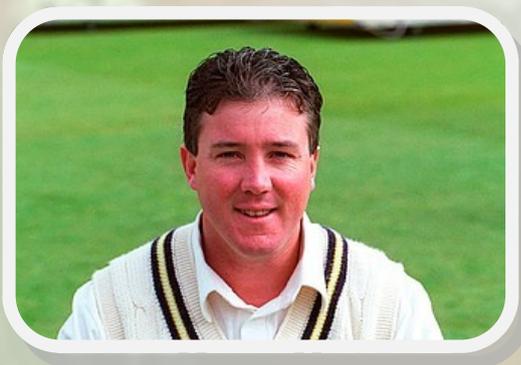
**Moler**

**"Favorite city in the world to visit? And why? "**

**"My time in New Zealand was very enjoyable, and would put Queens Town up there with my favorite cities, however when I've been away, Cape Town is always great to return to."**

**"We found a picture of a younger you?" As a youngster what was the best bit of advice you ever got from a coach?**

**"Three stick out. Selectors only remember 100's. Never stand still and always look to improve in your cricket/physical and mental skills  
If you want it..... go and get it !!!!!!!"**



**"I see you already have one trophy under the belt for the season—that of the champion four ball at the CSA Coaches Conference. Was it a talented four ball or was the rest of the field just not that great? "**

**"I was very fortunate to have 3 team members who all played excellent golf that day.... I was just fortunate to have Garry Hampson in my 4 ball playing off a very favorable handicap !!!!!!"**

**"I don't know who he is (laughs), but he must be a ringer of note!! Thanks for your time Andy and good luck for the season. I have no doubt that you will make a massive impact on our system and I look forward to learning from you!"**

# COACH EDUCATION NEWS



## COACHING FORUMS

The season has started with a bang with a number of coaches attending the recently held coaching forums in George and Oudtshoorn. Guest speakers at the two forums were SWD Head Coach Andy Moles and ex SWD Captain Ross McMillan. Both discussed batting principles and shared a wealth of knowledge with the coaches present. It is really encouraging to see the response of coaches when challenged with new principles or ideas from experienced coaches and the ability to improve, continually learn and test your knowledge and skills comes from attending forums such as this and being exposed to specialist coaching.



*Clockwise from above: Some of the coaches present at the George coaching forum; Andy Moles discussing the set up of a batsmen with RPC Assistant Coach Justin Jordaan; ex SWD cricketer Lyndon Volkwyn during the practical session and left, Ross McMillan putting across key batting points with coaches at the George coaching forum*



The George session included a practical session as the Glenwoodhouse Indoor Centre was used where coaches were 'put through their paces' to check for understanding. A few drinks were shared afterwards and a great evening was had by all!

# COACHING EDUCATION NEWS—CONTINUED



## COACH SHADOWING

One of the more successful coach development programs running in the region is the coach shadowing program. This offers coaches the opportunity to attend and take part in training sessions with the top coaches in the region. Historically a number of coaches have attended both the SWD Academy and Provincial teams training sessions as well as matches. These coaches not only spend time watching and learning, but that learning process is sped up through the taking part in the sessions and running drills.

With the Africa T20 Cup being hosted in Oudtshoorn next weekend, one of our Hub coaches has been given the opportunity to shadow Andy Moles before and during this round of fixtures and the training sessions leading up to it. Ranwill Claassen, who heads up the D'Almeida Hub in Mossel Bay is the lucky coach. These opportunities will continue to be extended to coaches throughout the season



*Ranwill Claassen,  
Head Coach  
of the  
D'Almeida  
Hub*

## CSA COACHES CONFERENCE

SWD Head Coach Andy Moles and Coaching Manager Garry Hampson recently attended the CSA Coaches Conference held at the Fairview Hotel and Resort in Johannesburg. The week was yet again a information packed event which brings the top coaches from around the country together to share ideas and information. Two keynote speakers in Lions Coach, Johan Ackermann and Team Dimension Data (from the Tour de France) delivered brilliant presentations on Performance Excellence. Some of the key takeaway points were:

to build a successful team, the right environment must be created for players to perform, focus should be on getting the individuals to perform at their best firstly and the results would then take care of themselves, a commitment to the team and its values is always greater than the individual and a relentless pursuit of always trying to push the boundaries of excellence through measurement, innovation and thinking out the box.

Technical discussions with the Proteas coaching staff were also very enlightening and this information will be shared through some of our coaching forums. To see what the conference was about—click the following link <https://youtu.be/09fFPylk20s>



## HIGH PERFORMANCE NEWS

### PROVINCIAL ACADEMY



A lot of people still do not know the quality of work that goes on behind the scenes in SWD. One of the stars of the show is Andre Du Plessis who heads up the SWD Provincial Academy. Last season saw Andre taking top spot in the CSA Scorecard to win the best Provincial Academy Award and this does not come as a surprise albeit under tough circumstances. Having to manage a squad based in two cities with the majority of players studying and with facilities always being an obstacle, Andre has forged ahead and continues to do stellar work with the players in his hands.

The players use the Glenwoodhouse School Indoor Centre for their winter training and a huge thank you must again be extended to the Glenwoodhouse fraternity and Mr Symes specifically, a stalwart cricket supporter with a real love for the game, for their continued support and use of this wonderful facility. With the season fast approaching the players have been gearing themselves up for match time and after a hard off season in the gym, working with various specialists and honing their technical skills, they are raring to go.



*Above and left: Members of the SWD Academy undergoing physical screening this off season*

## PROVINCIAL AGE GROUP SQUADS

The weather has unfortunately interrupted a number of sessions of late but the various squads have been training under their coaches watchful eyes since June in preparation for the national tournaments in December.

These squads will be finalised at the end of the month after the regional squad matches and the Age Group HP Squads for 2017 will be announced in October so that these squads can start with their development and training programs early in January 2017.

### **National Tournament Dates:**

U13: 9—13 December Cape Town

U15: 8—12 December Potchefstroom

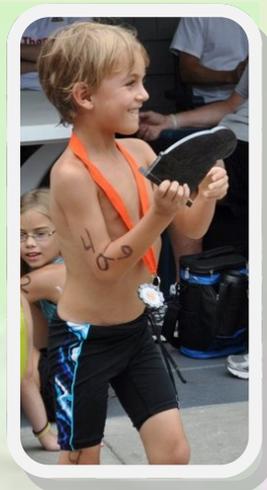
U17: 11—15 December Benoni

Coca-Cola Khaya Majola U18: 16—20 December Bloemfontein

Girls U19: 9—13 December Pretoria

## COACHING CORNER

With all the latest developments in sport across all codes and the professional nature that seems to dominate everyone's thinking, the real idea and point of sport is often lost, especially amongst parents (and I include myself in this as a parent) because of our desire to give our kids the best and 'TO BE THE BEST'. Unfortunately as coaches in the HP programmes we see how a number of parents actually cause more damage than good to their kids because of the 'early specialisation lie' that is so prevalent in our thinking today. This article illustrates how important it is not to go down this road and there is now plenty of material available, that speaks against early specialisation in children and sports and I encourage you coaches to print this article and share with the parents of the kids you coach.



### HOW TO DESTROY YOUR CHILD'S ATHLETIC FUTURE IN 3 EASY STEPS – Matt Russ

In over two decades of coaching athletes I have had the pleasure of seeing some of my junior athletes make it all the way to the professional level. Along the way I have developed a somewhat global perspective on what it takes to go from this point A to the very distant point B. I worked with some wonderful parents that contributed greatly to their child's successes. But I unfortunately witnessed more parents, sometime unwittingly and always with the best intentions, sabotage their child's athletic future. If they had just heeded a few simple rules, or examined a few of their motives, not only would their child have been a better athlete, they would have been a better competitor, happier, and healthier child.

If you find yourself excited at the potential of your child's athletic career, I invite you take an objective look within. And if you catch yourself doing any of the three following things, I can all but guarantee your child will not end up where you believe they will.

**1. Imposing your own ambitions upon your child.** I find it interesting that some of the most accomplished athletes I have known are not the overbearing parents you might expect when it comes to athletics. In fact they may take a somewhat laissez faire attitude towards their young children's athleticism. My personal opinion is that these parents have a greater understanding of the developmental process. Laying the foundation, learning the skill sets, and graciously handling the pitfalls competition are put above awards and accolades. They are intimately familiar with the long timeline and sacrifices required to get to the top of a sport, and even the odds of getting there. They tend to be more respectful towards the coaches and patient with the coaching process. They in short have gained a perspective most of us do not possess.

Parents that have not experienced competition simply never developed the mental skills sets required of an athlete. They may be experiencing athletic competition for the first time through the prism of their child; which can be a very slippery slope. Others believe their child represents a "second chance" at righting the wrongs of their not so illustrious athletic past. At any rate the most important thing to understand is that a pre-adolescent child has three basic motivations for participating in a sport: to have fun, to socialize, and to please their parents. Too many children end up just doing the later, and that almost never works for long. These kids seldom last in a sport to high level competition, and may even end up quitting their sport, after years of development, because it is an convenient way to rebel against a parent. Post-competition, often the first words I hear from parents are evaluative or criticizing when they should be simply "did you have fun today?"

**2. Over-specializing too early.** I once consulted with a somewhat anxious dad regarding his injured daughters training. The doctor had advised three weeks off of training to allow her injury to heal, but he felt this was too conservative and that his daughter would give up too much ground by taking this time off. She was NINE years old by the way. Obviously he had his own agenda in mind and not his daughters best interest. I seriously doubted that she would still be competing in her sport at twelve.



There has been an astounding rise in orthopedic injuries among children in the last decade. This corresponds with the rise in early single sport specialization. Kids are training too hard, too often, too repetitively and way too early without a proper foundation. Training and coaching programs have capitalized on this, often ignoring orthopedic guidelines for training children in favor of showing early results to the parents. Children do not have a stable enough platform to put high volume training upon, especially during growth phases. Injuries to growth plates, vertebral discs, meniscus tears, and tendon/ligament strain can leave a child with *permanent* damage.

The body is not designed to repeat specific movements over and over, especially at an early age. We are designed for multi-planer movements which is more akin to "going outside and playing" vs. training. If you really want to develop an athlete from a young age you do just that- develop them. You develop skill sets and general coordination, strength, and agility that is *age appropriate*. A good coach/parent should be charting growth phases and adjusting training load accordingly, monitoring rest and recovery, teaching and imposing proper nutrition, and developing mental skill sets. Yet these equally important areas of opportunity are often neglected. The bottom line is that if your child is getting chronically injured, or even if their team mates are sustaining a high level of overuse injuries, the coaching and training system is failing your child no matter how well their top athletes are performing.

**3. Focusing on a Single Sport.** It is somewhat logical to believe that the more time spent training a sport the better an athlete will become over time. And no doubt the occasional Tiger Woods comes along. But this mentality more often leaves multiples of young athletes broken down on the side of the road. Developing an athlete is like unlocking a door. You must have exactly the right key, that engages all the tumblers of the lock, to open the door. Training is just one of the tumblers- not the key.

A child will not self-actualize in a sport until adolescence as I mentioned above. In order to find out what they are really good at, really enjoy, and really want to succeed at they must try a number of things. This is good, this is healthy, and it keeps them from burning out in a single sport. But too many parents see a bit of talent or aptitude and want to call it their child's "sport." Participating in multiple sports or activities may even help prevent the injuries associated with over-specialization. You should be asking your child if they want to try different sports, or even gently prodding them to do so. Over time they can narrow their focus. Joining the traveling soccer team at an early age may keep your child from finding out that they were more talented at (and passionate about) baseball.

If your child is under the age of twelve, and you find yourself on the sideline with the words "champion," "scholarship," and "phenom" swirling around your head you likely need a perspective check. One of the hardest lessons you will have to learn is that at some point *they* will get to decide if they want to continue in a sport. And there will be nothing you can do to *make* them compete if they no longer have the will or desire. It is a simple fact that all your hours in the car, thousands paid out for coaching, and years spent attending games and practices will likely, statistically, lead- nowhere. But that is not to say that they will get value out of the experience of competition. Sport can bring out the best (and sometimes the worst) in both athlete and parent alike. The values taught and gained on the athletic field will be far more valuable than any award; values such as sportsmanship, honor, integrity, fitness, hard work, and team work. Your relationship that you develop around your child's competition will have a huge impact on their future. The decisions you make as a parent will have a tremendous effect not only on your child's athletic development, but their health, well being, and ethics. Choose wisely.

Matt Russ has coached and trained athletes up to the professional level, domestically and internationally, for over 20 years. He has achieved the highest level of licensing by both USA Triathlon and USA Cycling, and is a licensed USA Track and Field coach. Matt is head coach and owner of The Sport Factory, and coaches athletes of all levels full time. He is also freelance author and his articles are regularly featured in a variety of magazines and websites. Visit [www.thesportfactory.com](http://www.thesportfactory.com) for more information or email him at [coachmatt@sportfactory.com](mailto:coachmatt@sportfactory.com)

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