

# THE NIGHTWATCHMAN

Edition 8 – November 2016



## IN THIS EDITION:

- PG 1 : LATEST NEWS
- PG 2-3: COACHING CORNER WITH ROSS MC
- PG 4 : RPC HUB BA PROGRAM SPOTLIGHT
- PG 5 : COACHING HOT SEAT
- PG 6-7: COACH EDUCATION NEWS AND CALENDER
- PG 8: HP NEWS

## SWD



Above : Jean Du Plessis who received the High Schools Sportsman of the Year Award.  
 Left: Mr Rudi Claassen, (2nd from left), SWD President received the Administrator of the Year Award at the recently held Eden Sports Awards evening with (left) SWD CEO Albertus Kennedy, Vice-President Shael Laminie and Independent Board member Warren Muller.



## COACHING CORNER

### The Time, Space, Runs, Balls Continuum

By Ross McMillan

Whilst this sounds very much like some cosmology topic, it is not. What I am writing about is the psychology behind batting and how to develop it in the cricketers' you coach. Specifically, the constant balancing act of building an innings whilst juggling the different aspects of time, scoring runs, state of the game, and required rates. It is no mean feat to make split-second decisions as batsmen on line, length and shot selection whilst constantly processing the myriad of statistical data, possible scenarios, personalities, and conditions. No wonder once you begin to understand the complexity of this it becomes easy to watch 5 days of cricket without getting bored. This game is so much more than simply trying to make more runs than the other guys.

Truly great batsmen are said to have "so much time", and whilst that normally refers to the ease with which they pick line and length and get into position, these great batsmen also have a different kind of "time". These select few understand the unravelling of an innings, and have worked out how to pace their batting so perfectly that at every stage of their innings they look like they have everything under control. They never panic, and have "all the time in the world".

You see, constructing an innings is like building a house. At every stage there are certain tasks that need to be completed, and whilst some progress quicker than others, no portion is more important than the other. Making a building deadline requires a clear understanding of the entire project, and the more often you successfully finish a build the better you get at this process. With batting, the importance of the ground-work cannot be glossed over, and even though it may be time consuming, it will minimize the problems later. Even though you aren't scoring quickly, the basis and foundation of your innings is crucial. As the different phases are added, progress becomes evident, and suddenly, the brickwork is finished and it feels like you are getting somewhere. Much the same in batting, you look up again and you have 30 not out, you have hit one or two in the middle, and you have a start.

The crux of what I'm trying to say is that if batsmen believe in the process, and understand their ability to close the gap between balls and runs as an innings goes on, those rash shots (and moments which have you as coaches pulling your hair out) will be fewer and further between. In exactly the same way experienced builders don't need to find short-cuts along the way to get the job done - because they understand the process and can pace themselves correctly.

*Ex SWD Captain, opening batsmen and all-rounder, Ross McMillan in action for SWD during his playing days. Ross currently holds a number of batting records for SWD. He also represented the Dolphins, KZN Inland and attended the National Academy as a player.*





So how do we as coaches produce teams that understand that? The difficulty is that you cannot wait until every team member has played long enough to work it out for themselves. You fail more often than you succeed in cricket so that will take a very long time. So how can we alter the way in which we interact during practice sessions and through games to instill this into our players?

### **Build self-confidence in players to close the runs/balls gap**

Great batsmen can allow themselves not to score initially and allow the gap between runs and balls faced to widen because they know that as the innings goes on, they can close it again. This comes through teaching your batsmen how to score at faster than a run a ball later in an innings. This requires boundary-hitting ability, but far more importantly the ability to place and time the ball such that single's become two's, and dot balls become singles. If you are scoring off every ball, that gap closes quickly when you hit a gap perfectly and a ball goes for 4. But hitting fielders is the quickest way to create panic at the crease. Start by teaching your batsmen to rotate and to hit gaps well.

### **Understand the death**

Seldom do you see a team at school level who are able to truly launch during the last 10 overs of a 50 over game. Often they try to accelerate too early and then limp through the last 5 overs because they have lost wickets. The last 10 should invariably comfortably go for 100 if at least one batsman is well set and a team has wickets in hand. Speak to your teams all the time about how that takes pressure off the scoring. Mathematically, subtracting that big sum from the end of an innings relieves a large proportion of the pressure to score. Help them to work backwards to set themselves very conservative goals through the initial stages. Continually reminding them of how much time they have.

### **Buy yourself time**

Once you have played enough cricket, you know that pressure does funny things to teams. Grant Morgan (current coach of the Dolphins) used to say to his teams that you could always bank on the fielding side giving you at least 10 free runs right at the end of a chase. Wides, byes, over-throws - all the products of tight finishes. Mentally, teach your batsmen to count those in their favor. Again, when you subtract these you give yourself a little bit of extra calm and breathing space. Often that's all that batsmen need to turn starts into big, match-winning scores.

### **Create a Culture**

Lastly, create a culture whereby your team begins to really value big scores over flashy 30's. A culture where teams understand the importance of big partnerships and carrying "set" batsmen into the death overs. Help them to continually calm themselves down and negotiate tough periods by absorbing pressure, knowing that they can always catch up later. Before you know it, your teams will be doing this out of habit, and you will see more and more big scores from them.

We will not get this right all the time. Looking back on my personal one-day career I wish I had worked this out sooner. But as we mold and shape our batsmen, the more we give them mechanisms to relieve pressure and stay calm, the more we will see what we want to get from them. Good luck with creating that healthy batting culture and I look forward to seeing this translate into big scores at every level.



*Ross McMillan is a Level III coach who is currently coaching the Glenwoodhouse 1st XI based in George*



# AFRICA T20 CUP IN OUDTSHOORN



The weekend of the 16—18 September saw the Recreation Ground host its first televised matches and the entire weekend was a resounding success. The ground-staff under Mr Reggie Afrika did a superb job in preparing the facilities and although the rain hampered play on the Saturday, a decent crowd braved the very cold weather, with snow on the Swartberg, to watch some quality T20 cricket. Unfortunately the home side did not fare to well losing both their games with the game against Kenya going down to the wire in a tight finish.

However the weekend was such a success that the hosting of the finals weekend was awarded to SWD. Northern Cape, Zimbabwe, North West and Eastern Province squared-up for the finals played over the 30 September and 1 October. A powerful Eastern Province team took the honours.

*Below: Semi-finalists, Northern batsmen take the field of play*



*Above: Eastern Province skipper Jon-Jon Smuts tosses the coin ahead of the final with Northern Cape skipper Werner Coetzee calling*



*Right:: Africa T20 2016 Champions, Eastern Province deservedly celebrating their victory*





## COACHING 'HOT SEAT'

### IN CONVERSATION WITH CHICCO PONELA.

Hampo: "Hi Chicco? You have recently attended the Level III course at the HPC. How did you experience the course and the week under Yogi's watchful eye and what did you find the most interesting?" "The course was insightful and very eye opening in terms of steps and processes needed to get to the top level. I enjoyed some modules and presentations more than others but took in a lot from all the presentations. Interacting with other coaches and presenters was very enjoyable as we got to share ideas and hear how they do things in their respective Unions."



Above: Gladwin  
"Chicco" Ponela

"You have been at Oakhill now for a number of years. When did you start and what sporting codes and teams do you coach" "I started working here since 2011 and in Summer I coach the u15 A Cricket team and have started taking over as the 1<sup>st</sup> XI Coach going forward, with my mentor, Dave Pryke, now moving on. In the Winter months, I coach the 1<sup>st</sup> team Boys Hockey team and do a lot of cricket pre-season coaching."

"Who have been the major role players in your development as a coach and what influences have they had that you have observed and experienced?" "As mentioned above I would say Dave Pryke played a major influence in me growing as a coach. With his cool and calm demeanor he has helped me improve my man management skills in terms of coaching and understanding each and every player as individuals within a team."

"It's a real pity we have lost such a quality coach—you have some big boots to fill but I am sure you are up to the task! What are your aspirations for your coaching career going forward?" "I want to be the best coach that 'I' can be and coach from Junior levels and ultimately progress to coach and be involved in cricket at the highest possible level. I need to keep focusing on the little things by working hard and doing well with any team that I may be involved in, then things will happen."

"What advice do you have for coaches wanting to move ahead in their coaching career, now having attended the level III" "Every coach should have their own identity and philosophy on coaching and to then observe and learn from others in the coaching fraternity. A coach shouldn't be scared of failure and trying new things by getting out of their comfort zones and thinking out the box."

"You have been appointed as the SWD U17 Assistant Coach to go to the National week this December. What role do you think a coach of a representative team plays for these young cricketers?" "As coaches, our role is that of a mentor and role model. We need to share as many ideas as possible and instill self-belief within these young men by reminding them that hard work always pays off in the long run. In short, we need to nurture them and help them perform to the best of their abilities in a healthy and learning environment."

"Thanks for your time buddy and good luck!"

# COACH EDUCATION NEWS



## COACHING FORUMS

Our players and coaches were recently exposed to specialist fielding skills when Ryan Maron spent time in the region as a specialist fielding coach for the SWD squad that took part in the Africa T20 Cup. Ryan's input was superb and he brought some new ideas on running fielding sessions whilst measuring them so that players can monitor how their fielding skills are improving. Ryan did work with both the SWD Squad as well as the Academy squad and also ran a session for our coaches on running and structuring a skill specific, intense fielding session.

## 2016 LEVEL III COURSE

Two coaches from the region recently attended the CSA Level III course held at the HPC in Pretoria. Gurshwin Rabie who was recently appointed the HP Assistant coach, along with Chicco Ponela, the SWD U17 Assistant Coach spent a week at the High Performance Centre in Pretoria. The week is a tough one with loads of new information, skills, techniques and ideas being presented, discussed and workshopped. This ranges from the soft skills of coaching, technique, philosophy, strategies for different formats, nutrition and conditioning just to name a few of the modules presented. The course is designed specifically for coaches working with elite players in the CSA player pipeline. These coaches are expected to put together a pre course assignment before the course and then also to run a 12 week coaching program as a post course assignment, which starts with video analysis and the development of a complete training programme. The candidates are monitored throughout the year and will write their theory exams in February/March 2017 and complete their practical assessments in the winter of 2017 before they are assessed.



*Above: Gurshwin Rabie and Chicco Ponela who recently attended the Level III Course in Pretoria*



# COACHING EDUCATION

## UPCOMING EVENTS AND COURSES



## COACHING COURSES

Unfortunately we have postponed our planned courses for November. However these courses will be run in January and February so please see the dates below and follow the necessary application process in order to book your place, because numbers are limited!

Age Group Coaches CAP Camp—22 November 2016

Level II Course (George) - starts 9 January 2017

Level 1 Course (Mossel Bay) - starts 7 February 2017

Level 1 Course (George) - starts 6 February 2017

Level 1 Course (Riversdale) - starts 19 January 2017

Level II Refresher - 10 March 2017

4 Orientation Courses will be run in the following regions for new / beginner coaches in the following areas in January and February (dates to be confirmed): Bridgton/Bongoletu; D'Almeida/Kwanonqaba; Thembaletu; L'Vallia and Knysna. For new coaches who are interested in progressing to the Level 1 course, the orientation course is your first step and we encourage you to attend this 6 hour course which will prepare you for your journey as a coach.

## COACHING FORUMS

17 January—RPC Hub and Black African Program Coaching Forum

18 January—George and Oudtshoorn coaching forums

14 February—Knysna coaching forum

22 February—Mossel Bay and Beaufort West coaching forums

## HIGH PERFORMANCE NEWS

### PROVINCIAL AGE GROUP SQUADS



The Provincial Age Group squads were recently announced. These teams will continue prepare and train for the next month and then travel to various national tournaments in December to do battle with the rest of country. Below are the tournament details and final squads:

CSA U13 Week: Cape Town— 9-13 December

CSA U15 Week: Potchefstroom— 8-12 December

CSA U17 Week: Benoni— 11-15 December

CSA Girls U19 Week: Pretoria— 9-13 December

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

**SWD U19 Team:** Jean du Plessis (Glenwood House), Samkelo Mvimbi (Oakhill School), Grant Esau (Langenhoven Gymnasium), Unathi Mbathane (Themba lethu High), Joshua Kleu (Glenwood House), Linford Krotz (George High), Athenkosi Khwitsana (Oakhill School), Levin Muller (Outeniqua High), Ruan Moolman (Glenwood House), Todd Walker (Oakhill School), Matt Boltler (York High), Renaldo Swartz (Oudtshoorn High), Richard Papenfus (Glenwood House)  
Coach: Andre du Plessis; Assistant Coach: Merlin Masimela; Manager: Francois Visagie

**SWD U19 Girls Team:** Cecilia Strydom (Oudtshoorn High), Micaela Andrews (Bridgton Secondary), Ashley-Ann Meyer (Sao Bras Secondary), Kaylene Abrahams (Gerrit du Plessis Secondary), Chante Buys (Sao Bras Secondary), Asanda Ngema (Themba lethu High), Caroline Murphy (Bridgton Secondary), Annerie Dercksen (Sentraal High), Judith Ndlovu (Bridgton Secondary), Edeema Machaka (Themba lethu High), Chani Damons (Sao Bras Secondary), Lorieta Vaaltyn (Gerrit du Plessis Secondary), Abigail Hill (Gerrit du Plessis Secondary)  
Coach: Eric Jacobs; Assistant Coach: Elridge Booyesen; Manager: Elize Arendse

**SWD U17 Team:** Xavier Tekana (George High), Mighael Vermeulen (Oudtshoorn High), Bugan Esau (Glenwood House), Odin le Roux (Outeniqua High), Francois Barnard (Langenhoven Gymnasium), Sintu Majeza (Themba lethu High), Travis Ackerman (York High), Curnol Thorne (Knysna Secondary), Ayabonga Antony (Themba lethu High), Jean Bruiners (Langenhoven Gymnasium), Brian Jack (Sentraal High), Shaun Wagner (Glenwood House), Arminn Kade (Outeniqua High)  
Coach: Pieter Stuurman; Assistant Coach: Chicco Ponela; Manager: Marco Paulse

**SWD U15 Team:** Schalk Vermeulen (Outeniqua High), Jesse Adams (Oakdale), Tyrece Karelse (De Villiers Primary), Johan Muller (Langenhoven Gymnasium), Matthew Thorne (Outeniqua High), Calie Swanevelder (Glenwood House), Jandre van Wyk (Fezekile Secondary), Tristan Reid (York High), Lleyton Avontuur (Langenhoven Gymnasium), Jedhli van Briesies (Langenhoven Gymnasium), Joviano Tock (Bridgton Secondary), Mesuli Vuba (Imizamo Yethu Secondary), Jean Paulse (York High)  
Coach: Johan Bruiners; Assistant Coach: Ranwill Claassen; Manager: Joseph Sonti

**SWD U13 Team:** Enathi Kitshini (Tyholora Primary), Francois Beets (Wesbank Primary), Anele Siyo (Tyholora Primary), Arnaud du Plessis (Glenwood House), Ruben Groenewald (Glenwood House), Lutho Hlekiso (Holy Cross Primary), Duan Roberts (De Waalville Primary), Evert Marais (Outeniqua Primary), Luke McCarthy (Oakhill School), Ravin-Lee Kemmies (Diaz Primary), Keenan Arries (Bergsig Primary), Antonio Bruiners (Van Reede Primary)  
Coach: Wynand de Ridder; Assistant Coach: Bronwell Goeda; Manager: Keith Wagner



## HIGH PERFORMANCE NEWS

### PROVINCIAL AGE GROUP SQUADS



The KFC Provincial Mini Cricket Seminar was held at Fancourt in George on the 20<sup>th</sup> of August 2016. The feedback from CSA was that the event was well planned and SWD scored a 5 on the CSA Scorecard.



*Clockwise from top left: All the delegates attending the Seminar at Fancourt. SWD Coaching Manager Garry Hampson running through coaching tips. Delegates during the presentations and bottom left—the coaches were put through their paces to ensure they can demonstrate what they are teaching. A fun day was had by all!*

Regional League fixtures for the 4<sup>th</sup> school term will commence on the 17 October and run until 30 November 2016 for all the regions. Regular visits by Gary Moos—the SWD KFC Mini Cricket Co-ordinator take place and 5 Regions were visited for a KFC Mini Cricket Roadshow namely: Hessequa, George, Dysselsdorp, Oudtshoorn and Kannaland. The aim of these roadshows was to plan all regional activities for the 2016/17 season. Visits to Mossel Bay, Bitou and Central Karoo will still take place.

KFC Mini Cricket Coaching Courses will be conducted and started on the 25 October 2016 and these will run until February 2017 for all the regions. Dates are below

DATE	REGION	VENUE
25-27 October 2016	Central Karoo	Beaufort Wes Voorbereiding
25-27 October 2016	George	Pacaltsdorp Primary
25-27 October 2016	Mossel Bay	Ridgeview Primary
1-3 November 2016	Hessequa	Panorama Primary
1-3 November 2016	Kannaland	Towerkop Primry
1-3 November 2016	Bitou	Sunridge Primary
7-9 February 2017	Oudtshoorn	Recreation Ground
7-9 February 2017	Dysselsdorp	PJ Badenhorst Primary

The SWD KFC Mini Cricket Festival will take place on the 12<sup>th</sup> of November 2016 at the Recreation Ground in Oudtshoorn where over 800 keen young cricketers will take to the Rec on this much anticipated day which all the players look forward to.

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](#)

