

Newsletter

THROUGH THE COVERS



THROUGH THE COVERS

Newsletter

vol. three edition 3



CEO MESSAGE

Thank you for taking the time to read this latest edition of THROUGH THE COVERS, I hope that you find it enjoyable and informative.

As someone new to the KwaZulu-Natal Cricket Union, I am pleased to say that in my three months in office, my view is that the future of our Amateur Cricket looks bright. KwaZulu-Natal has always been a breeding ground for great cricket talent, and I believe that if we continue to focus on building and nurturing the structures that are in place, we can only go from strength to strength.

That is not to say that there is no room for improvement, and I would like to challenge each and every one of you, from our Administrators, Umpires, Scorers, and Coaches, to at all times remember that you are an ambassador for cricket in our province. We have been given the privilege of being custodians for this game that we love, and it is our duty to ensure we are doing everything to develop our players, for the good of cricket.

We are on an exciting journey, as we look to take the KwaZulu-Natal Cricket Union forward, and I know I can count on all concerned to ensure that we do become the number one Cricket Union in South Africa.

Pete de Wet
Chief Executive



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*Have your next
function at Kingsmead*
VENUE FOR HIRE





BANGLADESH U19 TOUR TO SOUTH AFRICA 2015

SA UNDER 19 TEAM FOR INBOUND BANGLADESH TOUR

The Coca-Cola South Africa Under 19 team that will take on Bangladesh from 29 June to 21 July 2015 in a seven-match, Youth One-Day International series in Durban and Pietermaritzburg.

The tour forms part of the reciprocal agreement between CSA and Bangladesh Cricket Board, following South Africa's tour to the subcontinent country earlier this year. It is also part of South Africa's preparations for the ICC U19 World Cup that will take place in Bangladesh in January 2016.

The junior Proteas will be led by Tony De Zorzi of Gauteng, whose performances on the field and leadership skills off it convinced selectors that he is the right man for the job. He will be joined by recent CSA Awards Breakfast winners, Aaqil Ebrahim (CSA U17 Player of the Year) and Dean Foxcroft (Coca-Cola Schools' T20 Player of the Year).

Tony De Zorzi	Gauteng CAPT
Ziyaad Abrahams	WP
Aaqil Ebrahim	WP
Dean Foxcroft	Northerns
Dayyaan Galiem	WP
Brendon Glover	Gauteng
Conor Mckerr	Gauteng
Nduduzo Mfoza	KZN
Rivaldo Moonsamy	Northerns
Wiaan Mulder	Gauteng
Kabelo Sekhukhune	Easterns
Lutho Sipamla	Eastern Province
Liam Smith	Gauteng
Kyle Verryne	WP
Sean Whitehead	Free State

Management

Morgan Pillay	Manager
Lawrence Mahatlane	Coach
Victor Mpitsang	Assistant Coach
Kyle Southgate	Analyst
Brett Edwards	Physiotherapist
Sipokazi Sokanyile	Media Officer



BANGLADESH U19 TOUR TO SOUTH AFRICA 2015

26-Jun-15	Fri	Schools Close
27-Jun-15	Sat	
28-Jun-15	Sun	
29-Jun-15	Mon	Bangladesh U19 Arrival
30-Jun-15	Tue	Warm Up Game - Chatsworth SA U19 vs. Dolphins Academy
01-Jul-15	Wed	Rest & Practice
02-Jul-15	Thu	Warm Up Game - Chatsworth Oval - Dolphins Academy vs. Bangladesh U19 Warm Up Game - Varsity 4 - UKZN vs. SA U19
03-Jul-15	Fri	Rest & Practice
04-Jul-15	Sat	Rest & Practice
05-Jul-15	Sun	1st One Day Match - Sahara Stadium Kingsmead - 09h00 Start
06-Jul-15	Mon	Rest & Practice
07-Jul-15	Tue	2nd One Day Match - Sahara Stadium Kingsmead - 09h00 Start
08-Jul-15	Wed	Travel to Pietermaritzburg
09-Jul-15	Thu	Rest & Practice
10-Jul-15	Fri	3rd One Day Match - Maritzburg Oval - 09h00 Start
11-Jul-15	Sat	Rest & Practice
12-Jul-15	Sun	4th One Day Match - Maritzburg Oval - 09h00 Start
13-Jul-15	Mon	Rest & Practice
14-Jul-15	Tue	5th One Day Match - Maritzburg Oval - 09h00 Start
15-Jul-15	Wed	Travel to Durban
16-Jul-15	Thu	Rest & Practice
17-Jul-15	Fri	6th One Day Match - Chatsworth Oval - 09h00 Start
18-Jul-15	Sat	Rest & Practice
19-Jul-15	Sun	7th One Day Match - Sahara Stadium Kingsmead - 09h00 Start
20-Jul-15	Mon	Bangladesh U19 Depart



PLAYER PROFILE

NDUDUZO MFOZA

Nickname: Rafiki

School Attended: Glenwood High School

Favourite Food: Steak

Favourite Drink: Coca-Cola

Favourite Movie: Fast & Furious 7

Favourite TV show: How I Met Your Mother

Favourite Cricketing Moment: When South Africa chased down 438 against Australia

All-Time Favourite Cricketer: Anil Kumble

Favourite Music Artist: Drake

Pet Hate: Cats

Favourite Sportsperson (Non-Cricketing): Cristiano Ronaldo

5 Dream Dinner Party Guests (Dead or Alive): Cristiano Ronaldo, Barack Obama, Kayne West, Nicki Minaj and AB de Villers

Funniest Thing Seen On A Cricket Field: When a player we played against went out to bat and forgot his bat





THE KZNCU/DDCU ANNUAL AWARDS

THE KZNCU/DDCU ANNUAL AWARDS FUNCTION WAS HELD ON FRIDAY 8 MAY 2015

Congratulations to all the below award winners.

YOUTH LEAGUE

Under 11 North:
Under 11 South:
Under 11 West:
Under 13 North:
Under 13 South:
Under 15 North:
Under 15 South:
Township Team of the Season:

SENIOR LEAGUES

Wade Award:
Bertie Shire Award:
Division 6:
Division 5:
Division 4:
Division 3:
Division 2:

Division 1:
Challenge Reserve 20/20:
Challenge Reserve League:
Premier Reserve 20/20:
Premier Reserve League:
DDCU Presidents' Award:

SPECIAL AWARDS

Groundsman of the Season:
Deaf Cricketer of the Season:
Intellectually Impaired Cricketer:
SA Rural Team:

SA Women's Team:

Proteas Team:

Scorer of the Season:
Academy Player of the Season:
Junior Coach of the Season:
Club Coach of the Season:
Provincial School Coach of the Season:
KFC Mini Cricket Coach of the Season:

KZN UMPIRES

Rookie's Award:
Most Improved Umpire:
Umpire of the Year:
Meritorious Award:

DDCU AWARDS

Hillary Malvern
Umbilo Harlequins
Delta 2
Delta 1
Umlazi
DHS Rhythm 1
Chatsworth Sporting
Umlazi Cricket Club

Crusaders
Crusaders
Delta 6
ACC5
DHS Rhythm 6
Topham 3
*Umbilo Harlequins 4
*UKZN 3
Crusaders 3
Simplex RHCSC 2
Umbilo Harlequins 2
Crusaders 2
Crusaders 2
Crusaders' Cricket Club

Sbu Khubone (Pinetown CC)
Avinash Kalicharan
Nikesh Reddy
Neill Jordaan
Stephan Joubert
Trisha Chetty
Nadine Moodley
David Miller
Imran Tahir
Kyle Abbott
Morné Van Wyk
Ryan McLaren
Shanna Hughes
Kyle Ian Simmonds
Trevor Kietzman
Fabian Lazarus
Dinesha Devnarain
Thobekile Mkhize

Barry Oosthuyzen
Maddy Marase
Pius Nkosi
Sagren Naidoo



THE KZNCU/DDCU ANNUAL AWARDS

THE KZNCU/DDCU ANNUAL AWARDS FUNCTION WAS HELD ON FRIDAY 8 MAY 2015

Congratulations to all the below award winners.

TOWNSHIP AWARDS

U11 Player of the Season:	Lutendi Tsanwane
U13 Player of the Season:	Thulani Chiliza
U14 Player of the Season:	Samkelo Gasa
U15 Player of the Season:	Wanda Mtolo
U17 Player of the Season:	Nduduzo Mfoza
U19 Player of the season:	Mlungiseleli Gcado

KZNCU AWARDS

Castle Women League's	
Bowling Award:	Catherine Pillay
Batting Award	Mandi Kim Jones
20/20 Winner:	Simplex RHCSC
League Winner:	Chatsworth United

CASTLE CHALLENGE LEAGUE STREAM 2

Bowling Award:	Arshad Mahmood
Batting Award:	Alveiro Nadasen
League:	iLembe

CASTLE CHALLENGE LEAGUE STREAM 1

Bowling Award:	Salman Yacoob
Batting Award:	Richard Wissing
League:	UKZN

CASTLE CHALLENGE LEAGUE

20/20 Winner:	UKZN
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CASTLE PREMIER LEAGUE

Bowling Award:	Kyle Ian Simmons
Batting Award:	Mike Alexander
20/20 Winner:	Pinetown
League Winner:	Crusaders

DOLPHINS/PROVINCIAL AWARDS

U13 Player of the Season:	Jean Luc Talbot
U15 Player of the Season:	Daelen Fynn
U17 Rural Player of the Season:	Riekert Viljoen
U17 Player of the Season:	Tyron Koen
U19 Girls Player of the Season:	Caitlin Downes
U19 Player of the Season:	Jesse Smith
Senior Rural Player of the Season:	Neill Jordaan
Women's Player of the Season:	Nikita Sole
Provincial Player of the Season:	Senuran Muthusamy
Dolphins Player of the Season:	Morne van Wyk
KZN Presidents Award:	Andre Pretorius

* Denotes Joint Winners



PLAYER PROFILE

MORNÉ VAN WYK

Nickname: Morras

School Attended: Grey College

Favourite Food: Italian, Braai, Sushi

Favourite Drink: Water

Favourite Movie: I enjoy watching animated movies with my family

Favourite TV show: Blacklist

Favourite Cricketing Moment: T20 HUNDRED – Proteas vs West Indies (2015)

All Time Favourite Cricketer: Adam Gilchrist & Lance Klusener

Favourite Sportsperson (Non-Cricketing): Ricky Fowler

Favourite Cricketer: JP Duminy

Favourite Music Artist: I've got a general taste

Pet Hate: My wife making me late. Bad taxi's and truck drivers, corruption and conflict

5 Dream Dinner Party Guests (Dead or Alive): Carnien, Neil Armstrong, Nicola Tesla, My wife's grandfather and Jesus

Funniest Thing Seen On A Cricket Field: Going for a high catch, I lost the ball in the sun, lost my footing and the ball ended up hitting me on the back





COACH'S CORNER

LANCE KLUSENER

Full Name: Lance Klusener

Date of Birth: 4 September 1971

Briefly Describe Your Personal Philosophy or Approach to Coaching:

Provide the environment where individuals and team can become the best they can be.

What Attributes Do You Consider Essential To Be A Successful Coach:

Provide leadership and guidance in all spheres whether it be technical, mental or physical. Having a bunch of talented players also helps!

Who Or What Has Been The Biggest Influence In Your Playing / Coaching Career:

I try to be my own man. Malcolm Marshall, Clive Rice and Graham Ford have all had positive influence as a player and coach.

What Are Your Views On The Use Of Technology In Coaching: I use it very sparingly. Stats can be a good help though.

What Do You Expect From The Players / Squad You Work With: To give themselves the best chance to be successful over a sustained period.

Most Memorable Cricketing Experience Or Coaching Moment: Winning the Ram Slam T20 with the Dolphins.

Advice To Young Players: Your achievements at school don't count for much. Your attitude, dedication - and a little talent - take you to the top.

Advice To Other Coaches: Enjoy the ride.





HUBS AND REGIONAL PERFORMANCE CENTRES

OUTCOMES AND GOALS

- Produce quality cricketers
- Community involvement
- Form partnerships with local municipality
- Bursaries
- Support CSA transformation agenda
- Coach development
- Play more quality matches at Hub, Inter-Hub and school levels within CSA Affiliate structures

HUB / RPC Name	Head Coach	Contact Number	Email
Chatsworth (RPC)	Desigan Reddy	084 218 6852	desiganr@cricket.co.za
Umlazi (Hub)	Kenneth Mafunga	083 666 3413	kenneth@cricket.co.za
Reservoir Hills (Hub)	Elvis Govender	083 979 7117	elvisg@cricket.co.za
iLembe (Hub)	Petros Buthelezi	083 715 1478	petrosb@cricket.co.za

NATIONAL SCHOOLS' WEEKS 2015

Tournament	Dates
CSA U13 Boys' Week - Johannesburg	10 - 14 December 2015
CSA U15 Week - East London	10 - 14 December 2015
Rural U17 Boys' Week - Stellenbosch	14 - 18 December 2015
CSA U17 Boys' Week - PMB	11 - 15 December 2015
CSA U19 Girls' Week - DURBAN	11 - 15 December 2015
Coca-Cola Khaya Majola - Port Elizabeth	16 - 20 December 2015



COACHING TIP

The art of running efficiently - Ryan Hodiern

Running is probably the most natural form of exercises - that is for those of you who don't see a walk in the park as exercise. Running forms an integral part of any serious fitness regime and should be an activity that any athlete feels naturally able to do, even swimmers and lawn bowlers alike.

One thing we should all note, however, is that there is a serious downside to running that few are aware of. While running provides the participant with a series of health and fitness-related benefits, recent studies have shown that, in the region of 60%, runners experience some sort of injury (mostly lower extremities – ankles / knees) due to the activity.

Most running injuries are due to overuse, this occurs when your muscles, bones and joints are repeatedly subjected to high stress (possibly due to increased training duration and intensity). The joint effect of these stresses causes structural damage to the body, at a greater rate than at which the body can repair itself. This downside is more often than not related to bad running form and mechanics.

This article will attempt to cast more light on the ideal and most efficient form of running. One must remember though that there is no "perfect" running form, we are all individual and comprise of different make-ups and abilities... one wouldn't think that when looking at the Kenyan and Ethiopian athlete's – they all look the same and run like the wind?!

The study of biomechanics deals with three important aspects with regard to human movement:

1. Safety - freedom from injury
2. Effectiveness - optimal level of performance
3. Economy/efficiency - minimal effort for maximum output and or speed

Most runners (especially the competitive ones), concentrate on the improvement of effectiveness and economy of motion. Through biomechanics, one can gain an understanding of how the human body functions during motion so as to help trainers devise methods and programmes through which runners can improve their performances through effectiveness, while conserving their strength in efficiency.

Economy of motion is the relationship between how much energy you expend and how fast you go. For example, the more efficient runner will use less oxygen and energy to run at the same pace as opposed to the less efficient runner, thus making him more economical... he could also go further or faster on the same amount of energy and oxygen used.

All humans are constructed in a similar way both in look and shape, however, there are distinct differences when considering body type, muscle fibre type, conditioning and flexibility. These varied factors all play a large role in making a person's so-called "running form" unique. Although there are usually a few areas in which most runners can improve, there



COACHING TIP

are times when what seems to be poor form cannot be corrected. This room for improvement may all be due to the individual's unique, genetic, biomechanical make-up, without causing further inefficiencies.

Although it is found that running efficiency can be improved with training, this improvement will only be marginal as the ultimate improvement will come down to altering ones form they assume when running.

The technique of running can be seen as a series of alternating hops/steps from one leg to the other. Researchers have discovered that running with a leg turn-over (cadence) of 180 steps per minute would make the most of the energy expended over a set distance. Joints at the ankle, knee and hip provide almost all the shock absorption and propulsive forces during the cycle of running. This cycle consists of the following: a stance phase, where one foot is in contact with the ground while the other leg is swinging through in recovery, followed by a float phase where both legs are off the ground.

It is during the stance phase that the greatest risk of injury arises, as the body (lower limb) is under load with a series of forces acting upon it, the muscles contract in reaction to control these forces and the joints are loaded and under strain. It is thus vitally important, that as the foot enters the stance phase, all the necessary muscles and joints be working in unison to prevent injury and in so doing help improve efficiency.

The lower limb should make contact with the ground with a slight bend at the joints, this facilitates the ability to absorb any shock that may be experienced. Also, the ideal contact with the ground is through a midfoot contact as close underneath the body's center of mass as possible. The entire body should be in a forward leaning position, thus relying on the gravitational pull of the earth to assist with the momentum of forward motion, and so decreasing the need for any unnecessary active muscle contraction.

We so often see runner's that generate too much vertical bound through their float phase, as their form is too upright, this in turn restricts the efficiency of movement as well as the ability to generate horizontal motion with the aid of the pull of gravity, utilising less energy due to greater efficiency.





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CRICKET FIXTURES 2015/2016

SAHARA STADIUM KINGSMEAD AND AWAY / DOLPHINS AND INTERNATIONAL MATCHES

DATE		GAME	HOME	AWAY
14 Aug	D/N	T20 - SA vs. New Zealand	KINGSMEAD	
26 Aug	D/N	ODI - SA vs. New Zealand	KINGSMEAD	
11 Oct	DAY	1 Day vs. Knights	PMB OVAL	
14 Oct	D/N	1 Day vs. Warriors		St George's Cricket Stadium
16 Oct	D/N	1 Day vs. Lions	KINGSMEAD	
21 Oct	D/N	1 Day vs. Titans		Supersport Park
23 Oct	D/N	1 Day vs. Cobras	KINGSMEAD	
01 Nov	DAY	T20 vs. Titans		Sahara Park Willowmoore
04 Nov	D/N	T20 vs. Lions	KINGSMEAD	
06 Nov	D/N	T20 vs. Knights		Diamond Oval
08 Nov	DAY	T20 vs. Warriors	KINGSMEAD	
15 Nov	DAY	T20 vs. Cobras		Supersport Park
18 Nov	D/N	T20 vs. Titans	KINGSMEAD	
20 Nov	D/N	T20 vs. Warriors		Buffalo Park Cricket Stadium
22 Nov	D/N	T20 vs. Lions		Bidvest Wanderers Stadium
28 Nov	D/N	T20 vs. Knights		St George's Cricket Stadium
04 Dec	D/N	T20 vs. Cobras	KINGSMEAD	
17 - 20 Dec	DAY	Sunfoil S vs. Lions		Bidvest Wanderers Stadium
26 - 30 Dec	DAY	TEST - SA vs. England	KINGSMEAD	
27 - 30 Dec	DAY	Sunfoil S vs. Knights		Diamond Oval
07- 10 Jan	DAY	Sunfoil S vs. Warriors	PMB OVAL	
14 - 17 Jan	DAY	Sunfoil S vs. Titans		Sahara Park Willowmoore
21 - 24 Jan	DAY	Sunfoil S vs. Cobras	KINGSMEAD	
29 Jan	D/N	1 Day vs. Cobras		Newlands
02 Feb	D/N	1 Day vs. Knights		Diamond Oval
05 Feb	D/N	1 Day vs. Lions		Senwes Park
10 Feb	D/N	1 Day vs. Warriors	KINGSMEAD	
13 Feb	D/N	1 Day vs. Titans	KINGSMEAD	
03 - 06 Mar	DAY	Sunfoil S vs. Warriors		Buffalo Park Cricket Stadium
10 - 13 Mar	DAY	Sunfoil S vs. Titans	KINGSMEAD	
18 - 21 Mar	DAY	Sunfoil S vs. Lions	PMB OVAL	
31 - 03 Apr	DAY	Sunfoil S vs. Cobras		Newlands
07 - 10 Apr	DAY	Sunfoil S vs. Knights	KINGSMEAD	

Home

Home - PMB

Away

International



KZNCU CRICKET COACHING COURSE

LEVEL 1 COACHING COURSE

- 28,29,30,31 July - to pay on or before 21 July
- 22,23,24,25 September - to pay on or before 15 September

SUNFOIL KZN CRICKET COACHES ASSOCIATION

Sunfoil KZN Cricket Coaches' Association Forum Dates

These are the dates of the 2015 Sunfoil KZN Cricket Coaches' Association forums:

All Forums take place at Sahara Stadium Kingsmead, Annex from 17:30pm

- 6 July
- 17 August
- 28 September
- 12 October

CALENDAR

DATE	EVENT	VENUE
14 -15 July	U17 Regional Camp	Sahara Stadium Kingsmead
6 August	Organising Committee Meeting - U13	Sahara Stadium Kingsmead
28 - 30 August	Final KZN U11 Trials	TBC
25 - 27/8 September	KZN U13 Festival	Northlands Primary
1 - 2 October	Final KZN U13 Trials	Northlands Primary
16/17 October	Final KZN Trials (rain date)	Northlands Primary
October	Girls' Six-A-Side Festival	TBC
30 Oct - 1 Nov	Inter-Provincial Quadrangular Tournament	Durban
6 August	Organising Committee Meeting - U13	Sahara Stadium Kingsmead
28 - 30 August	Final KZN U11 Trials	TBC
October	KZN High Schools' Trials	TBC
1 December	KZN Schools Capping Ceremony	Sahara Stadium Kingsmead