

*THROUGH THE COVERS*  
**NEWSLETTER**  
*February 2018*



# COACHING MANAGER



It is for me extremely exciting to be back at Sahara Stadium Kingsmead in the capacity of Coaching Manager. I have relished the last 4 months being back as I have been able to create fresher structures and a renewed vibe and energy amongst the coaches.

I have no doubt that we at Kingsmead look to grow cricket to new levels in the near future.

Programmes like the CSA Framework programme are the type of tools that allow us to grow coaches and players within the pipeline. The programme assists in vital areas of upliftment and growth for both players within and coaches. Having just implemented this programme last year, it was already evident the positives it brought from the results of the Kzn Age Group teams for 2017.

Our age group teams were resoundingly successful as a collective over the December 2017 period. I stand to be

corrected but this past year could of be the best performing year across the age groups at the various National Weeks. These types of results gauge the good work put in by the coaching staff and their players.

I would like to congratulate the various coaches and managers of our Provincial Age Group teams for the work put in to their teams. Their hard work in a short space of time showed in their successes at the various National weeks.

I look forward to the challenging rewards of 2018. We at Kingsmead will look to move Coaching Education and players support structures to newer and higher heights.

Desigan Reddy  
*KZN Coaching Manager*

# NATIONAL WEEK RESULTS

TEAM	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
U/13	Won (NW)	Won (NC)	Won (Border)	Won (EP)	Won (WP)
U/15	No Result (WP)	Won (FS)	Won (NC) Won (EP)	Won (WP)	Lost (GP)
U/17 Rural	No Result (KEI)	Lost (NW)	Won (EP) Lost (SALSEN)	Won ( KEI U17)	Won (Border)
U/17	Lost (Boland)	Draw (GP)	Won (Border) Won ( EP)	Won (WP)	No Result (Northerns)
U/19 Girls	Won (FS)	Lost (Northerns)	Won (Boland) Won (Easterns)	Won (Border)	Lost (Border)
U/19 Boys	Won (Mpum)	Draw (Limpopo)	Won (Northerns) Lost (Gauteng)	Lost (Border)	Lost (KZN Inland)

TEAM	WON	LOST	DRAWN	NR/WASHOUT
U/13	5			
U/15	4	1		1
U/17 Rural	3	2		1
U/17	3	1	1	1
U/19 Girls	4	2		
U/19 Boys	2	3	1	

## U13 (11- 15 December 2017)

- 11 Dec** - vs North West  
KZN 183 all out (J.Carstens 54)  
North West 128 all out (T.Naicker 4/32)  
KZN 25/2 d  
North West 18/3  
**KZN won first innings**
- 12 Dec** - vs Northern Cape  
Northern Cape 147/10 (L.Tsanwani 4/25 ,  
T.Naicker 2/21)  
KZN 177/9 (M.Bergset 49 , S.Rajakumar 31)  
Northern Cape 25 /4  
**KZN won first innings**
- 13 Dec** - vs Border (50 Overs)  
KZN 186/6 (R.Montgomery 63 , J.Carstens 31)  
Border 167 all out ( S.Rajakumar 3/11 ,  
J.Carstens 2/20 , M.Bergset 2/20)  
**KZN won by 19 runs**
- 14 Dec** - vs Easterns Province (50 Overs)  
KZN 269/7 (R.Montgomery 61 , M.Bergset 57)  
E.P 155 all out ( T.Naicker 4/17)  
**KZN won by 114 runs**
- 15 Dec** - vs Western Province (50 Overs)  
KZN 210/7 ( J.Carstens 75)  
W.P 162 all out (T.Naicker 3/13 , R.Pillay 3/29)  
**KZN won by 48 runs**

## U15 (8 -12 December 2017)

- 8 Dec** - vs Western Province  
KZN 177 all out (Brayden Sambhu 66)  
**No Result - Match abandoned due to rain**
- 9 Dec** - vs Free State  
KZN 256 for 6 (Cade Carmichael 117\* ,  
Brayden Sambhu 44)  
Free State 124 all out  
(Sithembelo Sibisi 3 for 22)  
KZN 6 for 1 declared  
Free State 103/5  
**KZN won by 37 runs**
- 10 Dec** - vs Northern Cape (T20)  
KZN 149/7 (Cade Carmichael 39)  
N.C 133/8 (Cade Carmichael 4/16)  
**KZN won by 16 runs**
- 10 Dec** - vs Easterns (T20)  
KZN 128/9 (Eathab Matkovich 34.  
Thulani Chiliza30)  
Easterns 117/8 (Sithembelo Sibisi 2/20 ,  
Joshua Stride 2/5)  
**KZN won by 11 runs**
- 11 Dec** - vs Western Province  
W.P 1st Inn 116 all out ( Matthew Murray 5/24 ,  
Sithembelo Sibisi 3/17)  
KZN 1st Inn 162 all out (Cade Carmichael 72)  
W.P 2nd Inn 66/2  
**KZN won on the 1st innings**
- 12 Dec** - vs Gauteng (50 Overs)  
KZN 114 all out ( Cade Carmichael 31)  
Gauteng 145 /0  
**KZN lost by 10 wickets**

## U17 Rural (10 -14 December 2017)

- 10 Dec** - vs KEI  
KZN 139 all out  
KEI 59/7  
**No Result - Match abandoned due to rain**
- 11 Dec** - vs North West  
KZN 1st Inn 101 all out  
North West 1st Inn 153 all out  
KZN 2nd Inn 47/5  
**KZN lost by an innings and 5 runs**
- 12 Dec** - vs EP Coastal (T20)  
KZN 130/5 (T.Zungu 54\*)  
EP Coastal 111/8 (R.Smit 3/16 , U.Bomela 1/9)  
**KZN won by 19 runs**
- 12 Dec** - vs SALSEN (T20)  
SALSEN 177/6 (U.Bomel 2/25 , S.Mityane 2/22)  
KZN 139/8 (T.Zungu 52)  
**KZN lost by 38 runs**
- 13 Dec** - vs KEI U17 (50 Overs)  
KZN 252/8 (Owen Reddy 52 ,  
Abubaker Haffeggee 52)  
KEI 48 all out (Mayur Loganathan 6/12,  
Cade Wickham 3/10)  
**KZN won by 204 runs**
- 14 Dec** - vs Border Village (50 Overs)  
KZN 156/10 (R.Smit 49 , Cade Wickham 34)  
Border Village 96/10 (Mayur Loganathan 6/25)  
**KZN won by 60 runs**

Two Boys from our KZN Coastal Rural U17 Team made the SA Rural Team

1. Tholinhlanhla Zungu
2. Abubaker Haffeggee

Anton Geringer (Head Coach:U17 Rural) was selected as Manager of the SA Rural Team



## U17 (13- 17 December 2017)

- 13 Dec** - vs Boland (Time)  
KZN 1st Inn 204 all out (Josh Brown 111)  
Boland 208/4  
**KZN lost on first innings**
- 14 Dec** - vs Gauteng (Time)  
Gauteng 284/4  
KZN 183/8 ( Robert Koenig 54)  
**Match Drawn**
- 15 Dec** - vs Border (T20)  
Border 130/8 (S.Mnqayi 3/15)  
KZN 131/2 ( M.Pollard 59 , S.Holmes 58\*)  
**KZN won by 8 wickets**
- 15 Dec** - vs Easterns Province (T20)  
KZN 141/6 ( S.Gasa 36\*)  
E.P 132/6  
**KZN won by 9 runs**
- 16 Dec** - vs Western Province (50 Overs)  
KZN 222 all out ( J.Viljoen 69\* , M.Pollard 31)  
W.P 185 all out (S.Gasa 3/22)  
**KZN won by 37 runs**
- 17 Dec** - vs Northernns (50 Over)  
**Washout - No Result**

## U19 Girls (10 -14 December 2017)

- 10 Dec** - vs Free State (50 Overs)  
KZN 244/9 (Courtney Gounden 105\*)  
Free State 59 all out (Sithasiselo Ndebele 4/4)  
**KZN won by 185 runs**
- 11 Dec** - vs Northernns (50 Overs)  
Northernns 140 all out  
(Jade De Figueredo 3/24)  
KZN 117 all out (Jade De Figueredo 50)  
**KZN lost by 23 runs**
- 12 Dec** - vs Boland (T20)  
KZN 116 all out (M.Fourie 27)  
Boland 46/8 (N.Yaka 2/2)  
**KZN won by 71 runs**
- 12 Dec** - vs Easterns (T20)  
KZN 112/5 (M.Fourie 52\*)  
Easterns 101/8 (C.Gounden 4/12)  
**KZN won by 11 runs**
- 13 Dec** - vs Border (50 Overs)  
KZN 239 all out ( Jade De Figueredo 40 )  
Border 97 all out (C.Gounden 2/13)  
**KZN won by 142 runs**
- 14 Dec** - vs Border (T20)  
KZN 55 all out  
Border 56/2  
**KZN lost by 8 wickets**

*Jade De Figueredo was selected for SA U19 A  
Courtney Gounden was selected for SA U19 B*

## U19 ( 17 - 21 December 2017)

- 17 Dec** - vs Mpumalanga (Time)  
KZN 239/8 (M.Montgomery 74,  
W.Masojada 50 , C.Pillay 45)  
Mpumalanga 109 all out ( P.McCarthy 3/14  
L.Ntazi 3/30 ,K.Gumede 2/22)  
KZN 0/0 d Mpumalanga 12/0  
**KZN won on 1st innings**
- 18 Dec** - vs Limpopo (Time)  
Limpopo 236/5 ( M.Montgomery 2/25,  
K.Gumede 2/34)  
KZN 196/5 (M.Montgomery 70)  
**Match Drawn**
- 19 Dec** - vs Northernns (T20)  
Northernns 98/5 ( D.Fynn 2/7)  
KZN 101/6 ( M.Montgomery 28)  
**KZN won by 4 wickets**
- 19 Dec** - vs Gauteng (T20)  
Gauteng 136/8 ( D.Fynn 3/20 ,  
M.Montgomery 2/13)  
KZN 123 all out (M.Montgomery 53)  
**KZN lost by 13 runs**
- 20 Dec** - vs Border (50 Overs)  
Border 287/4 (D.Fynn 2/41)  
KZN 153 all out (A.Mohammed 31)  
**KZN lost by 134 runs**
- 21 Dec** - vs KZN Inland 50 Overs)  
KZN Inland 203/9 (K.Gumede 3/40)  
KZN 100 all out (C.Pillay 30, L.De.Vleig 25)  
**KZN lost by 103 runs**

*South African Colts 2017*

*MATTHEW MONTGOMERY CLIFTON  
KHWEZI GUMEDE GLENWOOD*



# ***SCHOOLS T20 COMPETITION 2017/18***



The KZN Coastal Provincial Finals was held on Friday, 2nd February 2018, at Kearsney College.

## **Results of the day:**

### **SEMI FINALS**

#### **Township Development vs Westville Boys High**

Township Development 100 /7 in 20 Overs  
(Thulani Chiliza 24)

Westville Boys 101/0 in 8 Overs

**Westville Boys High won by 10 wickets**

#### **Kearsney College vs Clifton College**

Clifton 146/7 in 20 Overs ( Matthew Montgomery 48)

Kearsney College 93 all out ( Josh Brown 4/11)

**Clifton won by 53 runs**

### **FINAL**

#### **Clifton College vs Westville Boys High**

Westville Boys 119/9 in 20 Overs (Caleb Pillay 29)

Clifton College 92/2 in 13 Overs ( Simon Holmes 44\*

**Clifton won on run rate**



**Smangaliso Nhlebela**

<b>Name:</b>	Smangaliso Nhlebela
<b>Nickname:</b>	Smangz
<b>Date of birth:</b>	02/06/1994
<b>Birthplace:</b>	Durban
<b>Hobbies:</b>	Music & sport
<b>School attended:</b>	Glenwood boys high
<b>Fav holiday destination:</b>	I haven't been
<b>Favourite meal:</b>	Anything Edible
<b>Type of cricketer:</b>	All-rounder
<b>Preferred bat pos.:</b>	7-8
<b>Preferred field position:</b>	Busy positions
<b>Type of bowler:</b>	Left arm spin

**Who introduced you to cricket & how old were you at the time?**  
My senior primary school teacher who oversaw cricket in school.

**Who would you say is your mentor and why?**  
My mom & brother. I have always looked up to them and their guidance is what has got me in this position today.

**Who is the person/people that have played an influential role in your cricketing career?**  
My Sunfoil township coaches....

**How do you celebrate success or victory as an individual and as a team?**  
As a team we normally just spend at least an hour together in the changeroom after the game.

**What advice can you give to the young aspiring cricketer who wants to play at the same level as you?**  
Don't let anyone tell you.... you not good enough or you can't do that. Follow your dreams & protect. Have faith and always believe.



## Eathan Bosch

**Name:** Eathan Bosch  
**Nickname:** Boschy  
**Date of birth:** 27/04/1998  
**Birthplace:** Westville, Durban  
**Hobbies:** Golf  
**School attended:** Hilton College, WHPS  
**Fav holiday destination:** Kenton On Sea  
**Favourite meal:** Roast leg of Lamb  
**Type of cricketer:** All-rounder  
**Preferred bat pos.:** 6/7 Preferred field pos.: slip, long on  
**Type of bowler:** Fast medium

### **Who introduced you to cricket & how old were you at the time?**

My Brother. I was 2 years old

### **Who would you say is your mentor and why?**

Dale Benkenstein, he is someone I trust, and I know I can go to for advice about anything that has to do with cricket or life.

### **Who is the person/people that have played an influential role in your cricketing career?**

Dale Benkenstein, Neil Johnson and Sean Carlisle.

### **How do you celebrate success or victory as an individual and as a team?**

As a team

### **What advice can you give to the young aspiring cricketer who wants to play at the same level as you?**

Hard work, talent can only get you so far and learn as much as you can and soak in things that can help you improve your own game. Always keep learning.

# POWERADE SA NATIONAL WOMEN'S ACADEMY



## Nondumiso Shangase

**Name:** Nondumiso Shangase  
**Nickname:** Nondu/Ndumie  
**Date of birth:** 05/04/1996  
**Birthplace:** Inanda C  
**Hobbies:** Playing cricket and watching Television  
**School attended:** Sithabile Secondary  
**Fav holiday destination:** Australia  
**Favourite meal:** Pap and Chicken Curry  
**Type of cricketer:** Batting all rounder  
**Preferred bat pos.:** 1  
**Preferred field pos.:** Covers  
**Type of bowler:** Right arm off spin

**Who introduced you to cricket & how old were you at the time?**  
My Brother, I was 17 years old and decided to give it a try

**Who would you say is your mentor and why?**  
My coach, Dinesha Devnarain, she always guides me and helps me with decisions in cricket and in life, she believes in me, always has my back and motivates me to better

**Who is the person/people that have played an influential role in your cricketing career?**  
Dinesha Devnarain and my Grandmother

**How do you celebrate success or victory as an individual and as a team?**  
I celebrate my success with the team, without them I wouldn't achieve my success, always giving thanks to my coach and wanting to be better. As a team we laugh, dance and reflect on being better

**What advice can you give to the young aspiring cricketer who wants to play at the same level as you?**  
Keep on following your passion, listen to your coaches and do your best in everything you doing.

# PLAYERS SELECTED FOR SA COLTS



## Ndabezinhle Khwezi Gumede

<b>Name:</b>	Ndabezinhle Khwezi Gumede
<b>Nickname:</b>	None
<b>Date of birth:</b>	19/06/1999
<b>Birthplace:</b>	King Edward Hospital
<b>Hobbies:</b>	Soccer and Golf
<b>School attended:</b>	Glenwood high School
<b>Fav holiday destination:</b>	San lameer holiday resort
<b>Favourite meal:</b>	Ribs and fried chips
<b>Type of cricketer:</b>	Left arm seamer
<b>Preferred bat pos.:</b>	Lower order
<b>Preferred field position:</b>	Inner ring
<b>Type of bowler:</b>	Left arm seamer

### Who introduced you to cricket & how old were you at the time?

My primary school teacher at Amanzimtoti primary school introduced me to mini cricket at the age of 8. His name was Mr. Laufs and he was the school's cricket coach.

### Who would you say is your mentor and why?

Okuhle Cele is my mentor because he helps me technically and mentally when it comes to the game. He always gives me advice on how to improve my game physically and mentally.

### Who is the person/people that have played an influential role in your cricketing career?

Siyanda Gumede, Okuhle Cele and Mduduzi Mbatha have all played a pivotal role in my career.

### How do you celebrate success or victory as an individual and as a team?

I celebrate accordingly and I don't do anything major. I just look forward to the next game ahead.

### What advice can you give to the young aspiring cricketer who wants to play at the same level as you?

Keep working. Keep thriving. Never give up and never let anyone tell you that you're not good enough.



## Matthew Montgomery

<b>Name:</b>	Matthew Montgomery
<b>Nickname:</b>	Monty
<b>Date of birth:</b>	10/05/2000
<b>Birthplace:</b>	Johannesburg
<b>Hobbies:</b>	Golf
<b>School attended:</b>	Clifton college
<b>Fav holiday destination:</b>	Mozambique
<b>Favourite meal:</b>	Seafood
<b>Type of cricketer:</b>	I try to be a smart cricketer
<b>Preferred bat pos.:</b>	3
<b>Preferred field pos.:</b>	Covers
<b>Type of bowler:</b>	Off spin

**Who introduced you to cricket & how old were you at the time?**  
My dad at the age of about 4/5 in the garden

**Who would you say is your mentor and why?**  
My dad has played a big role throughout my cricketing life.

**Who is the person/people that have played an influential role in your cricketing career?**  
All my coaches have played a part in my career, but the most influential have been the senior players in the teams I have been apart of.

**How do you celebrate success or victory as an individual and as a team?**  
I try remain as humble as possible.

**What advice can you give to the young aspiring cricketer who wants to play at the same level as you?**  
I've always believed that if you work the harder than the person next to you, you are bound to succeed.

# PLAYERS SELECTED FOR SA U19

## GIRLS A & B



### Jade Jane De Figueiredo

<b>Name:</b>	Jade Jane De Figueiredo
<b>Nickname:</b>	Jadey
<b>Date of birth:</b>	10/03/1999
<b>Birthplace:</b>	Durban
<b>Hobbies:</b>	Spending time with family and friends
<b>School attended:</b>	Durban Girls' High School
<b>Fav holiday destination:</b>	USA, Florida
<b>Favourite meal:</b>	Dinner, Stir Fry
<b>Type of cricketer:</b>	All rounder
<b>Preferred bat pos.:</b>	4
<b>Preferred field position:</b>	Cover
<b>Type of bowler:</b>	Left Arm Off-Spin

#### Who introduced you to cricket & how old were you at the time?

My parents introduced me to it and I was about 4

#### Who would you say is your mentor and why?

Dinesha Devnarain, she saw potential in me and groomed me up to be the player I am today

#### Who is the person/people that have played an influential role in your cricketing career?

Dinesha Devnarain

#### How do you celebrate success or victory as an individual and as a team?

I don't celebrate by myself, I rather celebrate my success and my team's success with my team.

#### What advice can you give to the young aspiring cricketer who wants to play at the same level as you?

I just want to say that they need to work hard and most importantly enjoy playing the game and most importantly this game has brought many friends

# GIRLS A & B

## Courtney Leigh Gounden



<b>Name:</b>	Courtney Leigh Gounden
<b>Nickname:</b>	Courts / Courto
<b>Date of birth:</b>	01/09/2001
<b>Birthplace:</b>	Durban, Westville
<b>Hobbies:</b>	Watching Movies, Experimenting with cooking recipes
<b>School attended:</b>	Arena Park Secondary
<b>Fav holiday destination:</b>	India
<b>Favourite meal:</b>	Chicken Curry
<b>Type of cricketer:</b>	All Rounder
<b>Preferred bat pos.:</b>	Top order
<b>Preferred field pos.:</b>	Point
<b>Type of bowler:</b>	Fast Bowler

### Who introduced you to cricket & how old were you at the time?

I loved cricket and I wanted to play in school with the boys, so my teacher gave me the opportunity when I was 8 years old, I played for the school in the then Bakers and later KFC programs and later hard ball with the boys.

### Who would you say is your mentor and why?

My family, my mom, dad and sister Bronwyn gave me the best support all through my cricket career, they believed in my abilities and they always pushed me to the next level. I have an awesome family support structure

### Who is the person/people that have played an influential role in your cricketing career?

There are a few, my primary school educators, they did not discriminate and promoted girls to play in a male dominated sport, at club, in my early development Coach Mark Joseph, he trusted me so much and encouraged me and challenged me to outdo the boys in under 11 and 13. My dad who is also my coach at club level now, he pushes me to believe in myself and he is my biggest supporter and my greatest motivator. My current under 19 coach Dinesha Devnarian, she worked hard to get the technical side of my game to improve, she is fantastic to work with as she believes in the younger players and always encourages us to dream big. Finally, my club the Chatsworth Sporting family, for growing me over the years into the player I have become.

### How do you celebrate success or victory as an individual and as a team?

I have always been a team player, whilst I set myself personal targets in each game, winning as a team is much sweeter, just to see the joy in each players eye after a win is priceless.

### What advice can you give to the young aspiring cricketer who wants to play at the same level as you?

Never doubt yourself, everything is possible with hard work, dedication and passion.

# PLAYERS SELECTED FOR SA U17

## RURAL TEAM



### Abubakr Suleman Haffejee

**Name:** Abubakr Suleman Haffejee  
**Nickname:** Abu  
**Date of birth:** 16/03/2002  
**Birthplace:** Durban  
**Hobbies:** Drawing and playing other sport like soccer  
**School attended:** Richardsbay High School  
**Fav holiday destination:** London  
**Favourite meal:** Burger & pizza  
**Type of cricketer:** Batsman  
**Preferred bat pos.:** 3  
**Preferred field position:** Square leg and third man  
**Type of bowler:** Off spin

#### Who introduced you to cricket & how old were you at the time?

My father I was six years that time

#### Who would you say is your mentor and why?

Happy Ndlovu thought me everything that I needed to know.

#### Who is the person/people that have played an influential role in your cricketing career?

My fellow team mates, my family and coach Happy.

#### How do you celebrate success or victory as an individual and as a team?

Take the victories as they come and learn from all mistakes that have been made

#### What advice can you give to the young aspiring cricketer who wants to play at the same level as you?

That all it takes is determination and dedication and with that you can achieve anything



## Tholinhlanhla Nkosinathi Zungu

<b>Name:</b>	Tholinhlanhla Nkosinathi Zungu
<b>Nickname:</b>	Thorries
<b>Date of birth:</b>	27/02/2000
<b>Birthplace:</b>	Empangeni Garden Clinic
<b>Hobbies:</b>	Cricket, Drawing, Listening to music, Making music beats
<b>School attended:</b>	Tisand Technical High School
<b>Fav holiday destination:</b>	Nongoma
<b>Favourite meal:</b>	Home cooked Beans and Phuthu
<b>Type of cricketer:</b>	Aggressive when batting, patient when fielding.
<b>Preferred bat pos.:</b>	5
<b>Preferred field pos.:</b>	Wicket Keeper

### Who introduced you to cricket & how old were you at the time?

Bright Nkwanyana, when I was 10 years old.

### Who would you say is your mentor and why?

Bright Nkwanyana, he is my mentor because he introduced me to cricket, he plays the type of cricket I like to play which is attacking cricket, He encourages me to keep on going and he's the type of person you can learn from because he's been playing cricket for a very long time, I don't only look at him as my mentor he is also my friend and brother.

### Who is the person/people that have played an influential role in your cricketing career?

Sfundo Dladla, Siyabonga Mtshali, Philani Cuambe, Bright Nkwanyana.

### How do you celebrate success or victory as an individual and as a team?

I personally thank the Lord first for being with us all the time, at club cricket we usually have a braai after the game.

### What advice can you give to the young aspiring cricketer who wants to play at the same level as you?

Respect the game, it is bigger than you. There will be a lot of ups and downs along the way, but never give up keep your mind in the game all the time. Practice until you can't get it wrong and respect your elders.

# MANAGER SELECTED FOR SA U17 RURAL TEAM



## Anton Geringer

<b>Names :</b>	Anton Geringer
<b>Nick Name :</b>	Gering
<b>Hobbies :</b>	Golf, reading
<b>Birth Place :</b>	Pretoria
<b>School Attended :</b>	Affies
<b>Coaching Qual. :</b>	Level 3
<b>Fav. Holiday Destination . :</b>	Ballito
<b>Favourite meal :</b>	Braaivleis, sushi
<b>Coaching Philosophy :</b>	Respecting the game, it's values and basic principles together with hard work will lead to success
<b>Your playing career :</b>	First class cricket for Northern Transvaal from 1983 - 1991

### How do you describe yourself as a cricket coach?

Strongly believe that a basic foundation is a necessity, hard work beats talent every time. I try to develop each player according to their unique ability.

### Who inspires you as a coach and why?

Various coaches from various sporting codes.  
I love reading about their philosophies and implementing their approach in my coaching environment.

### The Hubs & RPC's are currently producing players that represent KZNCU at various levels, your general thoughts on this program?

I think it is an excellent programme and it is lovely to see the talent coming through in both players and coaches

### How do you keep your players motivated throughout the cricket season?

Try to set small achievable goals throughout the season

### What do you like most about coaching?

Seeing the players achieve their full potential and the enjoyment they get from the game

### What is your best cricketing memory?

Nissan Shield vs Western Province at Newlands. Scored 67 runs and 5 wickets for 38 runs.

# DOLPHINS CUBS

## Players

1.	Sean Gilson - captain	KZN Inland
2.	James Ritchie	KZN Inland
3.	Kamogelo Selane	KZN Inland
4.	Thamsanqa Khumalo	KZN Coastal
5.	Mondli Khumalo	KZN Inland
6.	Matthew Montgomery	KZN Coastal
7.	Caleb Pillay	KZN Coastal
8.	Lifa Ntanzu	KZN Coastal
9.	Gareth Schreuder	KZN Inland
10.	Brandon McMullen	KZN Inland
11.	Matthew Pollard	KZN Coastal
12.	Daelen Fynn	KZN Coastal
13.	Kwazi Gumedu	KZN Coastal

## Management

1.	Lucky Dladla
2.	Mduduzi Mbatha
3.	Mbasa Gqadushe

## Results

### Day 1

Dolphins 261/5 (Matthew Montgomery 105, James Ritchie 67\*, Thamsanqa Khumalo 46)  
Titans 199/8 (Sean Gilson 2/32, James Ritchie 2/38).  
Dolphins won by 62 runs.

### Day 2

Cape Cobras 165 (Sean Gilson 5/7 in 7.2)  
Dolphins 166/3 (Thamsanqa Khumalo 43 retired hurt, 88 balls, 6 fours 0; Sean Gilson 33, 55 balls, 5 fours)  
Dolphins won by 7 wickets

### Day 3

Bizhub Highveld Lions 215/8 (Kamogelo Selane 2/22 in 6 , Sean Gilson 2/38 in 8)  
Dolphins 217/6 (Sean Gilson 67, 75 balls, 8 fours; Caleb Pillay 32,65 balls ,4 fours)  
Dolphins won by 4 wickets

### Day 4

Warriors 120 in 33.2 overs (Sean Gilson 3/25 in 7 overs; James Ritchie 2/2 in 2.2 overs)  
Dolphins 121/5 in 22.4 overs (Sean Gilson 62 not out, 72 balls, 8 fours, 1 six)  
Dolphins won by 5 wickets on D/L method

### Day 5

Knights 134 ( Sean Gilson 4/11, Kamogelo Selane 2/25)  
Dolphins 106 (Matthew Montgomery 39)  
Knights won by 28 runs

## Dolphins Franchise 3 Day team 2018

SURNAME	FIRST NAME	SCHOOL
Mfoza	Nduduzo	Glenwood High
Luksich	Matthew	Grace College
Wissing	Richard	Glenwood High
Van Eeden	Josh	Bay College
Rahman	Waseem	Westville High
Kerr	Bruce	Westville High
Smit	Jesse	Westville High
Wagener	Jason	Glenwood High
Zungu	Sthabiso	Glenwood High
Ngcobo	Thula	Winggins College
Gcado	Mlungiseleli	Mandlenkosi High
Jaffar	Nazeer	Northwood High
Nhlanhla	Dlamini	Umtapho High

### Cape Cobras vs Dolphins

DOLPHINS 1ST innings 179/10 (65.2) (Bruce Kerr 44, Jason Wagner 29, Waseem Rahman 26, Nouduzo Mfoza 23)

CAPE COBRAS 1st 146/10 (50.5) (Nouduzo Mfoza 5/61, Richard Wissing 2/24)

DOLPHINS 2ND innings 182/10 (52.4) (Richard Wissing 82\*, Bruce Kerr 24, Josh van Eeden 22)

CAPE COBRAS 2ND innings 133/10 (52.4) (Nouduzo Mfoza 3/71, Nazeer Jaffer 2/6, Jesse Smith 2/17, Richard Wissing 2/31)

**Dolphins won by 82 runs**

### Warriors vs Dolphins

WARRIORS 1st innings 122 (Thula Ngcobo 3/16, Nazeer Jaffar 2/31)

DOLPHINS 1st innings 88 (Joshua van Eeden 34)

Warriors 2nd innings 109 (, Thula Ngcobo 3/16, Nduduzo Mfoza 2/2 Nazeer Jaffar 2/22)

DOLPHINS 2nd innings 99/5 (Richard Wissing 49, )

**Match Drawn**

# SENIOR WOMEN'S CRICKET

## CSA Provincial Women's Results 50 over

### 50 Over

#### 11 November 2017

KZN Coastal : 369 all out (D.Devnarain 203 \* ,  
Chloe Tyron 48)  
Limpopo : 68 all out (N.Shangase 4 for 9 runs in  
4 Overs , C.Tyron 3 for 2 in 6 overs)  
**KZN Coastal won by 301**

#### 25 November 2017

KZN Coastal vs KZN Inland  
**Washout - No Result**

#### 13 January 2018

KZN Coastal : 256/9 ( N.Shangase 100\*)  
Mpumalanga : 44 all out ( J.De Figueredo  
3/5 in 4 Overs)  
**KZN Coastal won by 213 runs**

### T20

#### 12 November 2017

KZN Coastal : 145 (N.Sole 59)  
Limpopo : 63 for 8( N.Shangase 3 for 13 in 4 Overs )  
**KZN Coastal won by 82 runs**

#### 26 November 2017

KZN Coastal : 138/8 ( N.Sole 34, N.Shangase 32)  
KZN Inland : 59/7 (C.Tryon 1/8 in 3 Overs , J.De  
Figueredo 1/8 in 3 Overs)  
**KZN Coastal won by 79 runs**

#### 14 January 2018

Mpumalanga : 80 all out ( N.Sole 3/6  
in 2 Overs , C.Tryon 2/11 in 4 Overs)  
KZN Coastal : 86/2 ( C.Tryon 57 \* )  
**KZN Coastal won by 8 Wickets**



# COACHING TIPS

## Primary techniques for three bowling styles

By Frank Pyke and Ken Davis

### Bowling Skills and Strategies

Bowlers must understand the principles governing a sound bowling action. A mechanically sound technique can do much to ensure long-term involvement in the game with minimal interruption as a result of injury. As well, efficiency of technique can produce more effective outcomes in terms of generating power, spin or swing. Although it was not a major focus of this book to provide a comprehensive analysis of the skill of bowling, the players we interviewed mentioned some key aspects of technique, which we have summarised.

### Pace Bowling

Quality pace bowling requires a smooth and accelerating run-up, a powerful and efficient bowling action and the capability to vary the line, length and speed of deliveries according to the perceived weaknesses of the batters and the circumstances of the game.

### Run-Up

Because research has shown that the run-up in pace bowlers contributes approximately 20 per cent to the velocity of the ball, there has been

more emphasis on bowlers' run-ups. Dennis Lillee consulted a running coach to make sure he was accelerating effectively into the delivery stride. Others have followed suit, albeit somewhat late in their careers, as Merv Hughes indicated:

Being young you have a lot more on your mind than running style. This includes where you are going to bowl, what type of delivery and so on. Looking back now, the run-up, delivery and follow-through are the most important stages of bowling, with run-up the most important.

John Harmer believes that a bowler is an 'athlete until the penultimate stride', and so correct running technique is mandatory. Brian Mcfadyen contends that bowlers need an efficient run-up so that when they get to the crease, they don't need to place enormous physical load on the body. As well as momentum, he believes the run-up should place the bowler in a balanced position at delivery.

McFadyen warns that it is very difficult to alter the running technique of a 21-year-old, and suggests that most work should be done between 8 and 15 years of age. The length of a pace bowler's run-up has varied throughout the ages, but essentially it should be as long

as needed to generate optimum momentum while enabling the bowler to be strong through the crease.

Damien Fleming remarked that, like most young fast bowlers of his time, he initially 'ran in like Dennis Lillee with a high bound in the penultimate stride'.

Later in his career, he shortened his run-up from 28 paces to 15 and found that he maintained his pace, was taller at take off and release and had a shorter jump into the delivery, but most important, he felt more powerful and rhythmical.

### Efficient Delivery

John Harmer offered the following keys to achieving an effective body position in bowling:

- Leg stability with limited collapsing of the legs throughout the delivery
  - Compactness of the arms so that all force is generated towards the target
  - Alignment of all body parts inside the width of the bowler's shoulders
  - An injury-free technique corrected.
- Ensure that the delivery action is supported by a strong, solid base.
  - Stay tall through the crease, keeping the front leg straight and the leading arm high.
  - Spend as much time on the front leg as possible, and use an up-and-over action to generate the energy required to spin the ball.

McFadyen also stressed the importance of alignment, explaining that the bowler's run-up and foot placement should be in a direct line to the target. Richard Done cited the stability at back foot landing, but added that the direction of the front elbow and the position of the hand and body at release are important points in a delivery.

All of the preceding tips are relevant to all types of bowling from pace to spin. The following section presents specific issues relating to spin bowling.

### Spin Bowling

Spin bowling is a complex art that requires guile, effective grips, strong body action and subtle changes in flight to deceive a batter. Ashley Mallett identified the following principles in bowling spin:

- The key is not where the ball lands, but how it arrives. The more time you spend on the front foot, the more purchase you will achieve on the ball. A hard-spun delivery with lots of overspin will cause the ball to dip acutely.
- If you spin the ball hard, you will have a bigger area of danger. For example, a Shane Warne leg break, achieves a danger area as big as a dining room table, but a more modestly spun delivery produces a danger area the size of a dinner plate.
- Off spin bowlers should keep their bowling arms higher than leg spinners do. In both cases, the front shoulder should point towards the target (to optimise rotation) and rotate like an upright wheel rather than sideways like a Frisbee.

A strong use of the leading, or non-bowling, arm has long been advocated for pace bowlers, but according to Terry Jenner and Ashley Mallett, it is just as important for spin bowlers.

### Swing Bowling

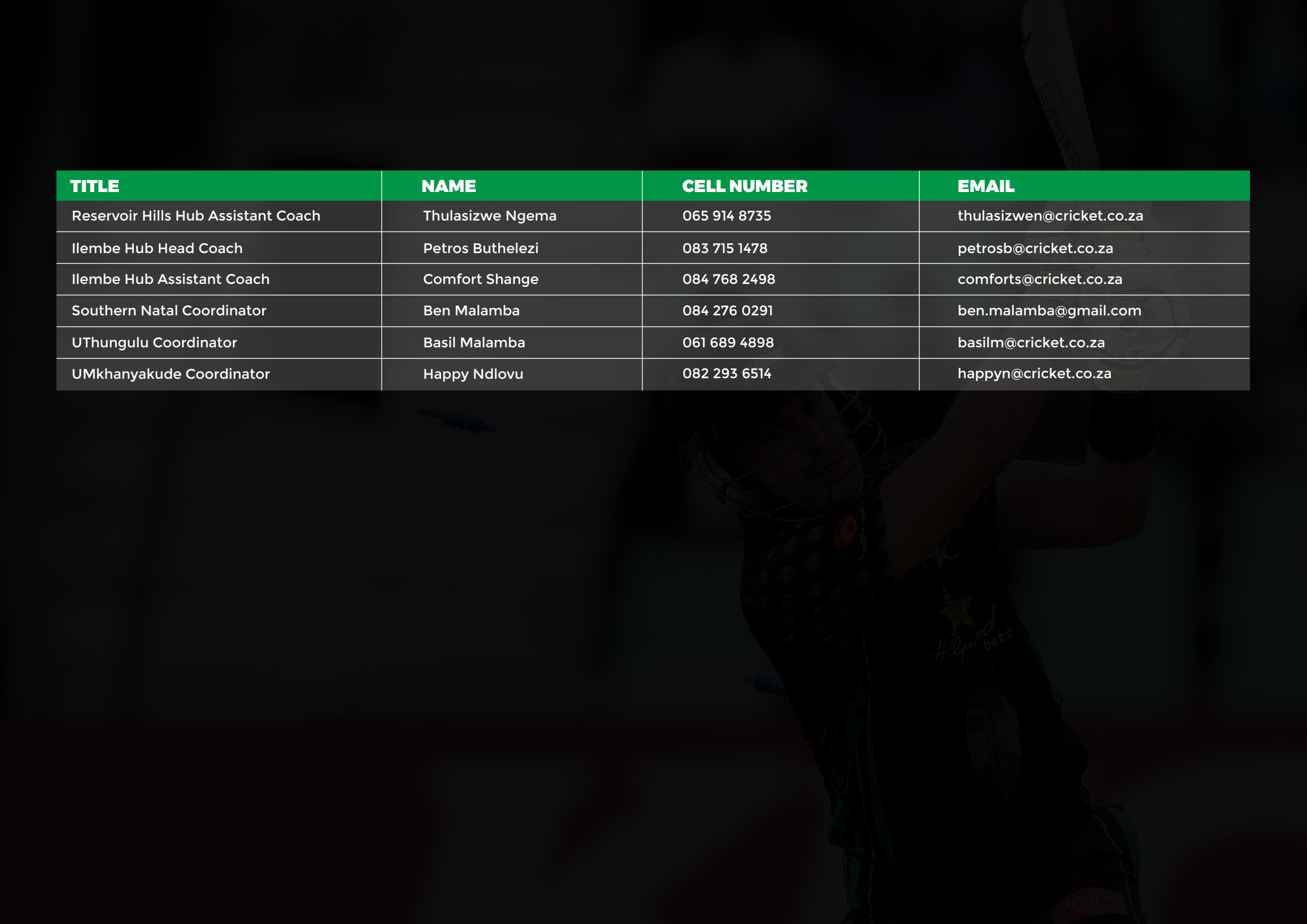
The ability to swing the ball in a traditional manner has declined in recent years as many bowlers, like Glenn McGrath, have favoured moving the ball off the seam.

Many experts believe that this phase will change in the near future, as Harmer noted: 'Swing bowling will come back and is particularly suited in Twenty20 cricket. If the ball is straight, then you get very predictable and players are able to risk hitting through the line of the ball.'



# STAFF CONTACT DETAILS

TITLE	NAME	CELL NUMBER	EMAIL
Amateur Manager	Ritesh Ramjee	066 306 3608	riteshr@cricket.co.za
Coaching Manager	Desigan Reddy	084 218 2791	desiganr@cricket.co.za
Clubs & Facilities Coordinator	Ray Dukhi	084 099 2125	rayd@cricket.co.za
Youth Cricket & Peformax Coordinator	Nqoba Langa	073 386 7540	nqobal@cricket.co.za
KFC Mini Cricket	Horatius Sokhanyile	062 006 5113	horatiuss@cricket.co.za
Provincial Coach	Roger Telemachus	083 644 8843	rogetr@cricket.co.za
Provincial Coach Assistant	Thokozani Zulu	073 936 3920	zulut01@icloud.com
Academy/U19 Coach	Mduduzi Mbatha	082 218 9758	mduduzim@cricket.co.za
U17/15	Kenneth Mafunga	083 666 3413	kenneth@cricket.co.za
U13/11	Siyabonga Gumede	071 904 4523	gumedeS@cricket.co.za
Provincial Women's/U19 Coach	Dinesha Devnarain	079 936 9681	dineshad@cricket.co.za
Chatsworth RPC Head Coach	Darryl Govender	076 544 8909	darrylg@cricket.co.za
Chatsworth RPC Assistant Coach	Mark Joseph	079 318 8957	markaj@cricket.co.za
Chatsworth RPC Assistant Coach	Leo Sathiaseelan	074 796 1625	leos@cricket.co.za
Umlazi Hub Head Coach	Xolani Gasa	082 295 0660	xolani@cricket.co.za
Umlazi Hub Assistant Coach	Njabulo Mkhize	076 113 3255	njabulom@cricket.co.za
Reservoir Hills Hub Head Coach	Elvis Govender	083 979 7117	elvisg@cricket.co.za



TITLE	NAME	CELL NUMBER	EMAIL
Reservoir Hills Hub Assistant Coach	Thulasizwe Ngema	065 914 8735	thulasizwen@cricket.co.za
Ilembe Hub Head Coach	Petros Buthelezi	083 715 1478	petrosb@cricket.co.za
Ilembe Hub Assistant Coach	Comfort Shange	084 768 2498	comforts@cricket.co.za
Southern Natal Coordinator	Ben Malamba	084 276 0291	ben.malamba@gmail.com
UThungulu Coordinator	Basil Malamba	061 689 4898	basilm@cricket.co.za
UMkhanyakude Coordinator	Happy Ndlovu	082 293 6514	happyn@cricket.co.za

# THANK YOU

