

# BehindPOINT



**BORDER  
CRICKET**

## Message from Border Cricket CEO

Spring is upon us and the cricketers are working hard at training and adding to the noise levels down the corridor which was somewhat quieter during the winter period. I take this opportunity to welcome you to the start of the 2016/17 season.

The team prepared well for the Africa T20 Cup. We were all geared up for a great competition, however the weather Gods were not on our side. We will work to ensure that the lucky draw will soon be a distant memory. Our Border team performed exceptionally well and we look forward their campaigns this season. The rain factor however is uncontrollable and we hope that it will not hamper too many of our cricket matches this season.

Off the field we received an unqualified audit during this season with a profit of R 3.1 million, our revenue jumping to R38 million. We also hosted a successful AGM in July with our President, Tando Ganda and Vice-President, Simphiwe Ndzundzu, being re-elected in their positions respectively. This indicates that our members have confidence in our leadership as we take our governance to the next level.

In August, we hosted a successful strategic session and we look forward to the fruits of our planning and strategic objectives. The Directors will now be approving revised and new policies, with all the terms of references for our sub-committees in place. Our schedule of meetings has been set for the year, we encourage your

attendance and contributions at such meetings. The Border Team under the guidance of Coach Frank Platjes and captain Martin Walters are ready for a bumper season. We have confidence that their results will improve from last season and we can again compete in the finals of the one-day competition, as we are well known for our performances in the limited over competition.

Our Women's team performed so well last season and we have every confidence yet again that they will bring back the silverware and set new milestones.

We are busy updating our website and will soon have all our updated programmes, fixtures and courses for the season.

We look forward to the new season. Please attend the matches at Buffalo Park; we look forward to seeing you soon.

**Thando Booi**



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## FROM THE COACHING MANAGER'S DESK

Coach Education is about empowering coaches at all levels. It is a concept of coaching the kids through passion for the sport itself. There is no feeling quite like assisting young cricketers to further develop themselves in all aspects of life including: persistence, determination, discipline, dedication, resiliency, work ethic and leadership skills. For our coaching department to be successful, we need to have the full support from all our stakeholders. This can be achieved by building better relationships with clear communication lines and respect for one another.

We would like to congratulate Andre de Beer on receiving his Level 3 Cricket Coaching Certificate this year.

To all School, Club and Hubs and RPC Coaches have a great season ahead. May you all experience great moments with your teams and players this Season.



**Raymond Booï**

## NOTE FROM THE AMATEUR MANAGER

With the new season into its first month of completion, we would do well to recall the great lessons learned from the past season and what we need to do differently now to ensure quality and improvement in the different sectors i.e. club, school cricket, mini cricket, Provincial and Women's Cricket levels.

Cricket South Africa has set clear criteria in terms of Cricket Operations and Provinces are all compelled to adhere to it, but at the same time challenge everyone to perform above the norm to qualify for bonus incentives.

Our main aims are:

- Become the most improved Amateur Cricket Province.
- Have our semi professional team win one of the semi professional competitions.
- Have the Senior Provincial Women's Teams as winners of the Coastal League, thereby qualifying for the National League.
- Be the best RPC & Hub for 2016/2017 Season.

For us to achieve the above, we require all stakeholders or role players to join forces in making this happen. I urge clubs, schools and all involved in the game to focus on the positive. As our beloved Madiba used to say, "What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead."



**Deon Muller**

Every administrator, player or supporter must draw courage and inspiration from Madiba's unrelenting spirit displayed over decades, in a quest to accomplish dignity and equality for all. Let us all together take joint responsibility in facing our challenges at the various levels, thereby ensuring that our cricketers, coaches and administrators have every opportunity to excel in the game we all love.

Cheers & best wishes for the season. Many Blessings.



# CLUB CRICKET

We are in full swing of the 2016/2017 Season. Here is what the Leagues look like for this season:

## BORDER CRICKET PREMIER LEAGUE

- 1. United Cricket Club
- 2. Old Selbornian Cricket Club
- 3. Bohemians Cricket Club
- 4. Hamiltons Cricket Club
- 5. Willows Cricket Club
- 6. Buffaloes Cricket Club
- 7. Good Hope Cricket Club
- 8. University of Fort Hare Cricket Club
- 9. Super Eagles Cricket Club
- 10. Middledrift Cricket Club

## BORDER CRICKET PROMOTIONAL LEAGUE

- 1. Gwaba Cricket Club
- 2. Gonubie Spar Legends Cricket Club
- 3. Pioneers United Cricket Club
- 4. Masakhane Cricket Club
- 5. ITEC Stirling Old Boys Cricket Club
- 6. Sisonke Cricket Club
- 7. Alice Cricket Club
- 8. Healdtown Cricket Club
- 9. Queenstown Cricket Club
- 10. Black Lions Cricket Club

## BORDER CRICKET PREMIER RESERVE LEAGUE

- 1. Old Selbornian Cricket Club
- 2. Hamiltons Cricket Club
- 3. Bohemians Cricket Club
- 4. University of Fort Hare Cricket Club
- 5. Buffaloes Cricket Club
- 6. United Cricket Club
- 7. Good Hope Cricket Club
- 8. Willows Cricket Club
- 9. Super Eagles Cricket Club
- 10. Middledrift Cricket Club

## BORDER CRICKET RESERVE LEAGUE

- 1. Hamiltons Cricket Club
- 2. Alberts Cricket Club
- 3. ITEC Stirling Old Boys 1 Cricket Club
- 4. ITEC Stirling Old Boys 2 Cricket Club
- 5. Gonubie Spar Legends Cricket Club
- 6. Stutterheim Cricket Club
- 7. Bohemians Cricket Club
- 8. Healdtown Cricket Club
- 9. Komga Cricket Club

## BORDER CRICKET SECOND LEAGUE

- 1. Alberts Cricket Club
- 2. United Cricket Club
- 3. Mdingi Express Cricket Club
- 4. Nestle Cricket Club
- 5. Walter Sisulu University Cricket Club
- 6. Buffaloes Cricket Club
- 7. Old Selbornian Cricket Club
- 8. Bonanza Cricket Club
- 9. YADAC Cricket Club
- 10. Kwelerha Cricket Club

## BORDER CRICKET WOMEN'S LEAGUE

- 1. Healdtown 1 Cricket Club
- 2. Healdtown 2 Cricket Club
- 3. Alice Cricket Club
- 4. Middledrift Cricket Club
- 5. Good Hope Cricket Club
- 6. King William's Town Cricket Club
- 7. Willows Cricket Club
- 8. University of Fort Hare Cricket Club

Good Luck to all of the teams for the first half of the season and may you all keep up the great competition between yourselves.





# SCHOOLS/YOUTH CRICKET REPORT

Off season is something that is in the past as most schools have hidden their winter codes equipment ready to tackle the cricket season with the hope they will do well in 2016/17 season.

## 1. CSA Schools T20

In total for this year for CSA Schools Coca Cola T20 we have 24 registered teams with the inclusion of 4 Hubs and an RPC. This year's T20 sees Queenstown region jump up to be the second region registering the second biggest number of schools.

The first round of knockout will commence on Monday 19 September.

## 2. YOUTH HIGH PERFORMANCE

Practices for squad players in the region are happening and some of the players are missing the sessions due to exams. The 03 and 12 September provincial squads were cancelled due to rain and most of the school fields were not ready. On 18 September only under 13s could not play due to wet fields, but all the other age groups had thorough match trials.

For girls under 19 the coaches and the selectors visited the region and compiled a 24 girls'squad.

The commitment from the Border provincial coaching teams was really impressive and satisfying early on this year.



### 3. CSA COACH and EASTERN CAPE SCOUT VISIT

Lawrence Mahantlane and Abrahams Baakier had a 2 day (14 and 15 September) visit to look at our top players and speak with the u17 and 19 coaching teams and gave ideas on what they were looking for in the Cubs and South African u19 team.

#### CONCLUSION

The 2016/17 high performance program has kicked off positively with all the junior team management involved, each individual attached to his/her role looking to change last year's results for the better. We have enough games to compile stats for selection schools and provincial squad game. In this regard, we have improved big time looking forward to the long 2016/17 season

Compile by Loyiso Sibaca

Players that were identified to look at our Players list

NAME	SCHOOL	AGE GROUP
Jason Niemand	- Hudson/Border	U19
Luka Dallas	- Hudson/Border	U19
Akhona Mnyaka	- Hudson/Border	U19
Siphamandla Krweqe	- Dale/Border	U19
Sine Qeshile	- Hudson/Border	U19
Luvo Ntsekwa	- Hudson/Border	U17
Akhanya Rebe	- Hudson/Border	U17
Thando Ntini	- Selborne/Border	U17







## SENIOR PROVINCIAL REPORT - SEPTEMBER

The Africa T20 pool C was recently hosted at Buffalo Park. The teams that were drawn in this pool were Easterns, Free State, Zimbabwe and the host province Border. After assembling a well balanced team, the host felt confident that they could go through to the finals weekend that were held on 1 and 2 October. The Appointment of Simon Harmer as Captain and the inclusion of Warrior's players like Christiaan Jonker, Mohammed Vallie and Jerry Nqolo was also a big boost. Coupled with the inclusion of exciting Senior Provincial players like Seyibokwe, Koopman, Fojela, Brown and the youngsters Malika, Bosch and Calana, Border definitely had a chance of going through. The first match between Free State and Zimbabwe was a close affair with Free State eventually running out as winners.

In our first match we played against Easterns and beat them convincingly by eight wickets and also picked up a bonus point in the process. On day two the heavens opened up and playing became impossible for the remainder of the tournament. The pool winner was determined by a draw, of which Zimbabwe won. This was really an anti-climax to the tournament. Months of preparation and the pool winner determined by a draw! Hopefully the rain Gods will stay away for the remainder of the season. The focus shifts to the season proper which gets underway in October. With a bit of luck, we will challenge for silverware.

Report compiled by  
F Plaatjes

# SQUAD

				Current Age
1 *	SIMON	ROSS	HARMER	1989/02/10 (27)
2 †	MCEDISI		MALIKA	1997/06/12 (19)
3	GIONNE	VERLYNN	KOOPMAN	1991/12/28 (24)
4	SOMILA		SEYIBOKWE	1987/01/31 (28)
5	JERRY		NQOLO	1991/07/23 (24)
6	CHRISTIAAN		JONKER	1986/09/24 (29)
7	DARRYL	LEWIS	BROWN	1983/03/25 (33)
8	MOHAMMAD	YASEEN	VALLIE	1989/07/30 (26)
9	AYABULELA		GQAMANE	1989/03/15 (26)
10	CLAYTON	GREGORY	BOSCH	1992/11/10 (23)
11	PHAPHAMA		FOJELA	1984/08/24 (31)
12	MKHULULI		CALANA	1993/01/19 (23)
13	SESONA		NDWANDWA	1996/04/16 (20)

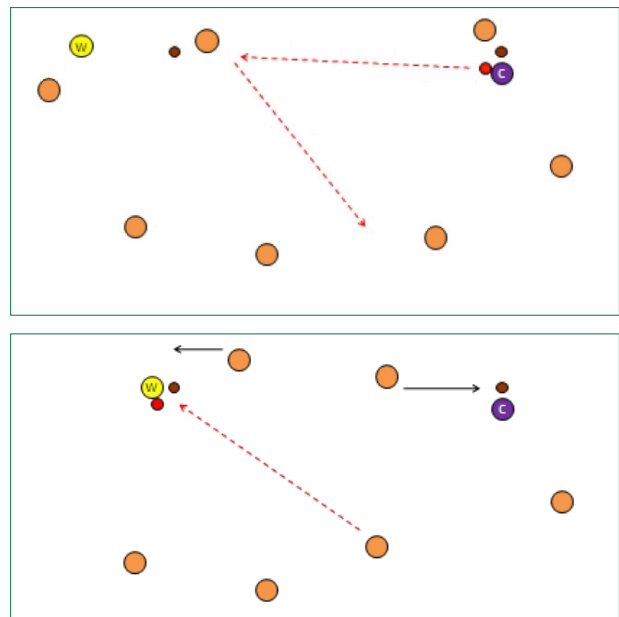
# FIELDING DRILLS: SEMI-CIRCLE CRICKET

**Purpose:** To develop chase, pick up and throw skills in a realistic game situation where decision making is important. Also develops the batting skill of running between the wickets.

**Description:** The coach serves the ball (using a throw, a bowling machine or a sidearm) to the batsman who hits it into the off side and looks to score a run. The batsmen use proper calling and decision making to judge if they can run or not. Fielders must work together to field the ball and decide which end to throw for a run out. If the throw is wild and goes into the leg side the batting team score 5 extra runs. Each batting pair gets 10-20 balls to score as many runs as possible. The team with the most runs wins.

### Variations

- A captain of the fielders can be appointed to set the field.
- 3 runs can be taken off the score when a batter is run out or caught by a fielder
- The game can be played with fielders on the leg side (but never both sides)



## FITNESS TIP OF THE MONTH

### Shannon Musto (BHS in HMSc)

#### THE PLANK:

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports, not just cricket, and other physical activities depend on stable core muscles. The plank is one of the simplest yet most effective exercises to get your core strong and stable – something you can do while watching TV at home or in your office at work when you need a break and have five minutes to spare.

#### SOME BENEFITS OF PLANKING:

- A Toned Belly
- Reduce Back Pain
- Flexibility
- Improve Your Mood
- Improve Your Balance and Posture

### 30 DAY PLANK CHALLENGE

www.30dayfitnesschallenges.com

DAY 1 20 SECONDS	DAY 16 120 SECONDS
DAY 2 20 SECONDS	DAY 17 120 SECONDS
DAY 3 30 SECONDS	DAY 18 150 SECONDS
DAY 4 30 SECONDS	DAY 19 REST DAY
DAY 5 40 SECONDS	DAY 20 150 SECONDS
DAY 6 REST DAY	DAY 21 150 SECONDS
DAY 7 45 SECONDS	DAY 22 180 SECONDS
DAY 8 45 SECONDS	DAY 23 180 SECONDS
DAY 9 60 SECONDS	DAY 24 210 SECONDS
DAY 10 60 SECONDS	DAY 25 210 SECONDS
DAY 11 60 SECONDS	DAY 26 REST DAY
DAY 12 90 SECONDS	DAY 27 240 SECONDS
DAY 13 REST DAY	DAY 28 240 SECONDS
DAY 14 90 SECONDS	DAY 29 270 SECONDS
DAY 15 90 SECONDS	DAY 30 300 SECONDS

### the Classic Plank

How to:

1. Begin in the plank position with your forearms and toes on the floor.
2. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending.
3. Your head is relaxed and you should be looking at the floor.
4. Hold this position for 10 seconds to start.
5. Over time work up to 30, 45 or 60 seconds.

One of the most effective ways to amplify a plank is simply to lift up an arm or foot

Muscles Engaged

Keep your abdominal muscles engaged and do not let your stomach drop or allow for your hips to rise up.

To avoid letting your hips or buttock rise up, tilt your pelvis towards the floor. Remember to breathe. Take slow inhalations and exhale steadily.



# Border Cricket Upcoming Events

Date	Time	Home Team	vs	Away Team	Stadium	Venue	Competition
<b>NOVEMBER 2016</b>							
Thu 10 - Sat 12		Border	vs	Northerns	Buffalo Park Cricket Stadium	East London	Sunfoil Cup
Sun 13		Border	vs	Northerns	Buffalo Park Cricket Stadium	East London	One Day Provincial
<b>DECEMBER 2016</b>							
Thu 01 - Sat 03		Border	vs	Northern Cape	Buffalo Park Cricket Stadium	East London	Sunfoil Cup
Sun 04		Border	vs	Northern Cape	Buffalo Park Cricket Stadium	East London	One Day Provincial
Wed 07 (D/N)	18:00	Warriors	vs	Sunfoil Dolphins	Buffalo Park Cricket Stadium	East London	Ram Slam T20
Sun 11 (Day)	14:30	Warriors	vs	Titans	Buffalo Park Cricket Stadium	East London	Ram Slam T20
<b>JANUARY 2017</b>							
Sat 07		Border Women	vs	SWD	Buffalo Park Cricket Stadium	East London	Women's One Day
Sun 08		Border Women	vs	SWD	Buffalo Park Cricket Stadium	East London	Women's T20
Thu 12 - Sun 15	10:00	Warriors	vs	Cape Cobras	Buffalo Park Cricket Stadium	East London	Sunfoil Series



## Border Cricket NPC

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Border Cricket and Buffalo Park



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