



CENTRAL GAUTENG  
**LIONS**

# Behind square

DECEMBER 2020





CENTRAL GAUTENG  
**LIONS**



**“CHAMPIONS DO NOT BECOME  
CHAMPIONS WHEN THEY WIN THE EVENT,  
BUT IN THE HOURS, WEEKS, MONTHS AND  
YEARS THEY SPEND PREPARING FOR IT.  
THE VICTORIOUS PERFORMANCE ITSELF IS MERELY  
A DEMONSTRATION OF THEIR  
CHAMPIONSHIP CHARACTER.”**

**– ALAN ARMSTRONG –**

## A WORD FROM OUR CEO: **JONO LEAF-WRIGHT**

Dear special coaches and important role players within the coaching space of Central Gauteng Lions,

It gives me great pleasure to welcome you to this edition of CGL Behind Square Newsletter as we prepare to bid farewell to 2020: A year that has in all likelihood been one of the toughest years of our lives, if not the toughest. While this has been an extremely challenging and complex year on many fronts, I am privileged to have had you as part of the CGL cricketing family and extended eco system. The role that coaches, educators and club administrators play within our system coupled with scorers, umpires and managers all form part of our unified goal to grow the game of cricket.

Make no mistake that at CGL it is our vision to create an unrivalled passion for cricket in Central Gauteng: And I honestly believe that no virus could ever wipe out our love, dedication, and best intentions for this game.

This has been a challenging and complex year that all of us will not forget in a hurry. We have certainly learnt novel ways to remain committed to each other and the game of Cricket we all love so much. From the virtual coaching education sessions to online fitness sessions and work we did it all and reached many more coaches than ever before. Let me also remind our readers of some exciting sponsorship highlights we are extremely proud of:

1. As a further extension to their stadium naming rights and men's professional naming rights, Imperial have now officially backed our women. We are delighted to spread

the news far and wide that Imperial have the naming rights to our Central Gauteng Lions Senior Women Provincial Team as well as the Women Saturday Premier League and Presidents League Club Cricket.

2. Enza Construction have the naming rights to the men's Premier League.
3. Black Widow have sponsored the T20 Men's and Women's club cricket tournaments.

I could mention many more successful stories of the past months as we have lots to celebrate and be thankful for. Make no mistake that these off-field successes are as a result of our on-field performances and hard work from all involved: Something which is made possible through our coaches, who's passion and knowledge is unrivalled. Our youth today is extremely fortunate to be able to tap into some of the master minds and I know that they show us their gratitude through their performances and love for the game.

So as we head into this quiet family time and reflect on what has been, set aside some time to focus on what is still to come: Keep striving for your goal. Be patient, work hard, learn as much as you can. Keep your eyes firmly on your goal and think carefully about the choices you make in life.

I take this time to wish you all a fantastic festive season and safe travels.

Best wishes and remember: We are stronger together so let's hold hands and DREAM BIG!! ■

# CENTRAL GAUTENG LIONS REMAINS COMMITTED TO SUPPORTING THE BREAST CANCER CAUSE






Thursday, 1 October 2020

According to Charlotte Maxeke Academic Hospital Breast Cancer Unit, 1 in 28 South African women will develop breast cancer during their lifetime. These are often the caregivers in a home and as such, it is safe to say that it is a disease that affects at least 1 in 28 families in South Africa. Although more common in women over 40, it can also develop in younger patients.

Men can also develop breast cancer. The Charlotte Maxeke Academic Hospital Breast Cancer Unit sees 1 male for every 100 female patients.

Breast cancer develops when normal cells of the breast change behaviour and grow out of control. The abnormal cells divide to form a tumour and this mass of cells is often palpable as a lump in the breast. The cells can also break off and spread to other places in the body by the lymph nodes or blood vessels to other organs.

The following are some of signs of breast cancer:

-  A breast lump: this is the most common sign. The lumps are often not painful when they are small.
-  Skin changes: this includes dimpling, redness, or an ulcer (a break in the skin).
-  Nipple changes: the nipple can be pulled in or change direction, there can also be abnormal discharge from the nipple.
-  A lump in the armpit: there can be palpable lymph nodes.
-  A change in breast size and shape.

The diagnosis of breast cancer is distressing for any patient. In SA, many women are particularly vulnerable and face more hurdles to reach breast care.

October was a significant month for the Central Gauteng Lions ('CGL') and Cricket South Africa as it signified a period dedicated to raising breast cancer awareness, help society at large and encourage early testing. Early detection does save lives.

The Charlotte Maxeke Academic Hospital Breast Care Unit is run by a team of dedicated specialists and nurses. They tirelessly provide access to quality breast care, regardless of geographical location and socio-economic status.

The unit sees up to 350 women with newly diagnosed breast cancer every year and provide a service to seven district hospitals from Gauteng, Mpumalanga, Limpopo and even further afield. Patients from other provinces and all over the continent are also accommodated. On an annual basis, this hospital treats more than 200,000 patients.

The Hospital also trains medical students, interns, medical officers, registrars, and junior consultants in breast care, making it a centre of excellence in this field. There is also a 'Breast course 4 Nurses' programme to empower nurses in breast care.

*"As the cricketing fraternity, we remain committed to lending our support to all breast cancer patients, members of the public who are in the front line to assist in finding the cure, caregivers, family members who lost their loved ones through breast cancer. We remain committed to supporting the Charlotte Maxeke Academic Hospital Breast Cancer Unit and will continue to raise the awareness around the scourge."* said Central Gauteng Lions CEO Jono Leaf-Wright.

*"The message is clear, early detection does save lives and the Central Gauteng Lions urges everyone to regularly get tested at their nearest health facility or through our partners Charlotte Maxeke Academic Hospital and Unjani Clinics near your area"* concludes Leaf-Wright. ■





# IMPERIAL SECURES NAMING RIGHTS FOR THE CENTRAL GAUTENG LION'S SENIOR WOMEN PROVINCIAL TEAM AND WOMEN

Tuesday, 3 November 2020

Johannesburg: On the 3 November, the Central Gauteng Lions ('CGL') announced that Imperial has secured the naming rights for the Central Gauteng Lions Senior Women Provincial Team as well as the Women Saturday Premier League and Presidents League Club Cricket. This is an extension of the Imperial Wanderers Stadium and the Imperial Lions men's professional naming rights partnerships.

Just over a year ago, Imperial and CGL announced their long-term partnership in the development of sport as a leading factor that unites nations and its people and likewise reinforces Imperial's commitment to advancing women in sport.

The extended partnership will go towards the much needed development of women's cricket and the Senior Women Provincial Team will now be known as the 'Imperial Central Gauteng Lions Women'. The Women Saturday Premier League and Presidents League Club Cricket will be known as the Imperial Women Saturday Premier League and Presidents League.

*"At Imperial, our passion for the competitive and collective spirit sport embodies is matched by our passion for empowerment and diversity,"* says Imperial Group CEO, Mohammed Akoojee. *"This partnership aptly captures both of those passions and we are accordingly proud to be the part of the journey of these talented and inspiring women."*

*"The extended partnership reaffirms the commitment by both parties to not only create passion for cricket across all genders equality but use the sport as a vehicle to drive social change and economic development"* commented Central Gauteng Lions CEO Jono Leaf-Wright.

*"As the Union, we are truly honoured for the extended partnership that will go towards the much needed women pipeline structures"* concludes Leaf-Wright ■



# IMPERIAL LIONS LAUNCHES NEW DOMESTIC CRICKET SEASON PLANS

Tuesday, 27 October 2020

Imperial Wanderers Stadium – The 4-day Domestic Series launched on 2 November, with the Imperial Lions as defending champions.

According to the Lions Cricket CEO Jono Leaf-Wright: *"the team is aiming to add more silverware to its cabinet in what will be one of the most challenging seasons ahead. The 2020/2021 domestic season promises to be another tough and challenging season as all franchises have strengthened their teams and ready to defend their own territory."*

*"As the franchise, we are fully aware of the challenging season ahead especially playing under the strict COVID19 regulations. We will miss our very special and loyal fans at the stadium in certainly the first half of the season. Our fans play a vital role as the 12th man, however, various at home fan experiences are planned for our Lions supporters. The Lions Cricket board is pleased to have retained key members of the team and welcome new players. We are fully behind the coaching staff, team's management, and the entire squad. We are proud to have retained all sponsors and welcome new partners. The board will lend a hand in supporting various socio-economic challenges"* commented Lions Cricket Franchise Chairperson Anne Vilas.






## WELCOMING NEW PLAYERS

Lions Cricket was extremely excited to welcome Lutho Sipamla, Sisanda Magala, Wesley Marshall and Tladi Bokako as new signings. The four players have been inducted into the Imperial Lion's family.

### 2020/2021 Imperial Lions Squad:

Temba Bavuma (Captain), Rassie van der Dussen (Vice Captain), Kagiso Rabada, Reeza Hendricks, Dwaine Pretorius, Beuran Hendricks, Aaron Phangiso, Nicky van der Bergh, Bjorn Fortuin, Wiaan Mulder, Dominic Hendricks, Nono Pongolo, Ryan Rickelton, Eldred Hawken, Kagiso Rapulana, Delano Potgieter, Joshua Richards, Malusi Siboto, Lutho Sipamla, Sisanda Magala, Wesley Marshall and Tladi Bokako.





## LIONS CRICKET IS HONOURED TO HAVE RETAINED ALL EXISTING SPONSORS AND PARTNERS:

-  **Imperial** has committed their loyalty to the team as the official naming rights partner of the Imperial Lions
-  **ENZA Construction** as official associate partner. Enza has extended their partnership with Lions Cricket for the next 3-years.
-  **SunBet** and **Sun International** as the official lifestyle partner who have been with the Lions for the past 5-years.
-  **BAS** as the official Lions Cricket kit partner and have extended their partnership for the next 3 years.
-  **Shrey Helmets** as the official helmet partner who also have extended their partnership for the next 3-years.



# IMPERIAL LIONS LAUNCHES NEW DOMESTIC CRICKET SEASON PLANS *CONTINUED...*

## WE WELCOME NEW SPONSORS AND PARTNERS TO THE LIONS FAMILY:

-  **Motus Honda** as our new official vehicle and transport partner
-  **Masana Fuels** as our fuel partner
-  **Richfield** as our official educational partner
-  **Konica Minolta Gauteng** our official printing partner
-  **Independent Newspaper.** Previous sponsorship was mainly stadium and now includes the Imperial Lions sponsorship and or related matter.
-  **Beyers Chocolate** as an official associate partner to the team

## LIONS CRICKET SUMMER CAMPAIGN

The Union unveiled its 2020/2021 summer campaign aimed at creating passion for the game of cricket while lending a hand on various socio-economic challenges, to nurture and develop world star players and offer best-in-class stadium experiences, both on and off the field. We will continue to champion the space of multi-purposing the Imperial Wanderers into a destination venue of choice while also delivering entertainment and lifestyle events befitting of Joburg's fan base.

*"The intention is to offer fans more than a cricket experience under the brand promise 'Lets Meet at the Imperial Wanderers'"* commented Head of Imperial Lions Marketing and Communications Manager, Wanele Mngomezulu.

The Highveld franchise will continue its support for people living with autism, poverty alleviation and raise the awareness of the high levels of gender based violence we face in our country and around the world.

*"We are proud to work with the Randburg Clinic School of Autism, Ashrafu Aid and various poverty alleviation organisations as well as People Opposing Women Abuse (POWA) and Elegance Jewellers Melrose Arch to raise the awareness of high levels of femicide. Throughout the lockdown, the Ashrafu Aid foundation has donated over 500-food parcels across most of CGL clubs and kindly donated 100-food parcels to the beneficiaries of POWA on the day of our season launch. Elegance Jewellers have donated 500-elegantly designed bracelets aimed at raising awareness for the high levels of femicide. All proceeds from the sale of bracelets will be donated to POWA. The Imperial Lions will play all 2020/2021 domestic season games (4-Day, Momentum One Day Cup and CSA T20) under the theme #ENDFEMICIDENOW!"* concludes Mngomezulu.





# MANAGING EMOTIONS IN SPORT



By Dr. Andrew Friesen

There is no construct of human psychology and functioning more prevalent in sport than emotion. Mood, emotions, and general affect can influence every movement in every sport. Consider a typical 45 second shift in ice hockey. Within those brief 45 seconds, the player might begin the shift with high confidence ("I'm going to have a strong shift!"), receive the puck and skate in on the opposing goal with high excitement ("I'm going to shoot high glove side and score!"), get poke-checked by an opposing player inducing feelings of frustration ("That was a missed opportunity") and guilt ("I could have really helped out my team"), back-check and makes a good defensive play which raises the player's pride ("I helped my team by showing hustle and foiling the opposition"), and finally, end in a scrum in front of the net where there is much shoving with opposing players where the player takes a spear to the midsection that the referee misses inducing anger ("I can't stand that creep!"). Six different emotions within 45 seconds and each emotion will have the potential to help or hinder the player's performance.

Effectively managing emotions then becomes an important skillset for every athlete. Emotion regulation means the use of strategies to initiate, maintain, modify, or display emotions (Gross & Thompson, 2007). This means that any attempt to change how long an emotion lasts, how intensely you feel the emotion, or what you are actually feeling is an attempt at emotion regulation. Further, emotion regulation isn't just about changing how you feel, but can also involve changing the emotion's action response (i.e., avoidance or confrontation) and physiological responses (e.g., facial expression or breathing patterns).

## EMOTION REGULATION: A FAMILY AFFAIR


There are literally hundreds of different emotion regulation strategies. James Gross (1998) has identified five families of emotion regulation. Each can be used in sport:


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**Situation Selection:** An athlete can modify their emotions by selecting which situation to engage in. For example, a skier who is nervous about re-aggravating an injury might choose to skip a race in order to calm themselves. Goal-setting can act as a type of "situation selection" in that it can help ensure the athlete remains in desired and intended situations.
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**Situation Modification:** Once dedicated to the situation, the athlete can change some aspect of it to manage their emotions. For example, a figure skater who is nervous about a specific element might perform a modified version of the element at a lower difficulty in order to feel more confident about the whole performance. Consistently doing performance debriefs can help an athlete reflect on what potential tactics are available based on anticipated situations.




# MANAGING EMOTIONS IN SPORT

## CONTINUED...

 **Attentional Deployment:** An athlete can also choose what aspect of the situation to focus on (and/or ignore). For example, a volleyball player worried about the impending outcome of the game might choose to focus on specific aspects of the next serve-receive to shut out distracting thoughts about the outcome. Focus strategies that have primed the athlete about what is in, and out of, the athlete's control can be an effective tool here.

 **Cognitive Change:** An athlete can choose what meaning or perspective to have about any situation. For example, a basketball player who is happy with her performance in the first half of a game might remind herself that "there's still another half to play" in order to maintain a high and focused intensity. Given the strong link between appraisals and emotions, self-talk (that is, the things we say to ourselves either out loud or in our head) is an essential tool for effective cognitive change.

 **Response Modulation (Suppression):** After an athlete has experienced an emotion, he or she can try to alter the emotional response (behavioral, physical, or physiological). For example, a baseball player who strikes out can hide feelings of frustration by resisting the urge to curse or toss the bat. Having visualized potential "if-then" plans to employ based on anticipated emotional responses can be an effective tool in this circumstance.

Each emotion has the potential to either help or hinder performance. Identifying which emotions do what in any given circumstance is the first step to learning how to manage emotions.

Once this has been accomplished, athletes can begin to identify and practice emotion regulation strategies that are both effective and are likely to be employed based on the athlete's ability and personality as well as the confines of the sport. ■





# SERVANT LEADERSHIP:

## COACHING BASED ON A FOUNDATION OF TRUST

By Marty Durden, Ed.D.



Public domain photo

Coaches generally agree that athletes' perceptions of authority have changed in past decades. Years ago, the coach was viewed as an authoritarian figure much like a military leader. The modern athlete seems averse to this style of coaching. Generation Z athletes desire much less direction from coaches and demonstrate an independence apart from adult input. Perceptions of authority differ from years past, when the coach operated in more coercive manner.

Faced with these changing perceptions, how does the coach retain his or her influence and relevance? Do coaches need to compromise their core beliefs to be effective in our present world?

In an effort to answer these compelling questions, I undertook a study to gauge the effectiveness of servant-leadership coaching on the motivational level of high school athletes and designed to determine what coaching traits served to best motivate athletes. This study determined a causal link between servant-leadership behaviors and increased player motivation.

In this modern sport climate, the concept of servant-leader coaching remains a relevant model for the contemporary coach. Evidence from a research study conducted by Jon Hammermeister supports the notion that ethical core values have a significant positive effect on player motivation. Hammermeister has authored one of only two studies to date that have investigated servant-leadership in sports. His research has indicated that coaching behaviors can have a significant impact upon the motivational levels of players.

Coaches still possess unique standing in our society and are widely viewed with respect. During these changing times, it's important that coaches retain this ethical sense of leading the young people of our nation. Coaches are positive influences in society when their leadership style is based on core values. Results of my study indicated the coaching trait that provides the greatest motivational value is trust (35 percent), followed by compassionate love (16 percent), in addition to empowering and vision (15%).

My conclusion from this study is that young people are motivated by coaches who they trust, who demonstrate affection toward them, and who see their worth and seek to develop them. It comes as no surprise that trust and love remain timeless virtues in the modern world. It is an affirmation of servant-leadership to discover how research confirms that authentic core values are cross-generational constructs that remain relevant motivators for coaching the modern athlete. Servant-leadership coaching in the modern sport culture of America remains a viable and compelling style that is proven as an effective tool to motivate athletes.

Research indicates that trust is the result of three specific traits — expertise, affection and integrity. Similar research supports this predisposition to trust that leads to positive work attitudes. I conclude that the secret to motivating athletes is the establishment of a trust relationship.

**It's all about trust!**

# FIVE WAYS TO DEAL WITH BURNOUT

## USING LESSONS FROM ELITE SPORT



*Job burnout: how to spot it and take action. shutterstock*

It is estimated that burnout costs the global economy £255 billion a year. Burnout tends to happen as a result of long-term stress in a situation or job that, for whatever reason, you're highly committed to. So the more you care about your work, the more likely you are to experience burnout.

Burnout has three major characteristics: emotional and physical exhaustion, a cynical attitude towards people and relationships at work, and a feeling that you are no longer accomplishing anything worthwhile.

While these feelings might be all too familiar to some readers, there are things you can do to deal more effectively with stress, pressure, and burnout. And in fact, a lot of valuable lessons can be learnt from the world of elite sport – where athletes are expected to perform to the best of their ability under immense pressure. But it's not just elite athletes that can teach us a thing or two about how to manage stressful situations.

Those behind the scenes in the sporting world – the coaches – often have to deal with their own stress, while managing the pressures facing the athletes they work with. This can make their jobs doubly stressful as they are effectively managing and thinking about two jobs at a time.

My research focuses on the experiences of elite sports coaches who burned out to the point of wanting to quit their jobs. Here's what I discovered:

# FIVE WAYS TO DEAL WITH BURNOUT

## USING LESSONS FROM ELITE SPORT CONTINUED...

### 1. KNOW THYSELF

To stop burnout from happening in the first place, it's really important to understand how you normally respond to stress. Write down the things that cause negative feelings in your life, along with how you normally react to those things, and what you do to cope. If you start to notice a change in the way you're reacting to or dealing with stress – at work or at home – this might be an early warning sign of burnout.

The coaches in our study explained that it was only after they had burned out completely that they could look back and see that it wasn't the amount of stress that had changed, it was how they were dealing with it that led to burnout.

### 2. DON'T BE A HERO

Our research shows that developing a "superman complex" – also known as trying to do it all – can be a major contributing factor to burnout. This can often see people trying to take on multiple roles, under great pressure, and then not asking for help.

But our research also revealed that daring to let someone in and talk about how you feel can often be the first step to recovery. Asking for help and showing a little vulnerability can be difficult, but it is actually a sign of immense strength, rather than weakness.

### 3. WATCH YOUR EXPECTATIONS

Think carefully about what you expect from yourself in all areas of your life, and make sure those expectations are realistic. The coaches in our study described having unrealistic expectations of what they should be able to handle – clearly linked to the need to be superman all the time.

Previous research also shows that a discrepancy between your "actual self" and your "ideal self" can have a negative impact on self-esteem.

### 4. TAKE A LITTLE CONTROL

There are things in life, in work and at home, that we can control. There are also things we can't control. If you were to write lists for both, I'd bet that most of the stress and worry in your life comes from the list of things you can't control. So why not take a little of that energy and put it into taking back a little control?

Pick something small (drink more water, eat more fruit, walk more) and make a concerted effort to take control of that aspect of your life. Even after reaching the point of quitting, our coaches explained that taking a little control over how they left the job was a huge step in their recovery from burnout.



*Don't feel like you have to do it all. Shutterstock*



# FIVE WAYS TO DEAL WITH BURNOUT

USING LESSONS FROM ELITE SPORT CONTINUED...



*Work out your priorities and stick to them. Shutterstock*

## 5. TAKE BREAKS AND BE PRESENT

Booking a two week holiday in the Bahamas every time we feel stressed would certainly be nice, but it's not realistic. But we can take "breaks" simply by taking the decision to be fully immersed in our lives away from work. Admittedly, it's easier said than done, but take time at home to be fully present.

Eat dinner with your family and make a conscious decision to be fully engaged in that activity – even if you have to check your emails afterwards. According to our research, building and maintaining a supportive network, and connecting with family and friends is vital to avoid burnout – so those small breaks can make a huge difference.



# CLOSING NOTE:

It has been a great relief to see cricket being played in Gauteng albeit in the form of friendlies but have nonetheless brought smiles to many of the cricketers within our system. All of this took place with the protocols and covid-19 guidelines being adhered to. We certainly do hope to see some spectators back soon. We urge our cricketing community across the province to keep adhering to the covid-19 rules as stipulated by CSA and CGL alike.

Thank you to all clubs, coaches, and teams for working with us on this important issue: **Together we are stronger.**

On another note, let us keep the victims of abuse (particularly our women and children) in mind as we celebrate our festive season. It is about time we change the paradigm and challenge everyone who is a perpetrator – and not only because of the 16 days of activism against women and children abuse. It goes beyond the 16 days to make South Africa a safe and better place for our women and children.

We all have a responsibility to be whistle blowers as well as the pioneers for change: Gender based violence has no place in our communities and we all need to take a stance. As Central Gauteng Lions, we are proud to be developing boys and men that respect women. #JoinTheChargeAgainstFemicide.

In closing, I would like to wish all our cricketing communities, coaches, administrators and the rest of the families a blessed Christmas and a prosperous New Year. May you all be blessed and safe and I look forward to seeing you all back in 2021 as we resume our official season. Remember we are still within the COVID-19 times, therefore we still need to keep sanitizing, wearing our masks and keeping a social distance. Let us help curb the spread.

Warm regards

**REUBEN MANDLAZI**  
Cricket Services Manager

