

#THEPRIDEOFJOZI



LIONS

**BEHIND
SQUARE**

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MESSAGE FROM THE CEO

To our fellow cricket lovers,

What interesting and historic times we currently find ourselves in! A cracking cricket season will come as a great relief to you all, I have no doubt: A welcomed distraction from daily stresses; goals to strive towards and definitely several celebrations and moments in which to be proud of and grateful for.

Whilst the announcement of the fixtures are somewhat delayed given the Covid-19 pandemic, rest assured that our players are hard at work behind the scene's: Ready to GO once safe to do so. So, during this cricket hiatus, let's spend some time on our minds: You'll all be well aware that great athlete's all over the world swear by the power of the mind.

Some of you may know of the acronym PRIDE that I often speak of:

PASSION
RESPECT
IMAGE
DISCIPLINE
ENJOYMENT

It's a word that resonates with me, not just because of the sum of its parts, but because PRIDE is who we are at Lions – PRIDE is what we create. And I believe that now, more than ever before we need to live with passion, earn our respect, maintain a strong image, work with discipline and enjoy all that we do. Let me elaborate:

PASSION

You cannot do great work, unless you love what you do, so do something that matters to you and is meaningful to you because following your passion is the only way to stay self-motivated. Passion will help you achieve things you never thought possible, based purely on your love of your game. But at the same time, don't expect to always love what you do – no one has only good days. So resilience is key: Bounce back from a poor innings – bounce back with greater wisdom, determination and hard work. Let passion wake you each morning. Get up and show up and put your best foot forward in every single thing that you do – and never ever let anyone take your passion away from you: It is your life.

RESPECT

Respect is how you treat yourself and those around you and isn't something that is demanded, but rather earned by way of manners, morals, focus, common decency and kindness. Strive to earn others respect – not popularity – but know that those around you admire you and are by your side because they've chosen to be with you. Be kind. Simple as that.

MESSAGE FROM THE CEO

IMAGE

What you do matters, whether you're a coach, staff, parent, partner or player: For it isn't your job that defines you, but rather how you act, how you conduct yourself, how you impact lives and the meaningful difference you make to others – consistently. Remember that our fans are watching you and aspiring to be you one day whether that be working at our beloved Imperial Wanderers, playing in one of our teams, heading up our dynamic brand or serving the game as a coach, umpire or scorer. Take note and appreciate all that you have and how far you have come – and continue to work on yourself, because self-respect is the most valuable asset you will ever own.

DISCIPLINE

We all have goals. But it is discipline that is the bridge between having a goal and achievement. Discipline is doing something, even if you do not want to at times: Wake up early and work when others sleep. Stay focused on what it is that you want from life because there will always be greater and lesser persons than yourself – there will always be people with greater talent than you. But there is never ever an excuse for anyone to work harder than you do. If you are surrounded by people whilst reading this piece, look up and around you right now: Can you honestly say that you're the hardest working person in the room? Make THAT your goal!

ENJOYMENT

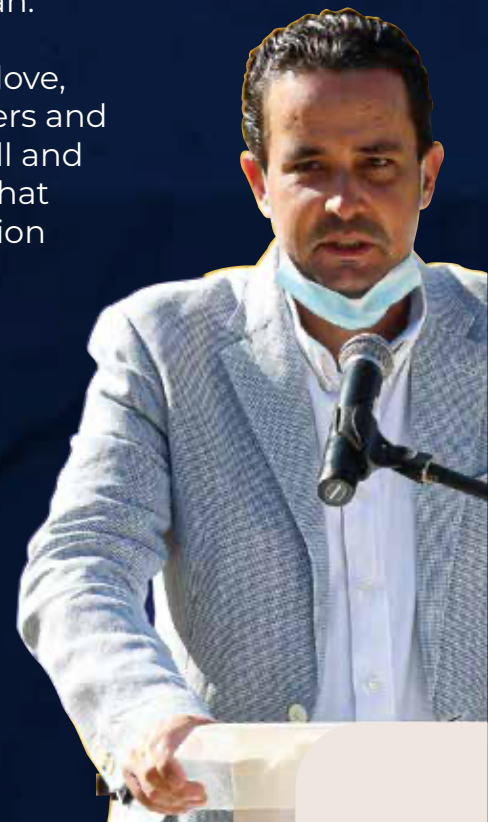
Failure is inevitable and everyone fails time and time again. But don't let the failures deter your enjoyment in all you do, for you learn best when you are in your enjoyment environment. So place yourself where you love to be, breathe it all in and celebrate the moment, there simply is so much to enjoy. Enjoyment is an energiser: It never ceases to amaze me how energised our coaches are for example: Endless hours of immeasurable dedication and knowledge that they absolutely thrive on sharing.

In closing, I implore you all to breathe, stay calm and be kind. Influence your communities positively and let us pull together so our beautiful country can be proud and have a strong sense of PRIDE to be South African.

I am sending my love, best wishes, prayers and positivity to you all and thank you for all that you do for our Union and our people.

With so much love and best wishes always,

Jono Leaf-Wright
Chief Executive Officer



MESSAGE FROM THE CRICKET SERVICES MANAGER

I trust you are keeping well and safe as we continue to navigate through the lockdown due to the current third wave (delta variant) that has hit the province and number of positive cases increasing on daily basis. The last two presidential addresses have meant that we needed suspend cricket to assist to reduce the number of positive infections. I am confident that we will come out the other side and be able to return to the field in due course to do what we love best. In the meantime, let remain positive and use this time to take stock and prepare as best as we can for what promises to be an exciting season ahead. Through my reading, I read about success and what great coaches define success as? One of the leading professionals, Dr Fergus Conolly defines success as “being better than you were yesterday and beating your best performance”. I am sure all teams are looking to be better than they were last season, and importantly to be a force to reckon with. To achieve that, everyone needs a team. Here are the four key pillars of leadership within a team context:

I wish everyone everything of the best and let us be mindful that we have a responsibility towards each other to curb the spread by wearing our masks, sanitizing, and avoiding crowded places while exercising due of care.

Take care

Reuben Mandlazi
Cricket Services
Manager



- 1. Teamwork because you can't get much done as an individual.**
- 2. Empowering people and trusting them to do their jobs**
- 3. Accessible and available to the team when ever they need you.**
- 4. Motivating others and being positive, even on your bad days.**

COACHES CORNER

LIONS CRICKET ANNOUNCEMENT

The leaders at the Lions Cricket (Imperial Lions and Lions amateur cricket) have appointed a formidable force of experienced, energetic and resolute professionals tasked with topping the global cricketing scoreboard this season and beyond.

The domestic restructure has brought about many changes and challenges, one of which has seen the movement of several successful Lions Cricket coaches to competitor Unions. "We're sad to say farewell to a host of our professional staff such as head coaches; assistants; physio's and strength and conditioning experts to the likes of Easterns, North West, Limpopo, South Western Districts and other. But at the same time we take pride in their development, and with that welcome our new recruits as we aim to empower others and grow the game off-field as well as on", says Lions Cricket CEO Jono Leaf-Wright.

With the imminent brand launch of Lions Cricket, Leaf-Wright reiterates the Union's determination to remain global leaders in cricket, with high performance being a key focus area: "We want to continue to win and thus are full steam ahead this off-season. As an outfit, we are aligned from our stadium, medical center, facilities, schools, clubs, universities and professional teams. We have brilliant people driving the Lions Cricket brand from our Board through to staff, coaching and the all-important sponsors and partners who form part of the Lions family. I take great pride in presenting our coaching line up for the upcoming season and beyond".

Spearheading the Lions Cricket coaching system is team man and previous CSA Coach of the Year winner, Wandile Gwavu. The ever steady, quietly spoken man boasts 3 domestic trophies to his young career to date and will once again oversee the Imperial Lions Cricket professional team coaching responsibilities.

Joining Wandile is newly appointed Assistant Coach Jimmy Kgamadi, formerly of North West Cricket. Jimmy brings with him not only experience as a player, but more recently coaching, having produced several players currently in the ranks.

"Our approach has been one of combining experience with fresh faces, an approach that will continue to fill our trophy cabinets while also growing the game across the many spheres", says Leaf-Wright.

"In our quest for excellence, we have secured Prasanna Agoram, undoubtedly the cricketing world's number one High Performance Analyst. As the High Performance Manager,



Prasanna adds an unquantifiable value to the Lions Cricket system, overseeing talent acceleration from grassroots through to professional level".

Looking at the Wanderers Sports Medical Centre, Leaf-Wright says it's one of CGL's greatest assets; "They are 100% behind us in terms of medical, physio and high-performance care as well as medical supplies. Dr Lervasen Pillay will remain on as the Imperial Lions team and Lions Pipeline Sports Physician. Dr Pillay brings a wealth of experience in High Performance sport and is a true asset to our set up".

"Ziyaad Mohammad will maintain his role as the Imperial Lions Cricket professional team physio. Ziyaad has done extremely well with our players in making sure that they were eligible for selection and were injury free".

"Continuing the momentum in the strength and conditioning department is Nandile Tyali who is all too familiar with the players' work -

COACHES CORNER

LIONS CRICKET ANNOUNCEMENT

loads, Lions' setup and the Central Gauteng cricketing pipeline. He will continue to play a strong role in the women's game as well as all the academy, U19 and U16 age groups. Nandile will look after all strength and conditioning for the system from the mens' and womens' 1st teams, right down to schools' level".

"We need to ensure that we produce not only technically and mentally fit players, but ones who are also physically fit and who understand the demands of playing professional sport. The partnership between Dr Pillay, Ziyaad and Nandile we believe achieves just that"

Heading up the batting department is the 37 year old, classy left-handed former Protea batsman JP Duminy. With more than a decade of international cricket to his name, JP will contribute immensely not only to the professional team, but to all teams throughout the pipeline.

On the bowling front it's former Warriors head coach Piet Botha who will add huge value with his 54 years of experience and 118 First Class matches.

Wandile Gwavu says he's itching to get started; "I'm delighted to have retained Nandile, Dr Pillay and Ziyaad and extremely excited that we've secured the services of Jimmy, JP, Piet and Prasanna, each man bringing with him a wealth of experience. I look forward to the journey ahead and have no doubt that we'll learn, grow and succeed together. I warmly welcome each new coaching recruit and cannot wait to get the new season started!"

Former Mpumalanga Cricket Union head coach Kurt Human joins the ranks as Academy and Colts head coach.

On the Semi Pro women and girls U19 front is the ever reliable, efficient and dedicated Shaun Pretorius heading up the department.

Siya Sibiba remains with the mens' U19's. Siya, as former SA U19 Assistant Coach, brings passion, an expert eye, an open mind and a hunger that Lions Cricket treasures.

Moving down the ranks to u16, is former Orange Farm head hub coach Teboho Ntsukunyane, who will head up the u16 girls cricket. Tebogo is currently

undergoing his Level 3 coaching accreditation and has been identified as a tremendous coaching talent and as a man who is humble, determined and driven by his love of the game and those who play it.

The U16 boys will be in the capable, competent and caring hands of 31 year old Minenhle Magubane, a man who's worked his way through the coaching ranks from Development Coach through to U19 and Academy Head Coach for KZN Inland Cricket up until April this year. Apart from his vast coaching experience, his cricket qualification of Cricket South Africa level 3 will enable him to successfully nurture and grow the next Lions generation.

Central Gauteng Lions President and Chairperson Anne Vilas echo's Leaf-Wright's pride for the coaching unit: "The CGL team has worked tirelessly to construct a passionate coaching unit made up of both youthful exuberance and invaluable experience. On behalf of the Board, I would like to sincerely welcome our new coaches, thank them for boarding this journey with us, and assure each of them of our absolute support in the days and years ahead. Let the Lions roar louder than ever before!"

For any media related queries, please contact Wanele Mngomezulu, Lions Cricket, Marketing and Communications Manager on +27 63 940 8841 or wanelem@cricket.co.za. Visit us on www.cglcricket.org.za or follow us on our official twitter handle @CGLCricket and Facebook page Central Gauteng Lions and #jointhecharge #lionscharge.



KNOW YOUR COACHES

JIMMY KGAMADI



Full names: Jimmy Liphaphang Kgamadi

Nickname: Jimbo

Date of Birth: 07/10/1983

Birthplace: Kanana township (Orkney)

School Attended: Milner high school (Klerksdorp)

Club: Vaal Reefs cricket club

Coaching Qualification: CSA Level 3

Playing Career: 2004/2013 for NW Dragons and a few matches for the Lions

How did you end up in cricket?

We used to watch our heroes (Hansie Cronje and Allan Donald) play on tv for the Proteas and we would copy them and go play on the streets.

What motivated you to become a coach?

I wanted to make a difference and give youngsters a fair chance and opportunity to enjoy and play cricket to the best of their ability.

Which coach inspired or had an influence on you as a player and why?

Coach: Richard Elms and his team of coaches (Imran Shabbir and Gavin Bradly.) Richard and his Team of coaches taught us a lot in life and cricket, they also played a Father figure role to us (care, transport, clothing, education, financially, equipment etc.)

What is your strength as a person and a coach?

I am a team man, disciplined, loyal, respectful, experienced, and knowledgeable. Excellent in working with players and other coaches. Hard working, flexible and very creative.

How do you keep yourself calm during the game?

By believing and trusting on hard work put in leading up to the match. Basically, a good prep is important then a coach do not need to worry at the match.

What is your biggest fear?

Heights and snakes.

What are your coaching Values?

Commitment, caring, honesty and positivity.

What do you enjoy the most about coaching?

Engaging with different races, sharing ideas and opinions, allowing players to express themselves and seeing players happy.

Where do you draw your inspiration from?

From my youth coaches as they always led by an example and made us always feel welcomed (Richard Elms, Imran Shabbir and Gavin Bradley.)

What do you look forward to as the LIONS Assistant?

To contribute to the achievements of CGL. Continue with the winning culture and add value to the culture. Working with the great stuff and quality players. The privilege of working everyday at the World Class venue Wanderers.

KNOW YOUR COACHES

KURT MICHAEL HUMAN



Full names: Kurt Michael Human
Nickname: Shape
Date of Birth: 2 December 1980
Birth place: Port Elizabeth
School Attended: Hoerskool Andrew Rabie
Coaching Qualification: CSA Level III

How did you end up in cricket?

I started playing cricket from a very young age with my brother in the yard and street. At school I participated in the mini cricket program.

How did you end up in cricket?

I started playing cricket from a very young age with my brother in the yard and street. At school I participated in the mini cricket program.

What motivated you to become a coach?

During my playing days, I would see how players got favored and that playing opportunities was very limited for player of colour in provincial team which I felt was very wrong, as you would have good player ma they wouldn't be picked because of the school they went to or their skin colour. This motivated me from a young age to get into coaching.

Which coach inspired or had an influence on you as a player and why?

Mr Claud Simon, he was our coach at Gelvandale Cricket club, back then he thought us to play the game in the right spirit and in a gentlemen fashion.

What is your strength as a person and a coach?

My ability to motivate players to do their best at all times and to make sure they that I be a builder of character and make sure that the team always come first.

How do you keep yourself during calm during the game?

In my coaching career I have learned that if you don't prepare your team properly you will be very nerves around the cricket field, so for me is to

prepare the team to the best of my ability for the particular match and believe that the players have the resources to get throw the match and follow process whatever the result.

What is your biggest fear?

That I don't live up to my calling which God has put me on this earth for.

What are your coaching Values?

Honesty, Hard work, integrity, honor, team work, perseverance and take care of the weakest

What do you enjoy the most about coaching?

Assisting players to become better Human beings and improve their skill set. Each player has the ability to be great, some is just buried deeper than others.

Where do you draw your inspiration from?

My inspiration come from God and what He has done for me and my life till this far. A good sport movie now and then also help.. Remember the Titans is my all-time favorite

How has your coaching journey been thus far?

My journey has been very interesting over the last couple of years. Started in Northerns (Laudium) in the early 2000's to Gauteng as the head of women cricket. After 5 years as youth administrator I took up coaching position as Head of Mpumalanga Rhinos to take me back into coaching. Those 3 years spend with the team has made me remember why I was in cricket and the goals I had when I started 22 years ago. I am now looking forward to my role as Colts/Academy coach in the province I know so much above through my club coaching over the last 12 years.

KNOW YOUR COACHES

MINENHLE MAGUBANE



Full names: Minenhle Senzelokuhle Magubane

Nickname: Mini

Date of Birth: 23 May 1990

Place of Birth: Pietermaritzburg KZN

School Attended: Philani Primary School, Fundokuhle Secondary School, University of KwaZulu-Natal

Club: Masibemunye Cricket Club

Coaching Qualification: CSA Level III

Playing Career: KZN Inland U19 and Club Cricket

Where did you learn to play cricket?

I started playing in streets of Imbali Township, Pietermaritzburg in KZN and later joined the Mini Cricket Program then progressed to the development program under the guidance of Sibonelo Ngcobo who is now the Coaches Manager at Northerns.

Who is your greatest Coach and What made him/her so special?

I have worked under a lot of GREAT coaches Shane Burger, Mr Benkenstein and Mortimer, Lawrence Mahatlane and I idolize Malibongwe Maketa BUT Adrian Birrell takes the top spot because from the conversations we have had he understands and can relate to what I am trying to accomplish as a coach.

What motivated you to become a coach?

I never thought that I would become a coach cause I have always been an academic. Cricket has given me so much and I have this huge responsibility to make sure that it doesn't end with me.

Which coach inspired and had an influence on you as a player and why?

Three coaches come to mind Sibonelo Ngcobo (played the biggest role), Lucky Dladla and Linda Zondi, these guys were more than just coaches they took personal interest in my wellbeing and to have them as role models has made me the man and coach I am today.

What is your strength as a person and a coach?

Ambition, work ethic and the hunger to grow and being the best.

What do you think is your purpose in the Gauteng Community as coach?

"To leave it in a better place than how I found it" Mr H.

What is your coaching Philosophy?

THE TOOL BOX – make sure that I equip my players with as many tools as I can and create an environment/platform that will allow them to showcase (their tools) what they have, how/when to use these tools and that will hopefully get them to where they need to be.

What does it mean to coach Central Gauteng Lions?

CGL is the best union in the country so to be the best one has to produce at the highest level which really excites me because there is no better platform to showcase what I have and in the process learn as much as I can.

Where do you draw your inspiration from?

From my players doing well on and off the field plus seeing hope where hope was lost, that just makes me want to do more.

How would you like your players to remember about you?

A GUN coach! That really cared and would go out of their way for them.

KNOW YOUR COACHES

TEBOHO NTSUKUYANE



Full names: Teboho Ntsukunyane

Nickname: Dave

Date of Birth: 1988-09-04

Birth place: Lady Grey in the Eastern Cape

School Attended: Dr Pallo Jordan primary school, Qoqizwe Intermediate School and Mphethi Mahlatsi Secondary school

Club: Orange Farm Cricket Club

Coaching Qualification: Level 2 Advanced currently doing my level 3

Playing Career: Started in 2003 until 2008 for Orange Farm area teams, Cricket Club and CGL development side from u15 until u19.

What drew you to cricket?

The fun I saw the other kids had when they were playing cricket and that drew me to cricket. What kept me in it was the food packages we received after playing as we were struggling at home. From that moment I committed to cricket as it impacted my livelihood and I could bring something home from the games which helped me alleviate poverty for a moment for my single mother of five could breathe and not stress about what we would eat that day.

What motivated you to become a coach?

I have two reasons, one I saw how cricket impacted my life and the possibilities it gives to young cricketers, a chance and an option in life. Second reason was that I saw it, as an opportunity to inspire young people in my township Orange Farm where there are few role models, then hoped I can help them have reference with someone they can relate to. Lastly, I wanted to create an environment where everyone feels safe, included with learning being continuous and leaving players longing to come back for more.

Which coach inspired or had an influence on you as a player and why?

There are two coaches for me coach Thabiso Mafisa he inspired me to see that coaching can change my life and my families if I take it seriously it can help support my family. When it comes to me as a player, he always instilled in me to always put my team first not be too focused on myself but care for the other players as we are all we have inside the field. Why? Because he made me see that cricket gives me a second option in life to make something myself but only if I give it 100% commitment. I live a disadvantaged community where soccer is dominating, that really resonated with me and instilled hard work. Coach Uncle Hoosain Ayob he always reminded me to stay true to myself and work hard in what I believe in, being mindful that not everyone will support my vision and support it. Rather to always look for the people who are honest and true themselves those are the people who will help me grow while giving me an honest reflection on what I do and represent.

What is your strength as a person and a coach?

I am honest and a straight person and a coach I believe I am fair.

What value are you going to add to your new role and CGL?

I will instill players that they are human beings first and that from their different backgrounds that can help compliment each other to achieve great success when they are united by the same goals and values. I am continuously going to try create an inclusive culture that differences and diversity in my players is actually our strength and weapon to achieve excellence.

What is your biggest fear?

Making players feel like robots and that they can't express themselves through a sport they love because they want to impress me.

What are your coaching Values?

Honesty, respect, integrity, hard work and commitment.

What is your coaching philosophy?

Good people make excellent players and fighting until your back is on the wall is a show of true team spirit. Understanding each other with empathy, compassion and that hard work breeds a successful team.

Where do you draw your inspiration from?

As a Christian man I draw my inspiration from God, which is why I always have faith that tomorrow will be different from today. I believe he gives me the wisdom to gravitate to people who have the same goals and experiences to help me aspire for greatness.

How would you like your players to remember you of?

As a person who helped them learn life lessons through cricket and hope that will help them be better leaders of tomorrow.

THE BEST PARENTS

Here are the best parents to have around, according to youth sport coaches

Author
Nick Holt
Professor in Kinesiology, Sport, and Recreation, University of Alberta

Youth sport is part of the fabric of family life for many families.

Parents are more intensely involved in contemporary youth sport than ever before. And while youth sport can provide a context for parent-child interaction and bonding, parents exert both positive and negative influences on their children in sport. Parents help children understand and interpret their sport experiences, acting as role models of positive and negative behaviours, attitudes and beliefs. But being the parent of a young athlete is an intricate social experience that cannot merely be reduced to “good” or “bad” behaviours.

Complex social milieu

In sport, parenting occurs in a complex social milieu, in which parents interact with other parents, coaches and children. Parents face complex demands that require a repertoire of skills to facilitate positive sport experiences for their children.

Given these complexities, perhaps it is not surprising that coaches, sport organizations and even parents themselves have called for more parent education and support.

Parenting approaches can be thought of in two distinct but related ways. First, there’s parenting style — the broader emotional climate parents create. A parenting style that supports children’s autonomy is particularly effective for enhancing children’s motivation and experiences.

Such parents provide their children with options to choose and encourage children to solve problems on their own rather than controlling their children’s behaviours. They provide structure in the form of clear and consistent guidelines, boundaries and rules for their children’s behaviour. They are often highly involved in their children’s sport, but still foster a sense of children’s independence.

Holding children accountable

In addition to identifying the emotional climate that parents create with their parenting styles, sport researchers also consider parenting practices — specific behaviours within a particular context, such as at a youth sport event. Specific parenting practices have been associated with positive and negative outcomes among children.



Child athletes prefer when parents provide positive yet realistic post-competition feedback. (Shutterstock)

For instance, in studies examining the role of parents in junior tennis using the perspectives of coaches, players and parents, parenting practices perceived to positively influence players’ development included the provision of unconditional love, logistical and financial support and parents holding children accountable for their on-court behaviour. Conversely, negative parenting practices included parents over-emphasizing winning, lacking emotional control and criticizing children.

Similarly, studies with child athletes themselves have revealed their preferences for parenting practices surrounding competitions. For example, my colleagues and I studied how early adolescent female athletes prefer their parents to behave at team sport competitions. We found their preferences include parents assisting with game preparation, focusing on effort rather than outcome, showing respect, not drawing undue attention to themselves and providing positive yet realistic post-competition feedback.

THE BEST PARENTS

'Best' sport parents

One study we conducted at the University of Alberta examined exemplary parenting in competitive female youth team sport. We asked coaches to nominate some of the "best" sport parents the coaches had ever worked with.

The study revealed some interesting findings. These parents supported their daughters' autonomy in various ways, including fostering independence and understanding — and supporting — their daughters' goals for sport. We found the idea of sharing goals is important; these exemplary parents shared their children's goals, rather than imposing their own goals on their children.

Exemplary parents also build healthy relationships in the sporting milieu, which can involve supporting the coach and players on the team, connecting with other parents and volunteering with the club. Finally, these parents were in tune with their own emotions, especially during and after competitions.

Importance of free & active play

Parents are increasingly becoming aware of advice that children should sample a range of sports, rather than specializing in a single sport. There is some evidence to support the benefits of sport sampling and the risks of early specialization. However, in the larger goal of supporting healthy child and family development, parents should be cautious about involving their children in too many sports.

When sport seasons overlap, children may become overscheduled. It is vital to retain a sense of balance, because if children over sample and become overscheduled, they miss out on a vital part of their childhood — active play. Parents, too, can hardly expect to be at their best when they're run ragged with travelling from event to event.

Parents can create positive sporting experiences if they listen to their children and understand their children's goals for sport, consider how their parenting styles and practices support their children's experiences, and build healthy relationships in the sporting milieu. But with this investment in sport, it is important to retain a sense of balance in children's lives.

Sport then becomes an enjoyable and rewarding feature of family life.



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SPORTS TALENT PROGRAMS

Sports talent programmes could be harmful for children's long-term psychological wellbeing

Richard Buscombe
Senior Lecturer in Sport and Exercise Psychology, University of East London

Given the profit top sportspeople can make from being successful, it's no wonder significant time, research, and money continues to be invested in programmes that aim to identify and develop future elite athletes. These talent programmes seek to discover young people who have an aptitude for sport by having them complete a series of physical, technical and psychological tests. But the young age of people who start these programmes has raised concerns about the potential long-term impact they could have on the children's psychological wellbeing.

It's thought by some coaches, parents and sports administrators that specialising in a specific sport early in childhood is necessary to achieve elite levels of success. This is why some talent identification programmes have a child specialise in a specific sport at a young age – sometimes as young as six or seven years old.

Depending on how early an intense commitment needs to be made, programmes are split into “early” or “late” specialisation. In many sports such as rugby, peak performance normally occurs between 20 and 30. In sports such as gymnastics and diving, the age an athlete peaks occurs earlier (usually late-teens or early 20s), so athletes may need to specialise in these sports at a very young age.

However, the choice to specialise in one sport is seldom decided solely by the child. Often, it's influenced by parents and coaches who encourage the child to specialise early in the belief that this is the best route to success.

Early specialisation carries greater risk for athletes, with links to burnout, injury and dropout. An intense investment in sport at

an early age may also impact on a child's identity development, which is a key part of psychological development as they grow up. For example, if a child doesn't have other hobbies or doesn't try new activities, it can make them feel like their identity is solely tied to the sport they specialise in. If a young person's identity is tied to a single, narrow perception of themselves, they also run the risk of having their sense of self disrupted when this identity is challenged – say through injury, under-performance, or retirement. This could have significant consequences on their confidence, mental health and wellbeing.



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SPORTS TALENT PROGRAMS

In short, having a child specialise in one sport early can limit their identity development – subsequently leading to poor psychological wellbeing. This is why there have been recent calls for talent identification programmes to either be suspended outright or at least delayed until adolescence.

This delay will give a young athlete more time to develop identities outside of their sport. It's also thought that a delayed, varied approach – where young athletes can try a range of different sports – is more likely to produce elite performers in the long run.

Duty of care

Currently, the Rugby Football Union has set out tight controls limiting how much time players can spend on the pitch depending on their age – and when seasons start and end.

These stipulations are laid out to ensure young players don't over-train or over-compete at an early. This control measure gives players the summer months and more time in a week to engage in other activities. But more sports need to follow suit.

The 2017 Duty of Care in Sport report commissioned by the UK government called for all national governing bodies to adopt a duty of care policy. The report set out recommendations to ensure that athletes are supported during and after their career. These include providing athletes of all ages with greater mental health support during their career and leading in to retirement.

But the report doesn't make specific mention of the ethics around these talent identification programmes. Nor does the report discuss the need to encourage young athletes to sample multiple sports rather than specialise, and the importance of allowing them to transfer out of the sport if they wish. This is where national governing bodies need to do more work in educating people about the potential harm of early specialisation programmes. Parents and coaches will also play an important role in the future to ensure children aren't being coerced into specialising, and that they have the space to explore other hobbies, talents and identities.

Despite the significant investment in these programmes, we remain no closer to agreeing on a set of criteria that might predict talent – such as which body type or psychological characteristics might predict success.



If these programmes are to continue, more needs to be done by national governing bodies, coaches and parents to ensure children are able to explore more than just one identity as they grow up to promote long-term psychological wellbeing.



CLOSING MESSAGE FROM COACH EDUCATION MANAGER

Covid-19 and Sport in Education

In reality, the value of sports in education cannot be overstated. Education complements sports to serve its mission of educating kids to the highest degree possible so that they can achieve not only better success in life but also happier life. We undoubtedly watch sports for the pure thrill of it, which is beneficial to our learning, knowledge, and education.

After all, being at school, having assignments, stressing over exams, is pretty much exhausting. Imagine having to deal with all the above mentioned stresses without sport, that's what we are currently going through with this Covid-19 3rd wave. It is taking away a lot of things. Let's have a look at what Covid-19 is taking away when Sports in not part of schooling:

Sport Teaches Students About Teamwork

Sports teach young people that they cannot succeed in life on their own. Every profession necessitates the presence of a team. So much of what we accomplish in life necessitates collaboration and participation from everyone, regardless of size, gender, race, or shape. Children learn to get along with everyone and work together to solve challenges.

Sport Teaches Students How To Be Active

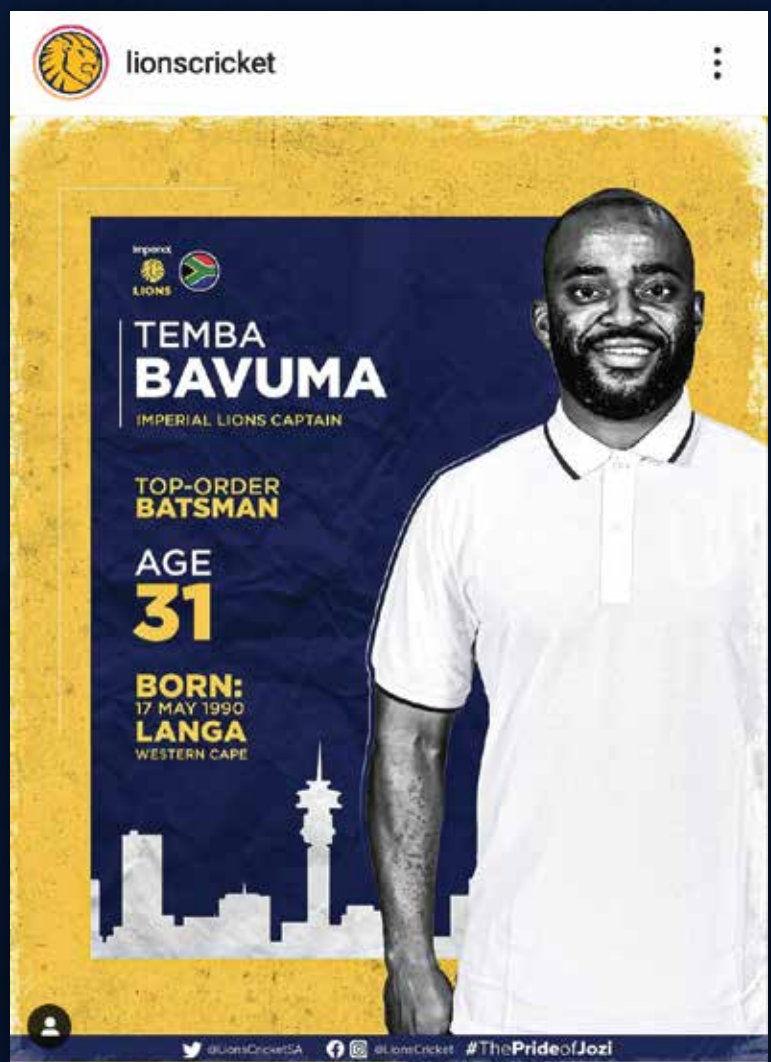
Nothing is more essential than your health, and staying active has been proven to be one of the most effective methods to stay healthy. It is not just about your body, since health is defined as "a comprehensive sense of mental, social, and physical well-being." Sport provides a mental and sociological boost.

Sport Teaches Students About Discipline

Sports provide pupils with crucial disciplinary traits that may be used to promote themselves in numerous aspects of life. Participating in any sporting activity instils intellectual, physiological, and strategic commitment in them. Following rules, practicing restraint or devotion to a trainer, and accepting judgments are all examples of how students learn.

Sport Teaches Students About Leadership

In student life, sports activities necessitate not only the function of a team member but sometimes also the role of a leader. Learning how to lead the team during the school day will improve their leadership qualities, allowing them to make smart decisions. There is a time when students write down their goals as a leader, vision, mission, and other things. In that case, here are the most reliable essay writing services that will help you with any document you need while leading a team.



CLOSING MESSAGE FROM COACH EDUCATION MANAGER

Sport Helps Students With Their Confidence

According to studies, participating in athletics can improve a student's self-esteem and courage. Even a simple greeting from the coach, a pat on the back from a teammate, or words from rivals, relatives, or colleagues can increase a student's self-esteem. They will learn to accept honest feedback and work on their flaws until they find greatness or growth.

Sport Boost Problem-Solving Skills

Athletes must frequently adjust to quickly evolving circumstances, consider their options, and make a decisive decision. The advantages of building problem-solving skills for children go beyond sports. These problem-solving abilities have several uses outside of athletics. They provide children with a skill set that they can

Sport Teaches Resilience

Each student gets the right to represent his or her school and feel the thrill of a tough win or the sadness of a close loss. Children must learn that they cannot always be first and how to cope with the feelings that accompany this. We frequently hear top-level coaches state that a loss teaches them more than a win.

Sport Develops a Positive Approach

Being an athlete allows pupils to develop a positive mind set towards accomplishment, which is extremely important. They learn when to take risks and when not to, in addition to establishing strong focus and attention. Students will learn how to manage stress naturally and will be committed to finding new methods to improve.

Conclusion

Physical activity helps students to concentrate on their schoolwork however the Covid-19 pandemic has taken a lot away from us as people, our Jobs, and our loved ones. Now it looks to take away the most important part of our children's growth which is sport in schools as our kids find themselves more at home with all these regulations. We have change the status quo is we take duty of care by adhering to all safety protocols e.g. wearing of mask, social distancing, washing and sanitizing our hands and isolating when we have signs and symptoms.

Stay Safe

Regards
Dumile Skade



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