



**LIONS**

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DP WORLD



LIONS

**#THEPRIDEOFJOZI**



DP WORLD

WANDERERS  
STADIUM

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# CEO's NOTE

With pre-season firmly in the past, I truly hope that when reading this, the efforts of your hard work are starting to bear fruit. Your expectations have been clarified, realistic goals established, and a positive tone long since set for teams, players and parents. One should never underestimate the importance of a solid pre-season: Gym work and aching muscles; miss-hits and no-balls; 2km time trials; team talks and keeping that inner competitive fire at bay. With only one opportunity at life, I am sure you're bursting to make your mark this season.

I know the feeling of wanting to win, of needing to succeed. With a jam-packed season now underway, I urge you to win but caution you not to lose yourself. Remember the importance of T.E.A.M (Together Everyone Achieves More) – it is teamwork and intelligence that lifts trophies. Be kind to yourself too – absorb the pressure of expectation, perfection, professionalism and embrace the privilege of playing and coaching this beautiful game. Remind yourself daily that you play and coach the game because you love it.

A powerful pipeline is a passion point of ours at Lion Cricket. From coaches, to administrators, to players: I wish you all well this season. To the coaches especially: Your immense impact extends beyond the boundary in the creation of mentally, physically and technically fit players as we prepare them for prime performances with bat, ball and in the field but most importantly to also be great sportsmen/women inside and outside the boundary rope.

Creating self-confident individuals off the field is of greater importance than winning on it. I leave you with our acronym of P.R.I.D.E : Passion, Respect, Image, Discipline, Enjoyment. Before I open my laptop or pick up my pen each morning, I remind myself of the honour of representing a brand as powerful as Lions Cricket, and that each day I strive to 'Be My Best' through and through.

Continue to work harder than those around you this season and throughout. Keep your love for the game, your respect for your mentors and your desire to achieve your personal bests. Dream big, back yourself and breathe: You're going to be amazing and I look forward to you being the Lion that roars louder and prouder this season! Now, let's go play ball!

Best wishes always,  
Jono Leaf-Wright



# CREATING A POSITIVE ENVIRONMENT FOR PLAYERS

The demands of coaching are huge. Anyone who has ever coached at any level, from Pee Wees to Olympians and beyond will tell you coaching is a full-time job. Those coaches for whom it actually is their full-time job have a great advantage when it comes to opportunities to truly make a difference and develop the talent of their young charges. However, any amount of time a coach can make available can be spent in mindful creation of a positive environment for their players.

There are as many levels and expressions of athletic talent as there are individual athletes. This is a vital point--these athletes are individuals and, for best results, should be treated as such by the coaches. The following suggestions may seem ambitious and a lot of work, but the benefits far outweigh the time costs for both athlete and team. The extent to which coaches can commit to providing for the athlete's individual needs will greatly influence his or her development and growth in the sport.

In the book, *Performance Psychology: A practitioner's guide* (2011), Russell Martindale and Patrick Mortimer of School of Life, Sport and Social Science, Edinburgh Napier University, Edinburgh, UK and Aubrey Performance, write in depth about ways coaches can provide effective talent development environments. They say that in order to meet the individual needs of the athletes, the coach should include regular goal-setting, provide purposeful feedback and personal reviews, and offer both formal and informal communication.

One of the best tools for motivation is goal-setting. A coach should make time to sit down with each player and discuss goals. Consider the player's strengths and weaknesses (both from what the coach has

observed and from what the player him/herself thinks), with respect to the required/desired skills and traits expected for the particular sport and team environment. These do not have to be limited to physical performance skills, but should include attitude, leadership ability, commitment level, ability to focus, control emotions, etc. Once all of the areas have been identified, discussed and evaluated, it will be much easier to note where improvements can be made and to set goals. These may be practice goals, short-term, long-term, "stepping stones"--ideally, all of these.

Feedback is a useful tool for skill development and behavior modification. It is important, especially since a coach's time is valuable and often limited, to use the time wisely and provide feedback that is purposeful and informative. Simply saying, "Good job," may make the player feel good but does not provide any information as to just what it was about the performance that made it "good." Since the coach and player will have already discussed goals, feedback which indicates progress toward or regress from those goals would be ideal.

On a regular basis, be it monthly, bi-weekly, weekly or even more regularly, coaches should provide reviews which involve sitting down with the player and assessing their progress toward the goals set. Here again, the feedback should be as specific and relevant as possible. Goals may be modified at this time if necessary.



# CREATING A POSITIVE ENVIRONMENT FOR PLAYERS

The "open door" policy that many coaches adopt is a great way to encourage communication opportunities between player and coach. But even beyond the formal review meeting and occasional "stopping by" the office, numerous informal methods of communication can provide advantages. Running into players at times other than practice, quick phone calls to check in, meeting for coffee or ice cream, all provide non-threatening situations where players can talk about what is on their minds, how they think they are playing, how the team is doing as a whole. With no specific agenda, coaches may find they hear a lot more from their players than they would have in their office.

The benefits of individualized attention and support of players are many. Coaches who take the time to provide this for their players will be rewarded with happy, motivated, well-adjusted players who are focused on performing at their best.



# HOW TO REFLECT ON YOUR COACHING

**Reflecting can help you learn, adapt and grow. Of course, it's not always easy. So, let's explore how you can start to reflect on your coaching.**

You'll learn a lot during matches and training sessions. But it's just as important to step back afterwards and reflect on what you saw. After all, a massive part of coaching is learning from your real-world experiences. Reflection helps you do this. It links your education to your practice and offers many different benefits such as:

- You'll see if your training fits your coaching philosophy.
- You'll observe your team and consider how players benefit from the sessions.
- You'll spot opportunities to develop in the future.

## **So, what should you reflect on?**

A challenge every good coach faces is deciding what exactly to reflect on. If you're unsure, it's easy to think about everything at once – and gain very little. That's why having a target focuses your reflection. For instance, you could concentrate on things like communication skills, gameplay, motivation or organisation.

When reflecting on these things, ask yourself questions like:

- Why did you act how you did?
- Could you have done anything differently?
- What have you learnt from the situation?
- How could this knowledge help in future?

Doing this can identify strengths, weaknesses and fresh ideas.

## **Who can help you with reflection?**

Getting better at reflection isn't usually a quick or easy process. You'll need the support of those around you. Many people choose to work with an experienced mentor, someone who has been there and done that. It's important to take things slowly at first. New coaches are often used to more rigid thinking. Whereas an experienced coach might rely on life experiences and prescriptive principles. Too much too soon, and a new coach might get overwhelmed.

## **So, to help, start reflecting on things like:**

- Your opinions on the fundamentals of cricket
- The reasons behind your actions
- The pros and cons of your ideas.
- 

It might be tricky initially, but thinking critically like this can help you get used to reflecting on the grey areas. Those often bring the biggest rewards.

# HOW TO REFLECT ON YOUR COACHING

## When should you reflect?

Reflection can happen at different times and often focuses on different things. You could reflect before a session or match, to help make plans for the future. Or you can even reflect during a game to see if there's any action you could take straight away. Most coaches reflect after a match, or even a few days later, when they can think more clearly. But whenever you pause for reflection, it's important you use that time to grow and become a more effective coach.





# LIONS U19 & WOMEN'S PROGRAM

The season is now underway and we certainly are ready for it right across the board. The stage was set from a brilliant performance at the inaugural U19 Cricket World Cup earlier this year. Winter specialist camps were held at the DP World Wanderers Stadium with the likes of experienced coaches such as Jimmy Kgamadi, Ahmed Nawab and Teboho Ntsukunyane. With most of our players having participated in the winter Diadora Jozi Cup tournament, the players will be fit and ready to go. We wish those at the regional trials and those aiming for inclusion into the Lions U19 Girls team for 2023/24, all of the very best.

As for the DP World Lions ladies, what a journey it has been. From fighting for relegation in the 50 over format to being crowned T20 champions in the CSA Women's Division 1. As a management team, we have seen tremendous growth in skills, the execution thereof and belief within each individual as well as the whole team in order to achieve victory. The first ever trophy for the DP World Lions ladies, was achieved just in time for Lions stalwart, legend of our Province and recently retired Yolani Fourie. Yolani, you have served this union with pride and honour and we wish you all of the best going forward.

At present, it's all about fitness in the Lions ladies Pride, working tirelessly with the highly accomplished Inge Konig and Sheenagh Jordaan. Skills sessions are also well underway as are warm up fixtures against neighbouring women unions and boys teams. We are really looking forward to an exciting 2023/2024 season with lots of solid performances to celebrate. We would like to welcome Chloe Tryon, Sinalo Jafta, Relebohile Mkhize, Shabnim Ismail, Sarah Barber and Bianca Booyjens.

At the Lions Awards earlier this year, we celebrated inclusivity and equality with multiple ladies awarded for outstanding performances right through from u16 girls to our very own DP World Lions Ladies.

## **U16 Girls player of the Year**

Sinako Mahlombe

## **U19 Girls player of the Year**

Kaylee van Rooyen

## **School team of the Year**

Jeppe High School for Girls

## **U19 Girls representing at the U19 World Cup**

Oluhle Siyo (captain), Karabo Meso, Refilwe Moncho and Jenna Evans

## **50 Overs Batter of the Season**

Kirstie Thomson

## **50 Overs Bowler of the Season**

Lehlohonolo Sardick

## **20 Overs Batter of the Season**

Kirstie Thomson

## **20 Overs Bowler of the Season**

Yolani Fourie

## **Player's player of the Year**

Yolani Fourie

## **Player of the Year**

Yolani Fourie



# LIONS YOUTH & SCHOOL PROGRAMS

The past season for the Lions Youth and Schools programme has been an eventful and fruitful one, with multiple players from the school structure grow and flourish.

Success last season helped Lions Cricket boast the following:

## **6 National under 19 Boys players:**

Richard Seletswane, Kwena Maphaka, David Teeger, Lhu-andre Pretorius, Thebe Gazide and Siphon Potsane

## **4 National under 19 Women players** (which attended the U19 Women's World Cup):

Oluhle Siyo (National Captain), Jenna Evans, Karabo Meso, Refilwe Moncho;

## **CSA National Girls Schools Champions:**

Jeppe High School for Girls;  
Jeppe High School for Girls debutants in the Lions Senior Women's Team  
2022/23: Robyn Kammerman, Fay Cowling

## **CSA U16 National North Hub Champions:**

South Hub; Locally we have been privileged to also host the successful Johnny Waite competition which saw Jeppe High School for Boys win the coveted trophy after a 30-year drought in the competition.

Such successes could not be achieved without the Lions Cricket powerful pipeline. The Primary School structure headed by Andrew Crole and the High School structure headed by Etienne Janse Van Rensburg has been pivotal to transforming the game and granting opportunity for all the schools in the system. The joint schools chairman Agri Zondi made significant strides in achieving cohesion and making an impact to the structure.

The contributions of our HUB teams, Alex, Central, Dobsonville, Kagiso, Sedibeng, Soweto and South, through to the CGL pipeline has been an invaluable process where the coaches have produced players to feed into our focus schools, namely Queens High School and Krugersdorp High School. Both schools have shown resilience and in conjunction with Lions Cricket have been a force to be reckoned with in a tough 2022/23 season. Indeed, it was a successful season for the Lions Youth and School program.

We are looking forward to the 2023/24 season with a vibrant energy and eagerness to get the first ball bowled and ultimately unlock the potential of the next string of Lions players.

Let the Lion Roar Proudly.

[#Lions](#) [#PrideofJozi](#)



Richard Seletswane of Lions Cricket

# LION'S CLUB CRICKET

A powerful pipeline is a passion point of Lions Cricket – recognised and acknowledged many seasons back as the base of success now and in the future. And so, whenever possible, the DP World Lions Men's and Women's teams take to club cricket, whether it be a practice or match – mentoring on field and off, the heroes of tomorrow.

Yes, season 2022/23 had its problems, loadshedding, financial stress, strain and sleeplessness but our clubs celebrated by achieving on the playing fields, by providing platforms for players to perform from the base of pipeline to the provincial level.

One such platform was the second edition of the Diadora Jozi Cup, played in May and June this year from ages u11 through to the veterans league, and not forgetting the all-new addition of the blind league this year. So, what does season 2023/24 look like in the Lion's Den

## 2023/24 Season Starts 24 & 25 September 2023

Competitions	Details
<ul style="list-style-type: none"> <li>Black Widow T20</li> <li>Premier A &amp; B</li> <li>Women (Premier &amp; Pres)</li> </ul>	<ul style="list-style-type: none"> <li>Premier League Teams</li> <li>Pink Ball</li> <li>White/Coloured clothing</li> <li>Finals (Coloured Clothing)</li> </ul>
<ul style="list-style-type: none"> <li>Time Cricket</li> </ul>	<ul style="list-style-type: none"> <li>Premier &amp; Presidents League Teams</li> <li>Red Ball</li> <li>White Clothing</li> </ul>
<ul style="list-style-type: none"> <li>50 Overs</li> </ul>	<ul style="list-style-type: none"> <li>Premier, Presidents, Sunday One to Sunday Five</li> <li>Red Ball</li> <li>White Clothing</li> </ul>
<ul style="list-style-type: none"> <li>Limited Overs (35)</li> </ul>	<ul style="list-style-type: none"> <li>Sunday Six &amp; Sunday Seven</li> <li>Red Ball</li> <li>White Clothing</li> </ul>
<ul style="list-style-type: none"> <li>Limited Overs (35)</li> </ul>	<ul style="list-style-type: none"> <li>Ladies</li> <li>Pink Ball</li> <li>Coloured Clothing</li> </ul>
<ul style="list-style-type: none"> <li>Saturday 35 Overs Men</li> </ul>	<ul style="list-style-type: none"> <li>Saturday One to Saturday Six</li> <li>Pink Ball</li> <li>Coloured Clothing/White</li> </ul>
<ul style="list-style-type: none"> <li>Ladies</li> <li>T20</li> <li>35 Overs</li> <li>T10 Overs</li> </ul>	<ul style="list-style-type: none"> <li>Premier &amp; Pres - October 2023</li> <li>Premier &amp; Pres - November to March 2024</li> <li>SA1 (T20 and T10) October to March 2024</li> </ul>
<ul style="list-style-type: none"> <li>Macrocomm T20 Challenge</li> </ul>	<ul style="list-style-type: none"> <li>All Saturday League Men's Team</li> <li>Pink Ball</li> <li>Coloured Clothing/White</li> <li>Finals (Coloured Clothing)</li> </ul>

# RUSSELL DOMINGO AND HASHIM AMLA'S WELCOME NOTE

Welcome, and congratulations!

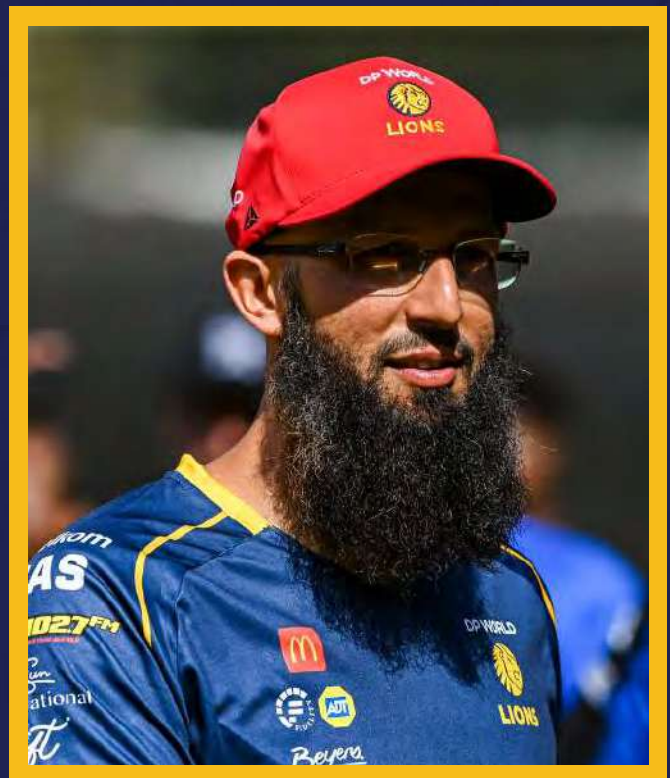
We're extremely grateful that you've chosen to embark on a life-changing journey with the Lions Family. We look forward to reaching new heights through your talents, expertise and guidance. As a family, you have our word that we'll work hard to support you, ensuring you never walk alone and feel part of our Pride from the very first ball.

We know we're in for a cracker cricket season: At times you might laugh until you cry; whilst other times, you might cry until you can finally laugh again. But you lead the way, you set the pace – and we'll grow with you. We give you our commitment, fully and wholeheartedly and acknowledge the two-way street that'll ensure optimum teamwork in order to achieve.

Welcome to the Lions Pride, we trust you'll enjoy your hunts as much as we do. Onwards and upwards, let's ROAR with Pride !



Russell Domingo  
DP World Lions head coach



Hashim Amla  
DP World Lions batting coach



# CSM'S CLOSING STATEMENT

To our CGL cricketing fraternity

I trust you are all well and looking forward to the summer season ahead. This winter was nothing short of thrilling closing out the cold winter with the second edition of the Diadora Jozi Cup. Well done to all the players, parents and support staff for their hardwork.

As we prepare for the beginning of the season, I would like to wish all the teams the best of luck as they will be embarking on their journey to success. I recently came across a powerful article titled **"MINDSET FOR MAKING THE RIGHT DECISIONS UNDER PRESSURE"**. The author highlights that when it comes to 'high-impact' decision-making, nothing quite compares to the daunting pressure of a real-time cricket stadium: one wrong turn, one slight miscalculation – and the game is lost to the other side.

The two mindsets are:

- ACCEPT LIMITS – BUT THEN WORK AROUND THEM EFFICIENTLY
- USE 'BREAKING POINT' AS A SIGN TO PUSH FURTHER

We are looking forward to spending time with you on the side of the cricket field as we enjoy watching the talent on display. In closing, here is a little quote

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love what you are doing." - Pele

Best regards  
Reuben Mandlazi  
Cricket Services Manager



# SPONSORS AND PARTNERS



A huge thank you to our family of partners: It is because of your support that this Pride continues to ROAR louder and prouder than ever before.