

# INTERNATIONAL JUJSKEI NEWS



IJF Newsletter #7

December 2022

## The President's Global Desk

### REAR-VIEW MIRROR VS WINDSCREEN

I think that most people know the comparison, and the different uses of the two, namely the rear-view mirror and the windscreen.

At the end of a year, it is common practice that you will automatically look back at the past year and predict what you would like to see happen in the year.

For this reason, I am going to refer to the comparison again.

### REAR-VIEW MIRROR

Looking back through the rear-view mirror and only taking note of the unpleasant occurrences, would not help. It is water under the bridge. Nothing can be done about it, **except if you attend to it and change it into an opportunity**. Do not forget to take the strong points with you into the future.

### WINDSCREEN

In front of you is a huge windscreen. Utilize it to the best, to have a clear view of the year ahead. There might be some hurdles and in whatever form it will come, change it into an opportunity to better your organisation.

For the countries under development, you will see the EXCO is available and waiting to lend assistance.

I would like to conclude by wishing you all a Merry Christmas and a Prosperous 2023.



**President:  
Dirk Brits**



### Upcoming:

Central Regional Championship: 11 February, Windhoek, Namibia

SA Academy Tournament: 20 - 24 February, Kroonstad, South Africa

SA Senior Championship: 25 - 31 March, Kroonstad, South Africa

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# Jukskei around the World



## UGANDA JUKSKEI FEDERATION

Jukskei Uganda is stepping forward to actively initiate the sport in East Africa. Already we have an Executive in place that is organising on how to kick start the sport.

We are in touch with the National Sports Council and soon we shall be officially recognised and then register with the International Jukskei federation.

We are basically focusing on using locally made equipment for the basic skills training with youth.

However, we shall secure the professional equipment as we look forward to playing international competitions.

Herbert Mwiima Mwesigwa (Acting President of Uganda Jukskei)



**Homemade skeys  
Made by themselves.**

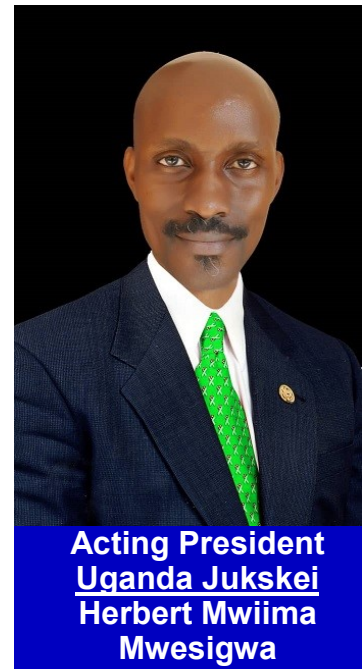


**Genevieve Mwesigwa  
One of the players in Uganda.**

**Gloria Mwesigwa and  
Junior.**



**Herbert Mwesigwa  
the senior player and  
the president.**



**Acting President  
Uganda Jukskei  
Herbert Mwiima  
Mwesigwa**



# News from Jukskei Namibia



## Junior Trials

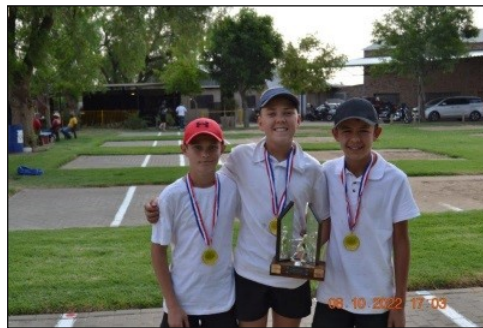
07 October 2022 the Junior Trials took place in Windhoek. The junior committee worked extremely hard on development, and we are overly excited to send Junior teams once again to the 2022 SA Junior Jukskei Championship in Kroonstad. We will be participating in the following categories: Under 13 Boys, under 19 Girls, under 19 Boys and Under 16 Girls, we are looking forward to the competition.

## Coen Brand ATKV Open Day

Central Jukskei Region held the extremely popular annual Coen Brand ATKV Open Day on 08 October 2022, and the ATKV schools league also took place on the day.

### Results: ATKV Schools League

<u>Primary schools</u>		
1	NAPSO Boys	39
2	WAP 1	39
3	KPS 2	36.5



NAPSO Boys

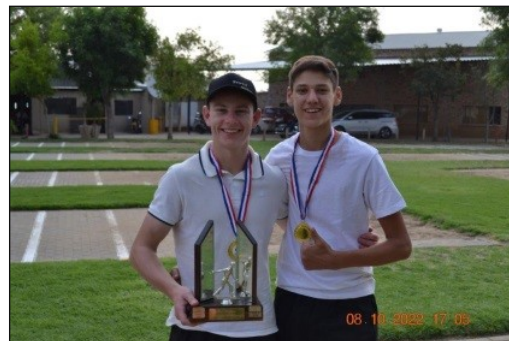


WAP 1



KPS 2

<u>High schools</u>		
1	NAPSO Boys	48
2	Kwaggas	44.5
3	KPS 3	43.5



NAPSO Boys



Kwaggas



KPS 3



## Results: Coen Brand ATKV Open Day

<b>A Division</b>		
1	Kalahari Red Dunes	77
2	Central A3	65
3	Saamstaan	64



Kalahari Red Dunes



Central A3



Saamstaan

<b>B Division</b>		
1	Central B1	58
2	South (Jaco Esterhuizen)	50.5
3	Central B 2	32



Central B1



South



Central B 2

<b>C Division</b>		
1	Saamstaan	39
2	Central C 2	35
3	Kwaggas	32



Saamstaan



Central C 2



Kwaggas

## Namibia Jukskei Strategic Planning

On 22 October 2022, the executive management of Namibia Jukskei held a successful Strategic Planning at the Ramblers Club in Windhoek. A 3-year action plan has been drawn up, which must be reviewed annually with a strategic planning session where each Region, the Juniors, the Referees and Namibia Jukskei Board must give feedback on the progress they have made throughout the year or not, the next strategic planning session will take place in October 2023. Everyone feels incredibly positive about the decisions that were made on the day, and that we must take ownership and help each other to make the project a success.

### Southern Regional Championship / Prestige Day

Southern Jukskei presented their Southern Regional Championship on 05 November 2022 in an extremely hot Stampriet but as per the strategic planning decision, Southern Jukskei did a trial run by playing the South Regional Championship in the morning in a 3-player format and the first "Prestige Day" in the afternoon in a 4-player format.

For the Prestige Day, the National Selection Committee selected the best teams in each division A, B and C from all the players who participated in the day, (Strength vs. Strength) and the competition took place in a 4-player format. Each team got a name e.g., the color of their skeys Blue, Red, Green, etc.

The players who were already in Stampriet on Friday 04 November 2022 took part in a nice social double competition in the afternoon.

#### Results: Doubles

<u>Doubles</u>		
1	Michael and Fanna	36.5
2	Elize and Janco	32.5
3	Bossie and Jurie	31.5

#### Results: Southern Regional Championship

<u>A Division</u>		
1	South	25
2	North and West	22
3	Central	21

**South A**



**North A**



**West A**



**Central A**



<u>B Division</u>		
1	Central	18
2	West	14.5
3	North	12.5

**Central B**



**West B**



**North B**





C Division		
1	West C 1	36
2	Central C 4	27
3	Central C2	26



West C1



Central C4



Central C2

Results: NJ Prestige Day

A Division		
1	Royal Blue	18.5
2	Red	14
3	Green	12.5



Royal Blue A



Red A



Green A

B Division		
1	Royal Blue	17.5
2	Green	16.5
3	Red	11



Royal Blue B



Green B



Red B



C Division		
1	Green	36
2	Royal Blue	35
3	Red	33.5
4	Orange	24
5	Azure Blue	21.5



Green C



Royal Blue C



Red C



# The SA Masters Tournament

3 - 7 October 2022



The Masters Committee organising the Tournament.



Hennie Oosthuizen, Vicepresident of JSA said a few words.



Players at the Opening



Flag barriers at the Opening

## Results:

A Section		
1	Southern Free State	177.5
2	Eastern Gauteng	176.5
3	Northern Cape	175.5
4	Northern Free State	174.5
5	Limpopo	169.0
6	Gauteng North	148.5
7	Western Province	148.0
8	West Rand	145.5
9	North West	140.0
10	Eastern Free State	131.5



B Section		
1	Northern Cape	141.5
2	Western Province	121.5
3	Mpumalanga	120.0
4	Kwazulu Natal	112.5
5	Nelson Mandela Bay	111.5
6	Eastern Gauteng	103.0
7	Limpopo	96.5
8	Gauteng North	91.5
9	Eastern Free State	80.5



C Section		
1	Overberg	234.0
2	Eastern Gauteng	212.5
3	Western Province	211.0
4	North West	195.0
5	Northern Cape	190.0
6	Northern Free State	186.0
7	Gauteng North	178.0
8	Southern Free State	174.5
9	Limpopo	162.5
10	Eastern Free State	147.0





<b>D Section</b>		
1	Eastern Gauteng	159.5
2	Mpumalanga	155.5
3	Overberg	145.5
4	Gauteng North	144.5
5	Limpopo	139.5
6	Southern Free State	138.5
7	Kwazulu Natal	128.5
8	Northern Cape	85.5



<b>E Section</b>		
1	Limpopo	132.0
2	Eastern Free State	123.0
3	Eastern Gauteng	120.5
4	Northern Cape	102.0



<b>Grand Total</b>		
1	Eastern Gauteng	1099.5
2	Northern Cape	1006.0
3	Limpopo	998.0
4	Gauteng North	773.5
5	Southern Free State	699.0
6	Western Province	682.0
7	Eastern Free State	676.0
8	Overberg	508.0
9	Northern Free State	498.5
10	North West	443.0
11	Mpumalanga	400.5
12	Kwazulu Natal	347.5
13	West Rand	215.5
14	Nelson Mandela Bay	172.5

Umpires at the Tournament



## SA Masters Teams

**Masters Men**

Christoff Lombard (Afrigter) - OG  
 Dawie le Roux (Spanbestuurder) -NK  
 Willie Vermeulen - NK  
 Christo Niemand - OG  
 De Graaff Genis - L  
 Johan Booyens (K)- WP  
 Gerhard du Preez (R) - NV



**Masters Women**

Allewyn Smit (Afrigter) - GN  
 Dawie le Roux (Spanbestuurder) -NK  
 Ronel le Roux - NK  
 Cindy Louw - OG  
 Karin Coertze (K) - GN  
 Helena Marais - L  
 Carina Botha (R) - OV



**Grand Masters Men**

Fritz Odendaal (Afrigter) - OG  
 Johan Craven (Spanbestuurder) - NW  
 Jaco Groenewald - SV  
 Matie Coetzee - L  
 André Grobler - OG  
 Johan Hansen (K)- NK  
 Johan Groenewald (R) - SV



**Grand Masters Women**

Martjie Herbs (Afrigter) - NV  
 Johan Craven (Spanbestuurder) -NW  
 Lena v.d Sandt- SV  
 Gerty v.d. Merwe - L  
 Rachele Schoeman - WP  
 Bets Hansen (K)- NK  
 Bets j.v. Vuuren (R) - WR

**Masters Tour the Northern Provinces in South Africa**

A word of thanks to JSA for the support, the players enjoy the tour.



A word of thanks to the sponsors who makes the tour a reality.





# Junior Test Series: JSA vs Namibia

## 15 December 2022

On Friday 15 December 2022 a series of test matches took place between Jukskei South Africa and Namibia Jukskei in Kroonstad, South Africa. Three teams of Namibia and one SA-A team played against four teams of JSA.

### Results:

	<u>Namibia</u>	<u>JSA</u>
Girls U 19	7	8
Boys U 19	2	13
Girls U 16	7	8
Boys U 16	SA A team 8	7

### Girls U 19



### Boys U 19



### Girls U 16



### Boys U 16





# SA Junior Championships

## 10—16 December 2022

Jujskei South Africa hosted the SA Junior Championships, Academy Week and Primary Schools Week from 10-16 December 2022. Teams competed in the Doubles on Saturday the 10th, and in the Trips and Team Competition from 12-16 December. There was an undeniable excitement in the air, from the participants, coaches, managers, umpires, the Organising Committee and spectators throughout the week.

On Sunday the 11th of December the Junior Committee arranged a Colour Run exercise for the kids, as well as the Hamburger lunch and the Carols by Candlelight.



### Results:

**Winning District of the Championship: Eastern Gauteng**



Grand Total		
Position	Team	Score
1	Eastern Gauteng	951.0
2	Gauteng North	925.0
3	West Rand	885.0
4	Northern Free State	786.5
5	Namibia	586.5
6	Central Gauteng	568.0
7	West Rand 2	430.5
8	Eastern Cape	406.0
9	Limpopo	348.5
10	Gauteng North 2	285.0
11	Northern Cape	138.0
12	North West	105.0



Boys U 19		
Position	Team	Score
1	Eastern Gauteng	185.0
2	Northern Free State	177.0
3	Gauteng North	175.0
4	Central Gauteng	166.0
5	Eastern Cape	160.0
6	Namibia	137.5
7	West Rand 1	135.5
8	West Rand 2	113.5



Girls U 19		
Position	Team	Score
1	Northern Cape	138.0
2	West Rand	134.0
3	Namibia	133.5
4	Northern Free State	127.5
5	Gauteng North	120.5
6	Eastern Gauteng	117.0



Boys U 16		
Position	Team	Score
1	Eastern Gauteng	175.0
2	Gauteng North	160.5
3	Eastern Cape	150.5
4	Northern Free State	150.0
5	Limpopo	147.5
6	Central Gauteng	133.0
7	West Rand	116.0
8	North West	105.0



Girls U 16		
Position	Team	Score
1	Gauteng North	146.5
2	Eastern Gauteng	136.5
3	Namibia	120.0
4	West Rand	104.5
5	Eastern Cape	95.5

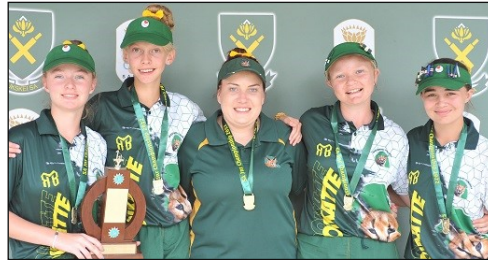




<b>Boys U 13</b>		
Position	Team	Score
1	West Rand 1	233.0
2	Limpopo	201.0
3	Namibia	195.5
4	Eastern Gauteng	190.0
5	West Rand 2	183.0
6	Northern Free State	175.5
7	Gauteng North 1	168.0
7	Gauteng North 2	168.0
9	Central Gauteng	120.5



<b>Girls U 13</b>		
Position	Team	Score
1	West Rand 1	162.0
2	Northern Free State	156.5
3	Gauteng North 1	154.5
4	Central Gauteng	148.5
5	Eastern Gauteng	148.0
6	West Rand 2	134.0
7	Gauteng North 2	117.0



<b>Boys Academy U 19</b>		
Position	Team	Score
1	Cape Winelands	194.5
2	Eastern Gauteng	190.5
3	Gauteng North 2	174.5
4	Gauteng North 1	171.5
5	Northern Free State	170.0
5	Central Gauteng	170.0
7	Mpumalanga 1	161.0
8	Mpumalanga 2	150.0
9	West Rand	145.5
10	Limpopo	142.0
11	North West	137.5



<b>Girls Academy U 19</b>		
Position	Team	Score
1	Cape Winelands	195.0
2	Mpumalanga 1	171.5
3	Central Gauteng 1	169.0
4	Eastern Gauteng	150.5
5	Gauteng North 1	145.5
5	Gauteng North 2	143.5
7	West Rand	143.0
8	Northern Free State	142.0
9	Central Gauteng 2	137.5
10	Mpumalanga 2	132.0
11	North West	128.5





### Boys U 13 Achiever



Jayden Venter	Limpopo
Franco Norval	NVS
Colin Harper	OG
Edwin Binns	GN
Henco de Lange	WR
Ian van Deventer	Limpopo
Johan Nortje	OG
Heinrich Obermeyer	WR
Wynand du Plessis	WR
Heinrich du Plessis	WR

### Girls U 13 Achiever



Lujah-Mae Mynhardt	NVS
Jessica Hueboch	SG
Christell Nel	OG
Wendy Hatting	GN
Deandra Viviers	WR
Elmi Bezuidenhout	NVS
Lize Meiring	GN
Joamarie vd Westhuizen	WR
Mikaylah Mynhardt	NVS
Elreze Enslin	WR

### Boys U 19 Touring Team

Coach: Jean Nel



Bongani Koatla	NV
Siyambonga Mabunzi	OK
Floris Brand	GN
Declan Pretorius (K)	SG
Janco Nieuwoudt	OG

### Girls U 19 Touring Team

Coach: Valmari Smith



Liza-Marie Rheeder	GN
Charné Smalberger	NV
Ansonel Venter	Limp
Rina Jacobs (K)	NK
Johané Grobler	OG

### Girls U 16 Touring Team



Louise Saunders	GN
Esrie Venter	GN
Marné vd Westhuizen	OG
Marghereet Visser (K)	GN
Leanie Benecke	WR

### Boys U 16 Touring Team

Coach: Carl Nortje



Ethan Venter	Limp
Druan Venter	Limp
Jacques Botha	OG
Rigard van Zyl (K)	NV
Wynand du Plessis	WR



# Academy: Positive Mental Attitude

As sportspeople, isn't it something that we all need?

A **Positive Mental Attitude** means approaching every situation and challenge in life with optimism.

## Positive:

The power of **Positive** thinking is a self-declared manual for achieving happiness and overcoming even the most difficult problems. It is not the same as smiling, being cheerful, or forcing positivity.

The following are some ways to think and behave more positively and optimistically:

- Identify areas to change ...
- Check yourself ...
- Be open to humor ...
- Follow a healthy lifestyle ...
- Surround yourself with positive people ...
- **Practice positive self-talk.**



**Director Academy:  
Dirk Brits**

A positive mindset helps you unlock your full potential and achieve your goals.

## Mental:

A positive mental attitude also strengthens your ability to navigate uncertainty and to **deal with stress**. By making a conscious choice to have a positive outlook, you become more **resilient** and strengthen your **mental fitness**. This mentality allows you to be more adaptable and overcome difficult situations with ease.

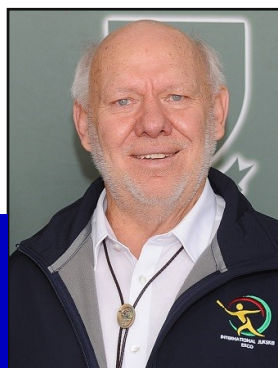
## Attitude:

Attitude means your way of expressing yourself, it can be good or bad or somewhere in between. If someone told you "you have an attitude", they mean a bad attitude like being bad tempered or anything to the contrary.

Attitudes are acquired characteristics of an individual. They are more or less permanent ways of behaving. Attitudes are not learnt from textbooks, they are acquired through social interactions. Make your attitude your allies. When your attitude is right, your abilities reach maximum effectiveness and good results inevitably follow.

(Above extracts came from different books and lectures on Google and were reworked to fit within my text.)

**Director Communication:  
Tinus Barnard**



## **Contact Us**

Send any news, comments, results, pictures and videos to us. I'm waiting.

[barnardt@jukskei.co.za](mailto:barnardt@jukskei.co.za)

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