

HOWZIT

FSCU OFFICIAL NEWSLETTER



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Another year has gone! Good luck for 2018, and with such wonderful international cricket being played in our country (currently India; and Australia to follow) cricket is at an all time high and I am sure all our cricket playing youth are motivated by this fantastic cricket and will be aspiring to represent the Proteas in future.

Good luck for the school year and remember we support the principle that kids must develop in a believe atmosphere. So when not playing cricket make sure that you keep your academic drive alive. Enjoy 2018 and make this your year!!!

JOHAN VAN HEERDEN
CEO - FREE STATE CRICKET UNION

KFC MINI CRICKET PROVINCIAL FESTIVAL

KFC mini-cricket once again successfully held their annual KFC mini-cricket provincial festival. This time, 28 October 2017, the festival had over 1000 kids present, coming from 5 different districts and 13 regions.

It was a nice day out with the kids at Central High School in Bloemfontein, and the kids managed to have fun and make new friends. The KFC mini-cricket coordinator for Free State Cricket, Relebohile Kokosi, says "these kinds of festivals are meant for kids to make new friends and stay motivated. We also teach them the culture of our sport from a young age. It is not about competition".

Important dates to take note off:

We hosted KFC mini-cricket courses in Qwa-qwa on the 2 and 3 of February. On the 16 and 17 we will be in Sasol. On the 2 and 3 of March we are in Bloemfontein.

We will also be hosting regional festivals. On the 10th of February we are at Mangaung Outdoor Center. On the 24 of February we are at Masenkeng Outdoor Center and on 17 March we are at Clive Solomon in Heidedal.



RPC & HUBS DOMINATING NATIONAL WEEKS

RPC and HUBS programmes give opportunities to young talent to show off their skills. One of the main goals of the programmes is to produce players for Free State Cricket, as well as the franchise and the future Proteas.

We had more than 30 players selected for Free State Cricket youth teams, both boys and girls. All the players selected played well but there is still room for improvement for some of our players. These National tournaments are a great exposure for them. Some of our players performed well at their respective tournaments.

From the under/13A team we have Sello Sesele who scored a best of 68, and Lehlohonolo Folotsi who scored 40. Tshenolo Tlaedi also worked well with the best taking figures of 4/17. From the under/15 side we saw Lerato Nqoi do good with the ball. Aphiwe Nqwai and Monde Maqungu were the two players who stood out at the under/17 National week.



VKB KNIGHTS AND STANDARD BANK DONATE CLOTHING AND EQUIPMENT TO RPC

On 22 November 2017, the VKB Knights and Standard Bank visited Tsoselesto Secondary School in Rocklands, Bloemfontein, to donate cricket equipment and clothing to the Regional Performance Centre (RPC) and Hub players.

On 26 October 2017, Standard Bank, the headline sponsor of the Proteas, launched a powerful new initiative to develop and nurture budding cricket potential in the country. From this initiative, Standard Bank donated 115 T-shirts, 115 hats, 20 boundaries, 10 teardrop banners, 4 side screen boards and 4 gazebos to Free State Cricket Union to use for RPC programmes.

In his speech to RPC players, Mr Gary Brown, the Regional Manager of Standard Bank for Bloemfontein area, said "the greatest players are from humble beginnings. Take Makhaya Ntini, for example, he was once where you are sitting but is now known worldwide so don't give up on your dreams".

The school and players also showed appreciation and gave thanks for the equipment. Lerato, a learner from Tsoseletso Secondary school, who plays RPC women's cricket said, in her speech, "I would like to thank Standard Bank for thinking of us and giving us the equipment we need to make it to Knights, Proteas and Proteas women one day". She concluded her speech by thanking Pite Van Biljoen and Shadley Van Schalkwyk, the two VKB Knights players who were present at the ceremony.



MEET AND GREET WITH THE SPONSOR

On Sunday, 21 January 2018, the VKB Knights hosted WSB Cape Cobras at Mangaung Oval in Bloemfontein to contest in a must win match for the home side. After the match 4 VKB Knights players were taken to a meet and greet with their main sponsor, VKB.



FREE STATE CRICKET AWARDS BURSARY

Free State Cricket, in partnership with Cricket South Africa have awarded Envrick Carnellisen with a bursary to study her grade 11 at Oranje Meisieskool.

Envrick started playing for Free State women's team during the 2016/2017 season and her commitment towards the sport and academics has helped her secure a bursary to study at one of the top ranked schools in the Free State.

She is the first women cricketer to be awarded this bursary in Free State Cricket. Lerato Mothaka, Youth Manager for Free State Cricket says "cricket has always been viewed as a male dominated sport and we are glad that our women cricketers are being given an opportunity to improve their cricketing skills while securing a better future academically". Free State Women's cricket coach, Dillion du Preez, describes Envrick as "a hard worker and a youngster who is self motivated". "she is the one of the future and has a potential to make it to the Proteas", says Dillion.

Envrick, on the other hand, is grateful of the opportunity made available to her. "I would like to thank Free State Cricket for always believing in me and for awarding me with this opportunity to learn at one of the best schools in the Free State", says Envrick. She also adds "I am grateful to coach Dillion du Preez for not giving up on me and seeing me as worthy for this opportunity and I promise to grow in cricket and not disappoint him".

Free State Cricket would like to thank Neils Momberg, the Youth (schools) and Tertiary Manager of Cricket South Africa for making such a difference in Envrick's life.



CSA FRANCHISE ACADEMY WEEK

VKB Knights academy took part in the annual Cricket South Africa Franchise academy 3 day week in Oudtshoorn and had a successful campaign despite rain disrupting one day of the week.

The week started on 18 January 2018 and VKB Knights academy kicked off the week by playing Multiply Titans. The VKB Knights Academy won toss and elected to bat first. The central franchise had a successful first innings when they declared at 355/7 after 93 overs. Marno van Greuning posted 151 while Koot Pienaar scored 58 and Dilivio Ridgard scored 42 to help the VKB Knights to get to 355.

The multiply Titans came in to bat and were limited to a score of 228/10 in their first innings. Sean Whitehead took 5 wickets for 49 runs while Thabang Rakhatla took 2 wickets for 28 runs.

The central franchise came in for their second innings and declared at 200/9, thereby setting a target of 328 for Multiply Titans. Multiply Titans were limited to 252 all out and the VKB Knights academy claimed a 75 run win.

In the second round of matches the VKB Knights played the WSB Cape Cobras. Unfortunately, first day of the match was disrupted by rain without toss taking place. On the second day of the match the VKB Knights won toss and sent in the WSB Cape Cobras to bat first. WSB Cape Cobras set a score of 296 all out in the first innings.

The VKB Knights came in to bat and were 250/9 at stumps (Dilivio Ridgard 96, Janko Dreyer 61, Beyers Swanepoel 39). Both teams put in all their effort but the match ended in a draw.



FROM THE UMPIRES DESK

The new season has started with a lot of challenges for all umpires.

CLUB AND PROVINCIAL GAMES

The club games have been played with passion and the umpires have done a very good job in officiating in these games all over the Province.

A few of our umpires have had the privilege to officiate in various Woman's Provincial games as well as Rural Provincial games that took place in October and November.

NATIONAL WEEKS

The age group tournaments were held this past December and we had the privilege to supply umpires to the various tournaments.

u/13 week	-	Eduan Truter
u/15 week	-	Adriaan Field, Ayanda Sikweyiya & Gerhardt Erasmus
u/17 week	-	Micheal Combrink
CCKM	-	Heinrich Killian

All these umpires did the province proud by being true ambassadors of the province on and off the field.

Gawie Botha was in Oudtshoorn to officiate in the Academy 3day week and straight after that he will be officiating in the Varsity Cup in Potchefstroom. We bid him all the best for his time on and off the field.

RECRUITMENT

If there are any aspiring umpires in the province we urge you to contact the Free State Cricket Union as we are planning to conduct an introductory course in February. A basic knowledge of cricket will be beneficial but is not essential.

Regards

Jack Morton
President: Free State
Umpires



3-DAY CUP TROPHY DEFENSE

The Free State Cricket team aims to defend their Sunfoil 3-day trophy with all their might and power. During the 2016/2017 season the Free State team shared the Sunfoil 3-day trophy with Northerns Cricket and this season they have no plans of shared prizes.

The Bloemfontein based side has played 6 matches so far in the tournament and it is looking good for them as they are yet to lose a match of Sunfoil 3-day. They have won 3 matches and 3 have ended in a draw.

The players are in good form. Batsmen are generating runs while bowlers are giving the opponents a hard time at the pitch.

The Free State provincial team will be traveling to Namibia to play in a Sunfoil 3-day and CSA Provincial One Day Challenge taking place from 22 to 25 February 2018.



TIPS FOR LEG SPIN

1. CORRECT GRIP ON THE BALL
2. KEEP BACK FOOT PARALLEL TO THE CREASE
3. BODY SIDE ONE HIPS AND SHOULDERS IN LINE
4. LOOK THROUGH THE FRONT ARM
5. FRONT ARM AND HEAD TOWARDS THE TARGET WITH FULL FOLLOW THROUGH
6. STRONG DRIVE WITH THE BACK LEG
7. TO FINISH THE ACTION, NEED TO HAVE A FULL HIP AND SHOULDER ROTATION AND BOWLING ARM TO COME ROUND AND PAST THE LEFT SIDE OF THE BODY

Judging Length Drill

Get the player to tell you where on the pitch they feel comfortable going forward to the ball. Place a piece of tape, chalk line there.

Go 15m back and use tennis balls to under arm them to the batsman at different lengths. (Tennis balls will bounce more at slow place and allow batsman to play back)

Make it a competition, every time they get it wrong they run, push ups etc.

Depending on the development of the player you can progress to overarm throws with tennis balls and then using bowling machine balls



WHAT DOES CRICKET TEACH YOU?

Cricket is a great game and some of the lessons learnt are life lessons too.

Cricket is a team sport which encourages team work. In life you need to learn to work together to get the job done. In order to do so you need to learn respect for yourself and your team mates.

Learning to win and lose and to deal with setbacks is an important lesson in life and building a winning culture is a positive thing. Learning to pick yourself up from disappointment too is a life lesson, learn from mistakes, pick yourself up and move on.

Through cricket you make life long friends, clubs that have the right culture are great places to get players and families together and bring together players from different backgrounds and all abilities with a common love.... Cricket.

Cricket teaches you many things if you just take the time to learn.

WHAT TO TEACH THE LITTLE ONES



There is no point in being too technical when working with the young kids but you can teach them that cricket is FUN.

Age is important when it comes to cricketers and where they are in their development. With the young ones the key is for them to have fun because it is fun; not results that will bring them back. Besides hitting, bowling and catching teaching the players about the ABC`S (Agility, Balance, Coordination and Speed) is key as this is one thing that the player can maintain in sport and in life.

Start getting these young players to start having a positive attitude, no place for temper tantrums. Nip them in the bud early. They need to respect themselves, their team mates and the game. If taught the right values at this age it will remain with them forever.

Lastly praise effort and encouragement when deserved. Praise them for doing the right thing and this will filter through to the rest. Get the kids to come back next year and you would have done a good job.

MANGAUNG OVAL | CRICKET SCENES



FREE STATE CRICKET UNION

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