



9 September 2021

Parents and Boys
St Stithians Boys' College

Dear Parents and Students

BC SPORT / EXTRACURRICULAR COMMUNICATION 2021 Circular 9

Welcome back to what we hope will be a productive and connecting but above all, **a fun sporting term** for our boys. I hope you all had a wonderful break as families, and are ready to dominate the home stretch of 2021. What a privilege it is to see our students training with so much enjoyment and passion during the holidays, with our U15 and 1st Basketball teams being able to enjoy a competitive tournament once again. My sincere thanks to the boys, parents and coaches who enjoyed and took part in the numerous holiday clinics and training on offer. We had rugby, football, hockey, basketball, swimming, waterpolo and cricket all running programmes during the August break which looked to be greatly enjoyed by our students.

We would like to share some information with parents and pupils as we once again navigate uncertain waters.

NEWS AND HIGHLIGHTS

- Congratulations to **Kwena Maphaka** who has been selected for the South African U19 Cricket team. What makes this feat even more remarkable and special is that Kwena is only in Grade 9. Another feather in his cap is that Kwena is also a Provincial tennis player. Kwena has worked incredibly hard putting in huge effort to gain this selection and shone at the selection camps held earlier in the year. The South African team will be participating in the Cricket South Africa Senior Provincial competition from 23 September to 10 October 2021 in Bloemfontein. We are incredibly proud of this young man, who continues to be a role model for his fellow Saints Knights. Watch this space! We wish Kwena quality preparation and look forward to supporting him every step of the way on this wonderful journey. #Saints Excellence #Student Athlete
- **Liam Mali** was recently selected for the Gauteng Basketball U17A team, after which Liam was asked to attend the National U17 Basketball trials at Mandeville where he was selected to represent South Africa U17 National Basketball team. The U17 National Basketball team will compete in an African Zone Competition which will be held in Lesotho during December 2021.
 - Furthermore, the talented and hard working **Liam Mali** was recently selected to represent South Africa at the FIBA Africa Youth Basketball camp in Kenya. The FIBA Africa Youth Basketball camp is an Elite Basketball skills camp for top young players across all regions of the continent. This is a huge achievement as only a selected few get to be chosen, with the criteria being of an international standard with FIBA qualified coaches involved in selection. Liam has represented his school, team mates, coaches, family and country by displaying the values and characteristics we want to see in our pupils and players and is an inspiration to many others.

INSPIRING EXCELLENCE. MAKING A WORLD OF DIFFERENCE

- We would like to congratulate **Marc Smith** and **Cameron Thompson** on their Gauteng Provincial selections for the National Open Water Competition which will take place from 15-19 September 2021. Well done gentlemen and we look forward to seeing you doing well.
- Congratulations to our **U15 Basketball team** which contested the final of the St John's Tournament. We lost narrowly, however, our boys would have gained unquantifiable memories, experiences and connections from this event. Well done to our **1st Basketball team** who fought fiercely in reaching the quarter finals with a young team. Personally, it was special to be able to watch our boys play and compete again.
- St Stithians recently partnered with **Iber Cup and La Liga** to expand and improve the Football footprint on our Campus, with lots of expansion in the pipeline between our partners. To read more about the special launch at which Dr Mathews Phosa spoke inspirationally, please click [here](#).

VALUABLE TOOLS

1. For those who are keen to explore and adopt some great new habits, I share the following links for your benefit to read when you get the chance.
 - a. [The Relationship between diet and sleep](#) should serve as a valuable tool for us all.
 - b. For dads (like Mr Phil Wallis) and moms, who are looking to maintain their explosive power in the exercise routine, please click [here](#).
 - c. Some motivation emanating from the Paralympics, in the form of a table tennis player may be found by clicking [here](#). This video really is an extraordinary feat of human resilience and grit which should serve as an inspiration and reminder to us all.
 - d. I came across this excellent article which I hope you find beneficial as we start the new term. It is titled, Navigating Challenges in Life, which may be read by clicking [here](#).
 - e. Mr Khuluse has long been asking me for more Planking Variations as he begins sculpting his December 2021 beach body. Please click [here](#) to ensure your core is aligned to our Director of Pastoral Care.

MOVING FORWARD

1. Firstly, A friendly reminder to check out our [BC Sports Website](#) . There will be regular updates to this platform during term 3.
2. Please check the code and team specific WhatsApp groups for updated information as there are sure to be changes over the next six weeks. An example of such a link is contained below:
 - i. Basketball - please click [here](#).
 - b. For a high level overview of fixtures, please click on the code link below:
 - i. [Football](#)
 - ii. [Tennis](#)
 - iii. [Golf](#)
 - iv. [Swimming](#)
 - v. Mountain Biking - we are working with Jeppe to host a fixture at Saints on 18 September
 - c. We will provide detailed fixtures for the term 3 summer codes which commence in October 2021 as soon as they become available. These codes include, cricket, athletics, basketball, waterpolo and rowing, which at the time of writing are not yet available. It is hoped that we will communicate these details to our Saints Sporting Family before the end of next week.
 - d. For detailed fixtures and team information, please visit Stithian Sport site by clicking [here](#).

3. The upcoming term presents an ideal opportunity for our Saints coaches to reflect on their leadership style and for us to be intentional in the way that this style works for both athletes and success.

My Coach in My World
Pamper me, and I will not respect you
Manipulate me, and I will resist you
Intimidate me, and I will reject you
Humiliate me, and I will despise you

Prepare me, and I will trust you
Care for me, and I will love you
Guide me, and I will follow you
Be an example for me, and I will be like you.

Robert Kehoe

4. A reminder to all our boys of a personal journey in the ["Value of a Great Coach"](#), which now that we are back, we hope you start to make your own memories.

"A great coach is not determined by the level of athlete he or she works with, but rather what the coach can do with that level of athlete"- Alistair McCaw

5. For a bit of humour as we kick off summer sports once again, please see [attached video](#) of "Mr Hartley" attempting a quick single in a recent game of Community Cricket, with "Mr Khuluse" displaying some wonderful sportsmanship as the bowler. This is what makes sport so special, many would have run him out, but ultimately SPIRIT took over.
6. Lastly, I leave you with this quote:

"One person can make all the difference. Be that person".

Stay safe, remain healthy and please let's all enjoy and respect the privilege of once again being able to play sport and have fun with our friends. Your body and mind can handle so much more than you realize. Everything you endure and fight through makes you tougher. Resiliency develops by meeting adversity head on and overcoming it. Your mental strength grows each time you face life's challenges. Don't ever run from it. Learn from it!

Yours sincerely



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