

# RSD RUGBY

DIGITAL IN-HOUSE MAGAZINE

Mission  
Statement

RSD RUGBY SA

Rugby Heroes  
On and Beyond

Making a difference in children's lives

A DAY IN THE LIFE  
OF A RSD COACH

Shadowing Coach Duval

LEADERS IN YOUTH RUGBY SKILLS DEVELOPMENT

## How was your year?

I love rugby because, no matter where you are in the world, every rugby team is a family, and no matter how large or small a community may be, there's no other sport that can bring people from all walks of life together like rugby can.

And since the World Cup Rugby fever has captivated the nation over the past few months, it can most certainly be considered a good end to an exciting year!

However, the end of each year is an important time to look back on what we've accomplished throughout the year as well as any challenges we faced. A sensible idea would be to reflect on those challenges and achievements and harvest what we have learned, so that we can create a game plan to improve in the future.

To all the new members of RSD Rugby, we're sure that you will soon feel the sense of pride we share in belonging to this growing chapter!

Good luck in setting aspirations, goals and directions for 2024!

*Amelia*



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*Amelia Bouwer : Service Relationship Manager  
RSD RUGBY HEAD OFFICE*









## HEROES ON AND BEYOND THE RUGBY FIELD

In the heart of South Africans, where rugby holds a special place, the Springbok players have transcended their roles as sport icons to become real-life heroes, making a lasting impact on the lives of children across the nation. Beyond the exhilarating moments on the field, these athletes have embraced a responsibility

### Making a difference in South African children's lives



to uplift and inspire the younger generation, creating a legacy that extends far beyond the rugby pitch.

The Springbok players, as representatives of the nation's rugby powers, have recognised the influential role they play in shaping the dreams and aspirations of South African youth. By sharing their personal journeys, the players instil a sense of belief and determination in the children, showcasing that with hard work and dedication, dreams can become a reality.

In the world of South African rugby, the Springbok players have emerged not only as exceptional athletes but as heroes who recognise the power they hold to shape the future. Through their unwavering commitment to community engagement, these players are sowing the seeds of inspiration, hope, and empowerment in the hearts of South Africa's children.

As the nation rallies behind the Springboks on the rugby field, it is their off-field endeavours that truly demonstrate the depth of their heroism, they have become beacons of hope, embodying the values of teamwork, resilience and determination, leaving an inerasable mark on the lives they touch.



Photo: SA Rugby Magazine  
Boy: Mason Kitchen





Photo: Phillip van Coller & RSD  
Ambassador Philip Snyman

As we approach the end of this remarkable year of World Cup Rugby and Rugby Coaching, I wanted to take a moment to express my heartfelt gratitude for your unwavering support and trust in allowing us to guide and teach your children through the RSD Rugby Skills Development Program.

This year has been filled with triumphs, growth, and unforgettable moments on and off the field. Your commitment to your child's participation has not only contributed to their individual development as rugby players but has also fostered a sense of camaraderie and teamwork within our tight-knit RSD Rugby family.

Watching them evolve, both in their skills and as individuals, has been immensely rewarding. Your dedication to attending practices, cheering from the

# EAT. SLEEP. RUGBY.

Phillip van Coller


RSD Rugby SA Founder & CEO

side-lines on rugby days, and encouraging your child has made a significant impact on their RSD rugby journey.

I extend my deepest appreciation for entrusting RSD Rugby with the responsibility of nurturing their love for the sport. It's been an honour to witness their passion for rugby blossom and see friendships formed among the team members.

As we reflect on the challenges and victories of the past year, I am filled with pride for what our RSD Team has achieved together. The positive spirit and sportsmanship displayed by both children and parents alike have truly made this year unforgettable.

Thank you for being an integral part of our RSD Rugby community. I look forward to another year of growth, learning, and shared triumphs on the rugby field.

Wishing you and your families a joyous holiday season and a prosperous New Year. 

*Phillip van Coller*



# “INSIDE THE PLAYBOOK: A DAY IN THE LIFE OF A RSD COACH”

## SHADOWING COACH DUVAL - RSD RUGBY PRETORIA



As the sun rises, coach Duval awakes to start preparing for his day “at the office”. While enjoying his early morning coffee he takes a moment to reflect and recap on the day’s lessons and schedule to prepare for the day ahead.

### 07:45 – 08:00 Set Up and Preparation

Coach Duval eagerly arrives at the field of the first school scheduled for the day, to set up the play area. This involves arranging colourful cones, laying out age-appropriate equipment, and ensuring a safe environment for the session’s activities.

### 08:00 – 08:30 Welcome, Warm-up & Training

As the children arrive with excitement in their eyes, the coach initiates a lively warm-up session. Incorporating imaginative games and simple exercises, the aim is to not only prepare the children physically but also ignite their enthusiasm for the session ahead.

The core coaching session focus on introducing fundamental rugby skills in an age-appropriate manner. From basic ball handling to teamwork drills, the coach utilises creative methods, small sized rugby balls, and playful activities to make learning both enjoyable and educational.

Safety remains paramount throughout the activities. The coach pays close attention to each child, ensuring they understand the importance of demonstrating proper techniques to prevent injuries, also emphasising sportsmanship, co-operation, and fair play.

After each session, cheers and laughter fill the air as the young future rugby stars showcase their newly acquired skills.

### 08:30 – 14:00

As the day progress with an average of six coaching sessions per day at various schools in the Pretoria region, coach Duval’s last session ends at 14:00.

Heading home, tired but content, he takes a moment to reflect on the rewarding nature of his role as a youth rugby coach. Each day isn’t just about teaching rugby; it’s about fostering a love for the game and physical activity, promoting teamwork, and instilling essential life skills that extend far beyond the rugby field.

Back at home coach Duval eagerly anticipates the next day, ready to inspire and shape the young minds under his guidance.

But before stretching his legs there’s still some administrative tasks that requires his attention. [✍](#)





COACH: ALWYN SCHEEPERS RSD RUGBY RUSTENBERG

## “A PICTURE IS WORTH A THOUSAND WORDS”

In this touching photo, a little boy is captured in a heartfelt embrace with his rugby coach. The genuine emotion radiates through the image, conveying a profound connection between mentor and mentee. The coach, with a proud yet nurturing smile, embodies the guidance and support that extends beyond the rugby field. The boy's small arms wrapped tightly around his coach symbolize not only a bond forged through sports but also a moment of trust, respect, and admiration.

This picture, indeed, speaks volumes about the intangible lessons and camaraderie imprinted in the journey of mentorship, where the impact transcends the boundaries of the game itself. [✍️](#)



FACE OF  
RSD  
2023

# ORION DE BRUYN

Meet Orion de Bruyn national winner of the Face of RSD Campaign, who will be representing RSD Rugby in 2024. Included in the winning prize is a one year sponsorship to participate in the RSD Rugby program in 2024.

To get to know Orion a little better, we've asked him a few questions about himself;

## WHO IS YOUR ROLE MODEL or HERO AND WHY?

My daddy, he is my Ironman. He was in an accident and had to get an "iron leg". He teaches me to tackle and run, and he kicks ball with me.

## WHY DID YOU ENTER THE FACE OF RSD COMPETITION?

Because I like to learn rugby, and my mum said I might win something. I like surprises!

## WHAT DOES IT MEAN TO BE A GOOD FRIEND?

I make sure that no one is bullied, and argue with bullies if necessary. I share my lunch box with friends if they don't have lunch.


## WHAT DO YOU LIKE THE MOST ABOUT YOURSELF?

If someone is sad I can make them laugh. I give nice hugs too.

## HOW DO YOU SHOW KINDNESS AND RESPECT TO OTHERS?

Always be kind. Oh yes and you have to smile!

## WHAT IS YOUR FAVOURITE FAMILY TRADITION, AND WHY IS IT SPECIAL TO YOU?

Over weekends, my brother and sister come to visit, then they play Rummikub with me. We then always have barbecues outside and swim together. 

## ORION DE BRUYN

LAERSKOOL BRITS  
(BRITSIES KLITSIES)





# RSD NEWSMAKER OF



**HENRU DE KOCK**

## ★ THE ★ YEAR

Children have the potential to bring incredible change to our world. But first we need to recognise their value.

Five year old **Henru de Kock**, has gone viral on social media after a video showed him praying with a grateful heart after their weekly RSD coaching session at Babelbekkies Kleuterkampus.

**“Innocence has  
invisible hands to  
touch hearts directly”**

The video has melted many hearts online, with social media users rushing to get a glimpse of the praying little boy. Innocence has invisible hands to touch hearts directly, and the action of this little boy has reminded many, of the need to be grateful.

Henru was rewarded with a “RSD Newsmaker of the Year” award for his positive contribution to the RSD Rugby brand. 

*“The greatest legacy one can pass on to one’s children and grandchildren is not money or other material things accumulated in one’s life, but rather a legacy of character and faith.” – Billy Graham (Evangelist)*



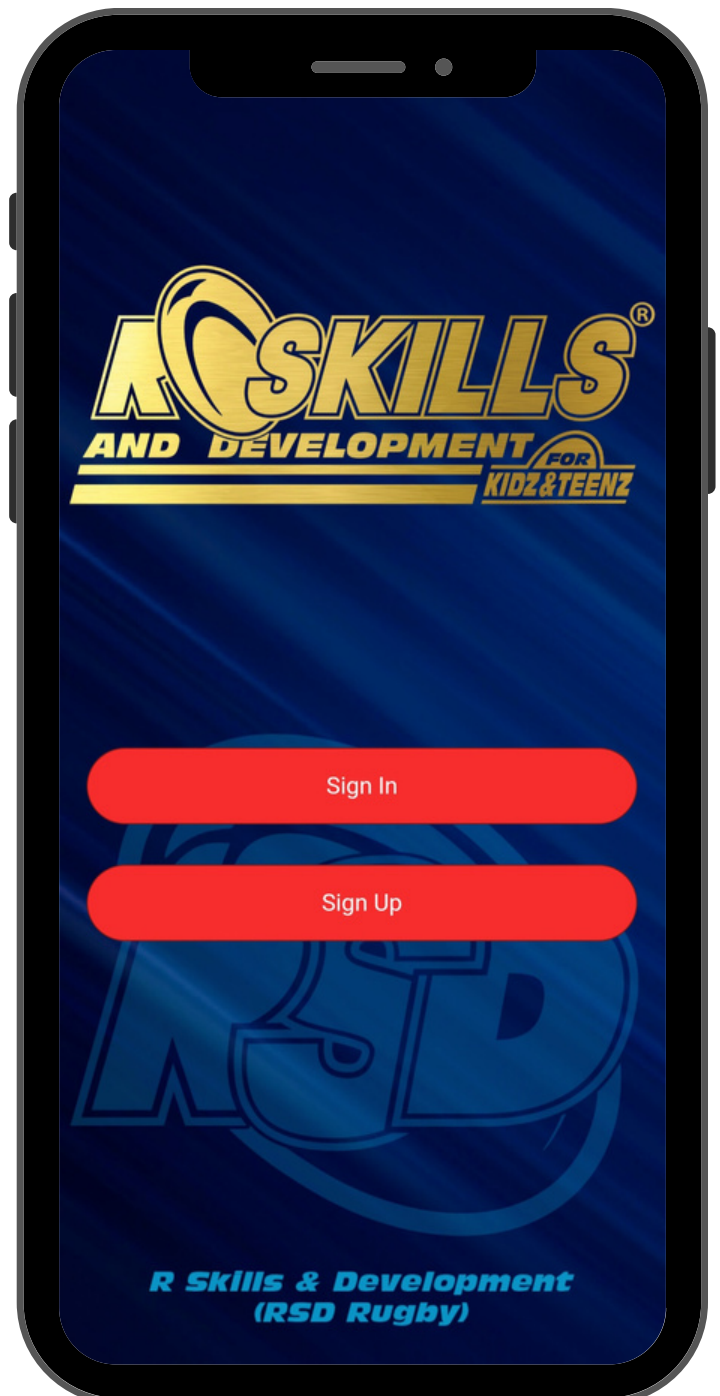
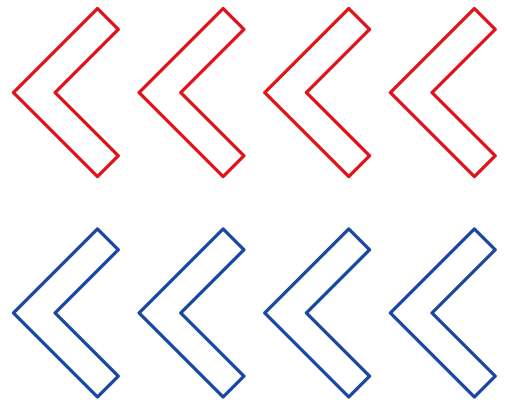


# THE **RSD** APP YOU NEED TO HAVE, TO GET WHAT YOU WANT

As we embark on another exciting year of sports activities, we want to express our gratitude for your continued support and involvement in your child's rugby journey. At the heart of fostering a positive and fulfilling experience for our young future rugby stars lies a shared commitment to understanding and adhering to the terms and conditions outlined during the enrolment process.

It is essential to recognize that these terms and conditions are not random rules but rather the foundation upon which our organization operates smoothly. When parents wholeheartedly embrace these guidelines, it not only ensures the wellbeing of their children but also contributes significantly to the overall success of our sports program.

It's important to acknowledge that any unnecessary unhappiness experienced by our young participants often stems from deviations from the agreed-upon terms. By adhering to these guidelines, we collectively create an environment where children can thrive, learn and enjoy their sporting activities to the fullest.





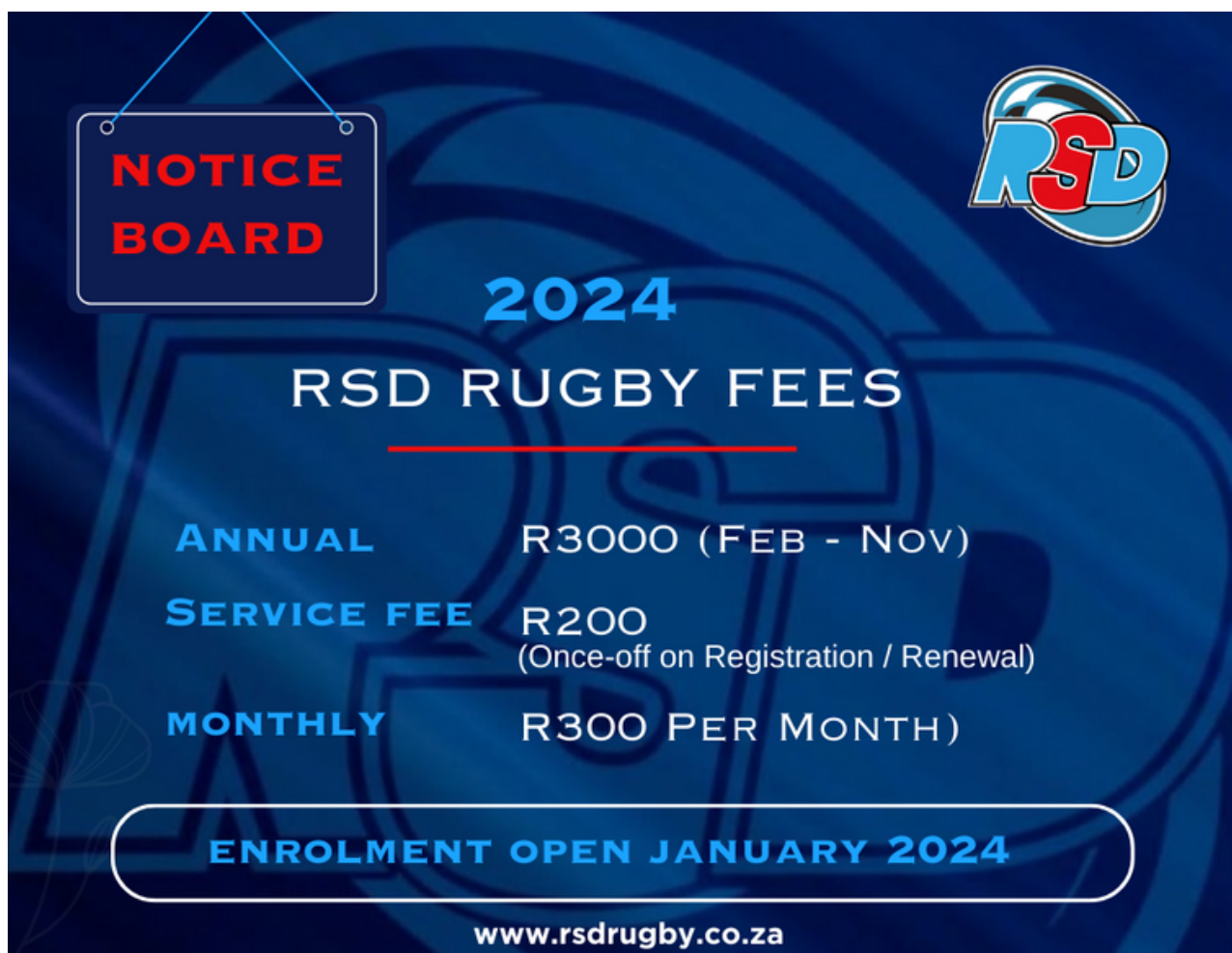
In our continuous efforts to enhance your experience, we've implemented the RSD APP – a user-friendly, self-service tool designed to streamline the enrolment and accounting process. We urge all parents to fully embrace and utilize this technology to its maximum potential. The RSD APP empowers you with convenient access to important information, making the administrative aspects of your child's participation more efficient and transparent.

By embracing the RSD APP, you not only contribute to the smooth functioning of our organization but also actively participate in the modernization of our processes. This collective effort ensures

that we can focus more on providing a rich and rewarding sports experience for your children.

Let's join hands in creating an atmosphere where our young athletes can flourish, learn valuable rugby and life skills, and, most importantly, enjoy the journey of sportsmanship. Your co-operation and active engagement are vital components in making the year 2024 a resounding success for everyone involved.

Thank you for your understanding and commitment to the well-being of our young rugby stars. ✍

A graphic with a dark blue background featuring a faint, stylized rugby ball pattern. In the top left, a white rectangular sign with a blue border and two blue rings at the top contains the words "NOTICE BOARD" in red, bold, sans-serif capital letters. In the top right corner is the RSD logo, which consists of the letters "RSD" in a stylized, overlapping font with blue and red colors and a white outline. In the center, the year "2024" is written in large, bold, blue sans-serif font. Below it, "RSD RUGBY FEES" is written in white, bold, sans-serif capital letters, underlined with a thick red horizontal line. Below the line, there are three rows of text: "ANNUAL" in blue followed by "R3000 (FEB - NOV)" in white; "SERVICE FEE" in blue followed by "R200 (Once-off on Registration / Renewal)" in white; and "MONTHLY" in blue followed by "R300 PER MONTH)" in white. At the bottom, a white rounded rectangular box contains the text "ENROLMENT OPEN JANUARY 2024" in blue, bold, sans-serif capital letters. Below this box, the website "www.rsdrugby.co.za" is written in white, sans-serif font.

**NOTICE BOARD**

**2024**

**RSD RUGBY FEES**

<b>ANNUAL</b>	R3000 (FEB - NOV)
<b>SERVICE FEE</b>	R200 (Once-off on Registration / Renewal)
<b>MONTHLY</b>	R300 PER MONTH)

**ENROLMENT OPEN JANUARY 2024**

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# RSD 2024



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# RSD RUGBY SA MISSION STATEMENT

## Rugby Skills Development

In the heart of RSD RUGBY as an organisation, beats a powerful mission – a commitment to nurturing the talents of young individuals through the art and discipline of rugby. We stand united under a shared vision, driven by the belief that by working together as a family, we can achieve remarkable heights in youth rugby skills development.

Our journey is not just about honing athletic abilities; it's about instilling values, building character and fostering a sense of belonging. We envision a future where every member of our organization, from shareholders, management, coaches to players, embodies the spirit of teamwork and resilience.

As we embark on this collective mission, it's crucial to recognize that we are more than a team; we are a family. Just as a family supports each other through thick and thin, our organization thrives when we extend the same support to one another. This bond creates an environment where everyone feels valued, ensuring that each individual contributes their unique strengths to the success of the whole.




The cornerstone of our success lies in aligning all parties with our organisation's vision. It's not just a statement on paper; it's a guiding force that shapes our decisions, actions, and aspirations. To achieve this alignment, we actively communicate and demonstrate the importance of our vision to every member of our rugby community.

Creating awareness involves fostering open communication channels where ideas and concerns are shared freely. Regular team meetings, workshops, and mentorship programs serve as platforms to reinforce our shared vision. Emphasizing the impact of each person's role within the organisation helps individuals connect their efforts to the broader mission.



Furthermore, celebrating successes, both big and small, reinforces the positive outcomes of aligning with our vision. Recognising and appreciating the dedication of our coaches, the growth of our players, and the collaborative efforts of everyone involved builds a sense of pride in being part of RSD RUGBY.

In essence we are not merely a collection of individuals; we are a unified force striving towards a common goal. By fostering a familial atmosphere, promoting open communication, and consistently highlighting the significance of our shared vision, we empower each member to contribute meaningfully to the success of our youth rugby skills development mission. Together, as a rugby family, we will continue to shape not just skilled rugby players but resilient, empowered individuals ready to face the challenges of the future. 



**LEADERS IN YOUTH RUGBY**



**SKILLS DEVELOPMENT**





# WHY RSD RUGBY

## Who can join?

**Children from age 3 to 17 can participate in the RSD Rugby Program.**

## How does it work?

**Professional coaching on a weekly basis at participating schools**

## Sessions:

**30 - 40 minute sessions on a weekly basis**

## Rugby Program:

**Annually from February to November (40 Sessions)**

## Coaching:

**Accredited and Qualified Coaches  
Boksmart  
Level 1  
First Aid Level 1  
Police Clearance**

## Quarterly Rugby Days:

**Rugby days give parents the opportunity to see and experience what their kids have learned and to observe their progress.**

## Please Note:

**Annual Fee is R3000, with payment options as follow:**

**Monthly: R300**

**Bi-Annually: R1500**

**Once-off Service Fee: R200 (payable on enrolment)**

**\* RSD Rugby is closed during school holidays and on public holidays.**

# EMPOWERING EDUCATION: Building Strong Communities Through Support

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In a world where education is the key to unlocking potential, one school stands out in its commitment to transformation through authentic community connections. At Sir Lowry's Pass Primary School based in Sir Lowry's Pass Village, Western Cape, they believe that the foundation of learning extends beyond textbooks and classrooms – it thrives in the embrace of a supportive community.

However, the journey to educational empowerment is not without its challenges. Sir Lowry's Pass Primary School is in need of your support to continue providing quality education and community engagement. We urge individuals and organisations alike to join us in this noble cause by contributing in a unique and impactful way – through donations of unused sports equipment and sports gear.



RSD Rugby's involvement with Sir Lowry's Pass Primary is grounded in the shared belief that genuine community involvement is the motivation for educational excellence. By fostering strong ties between students, educators, and the community, the aim is to create an environment where every child can flourish.

Sport play a pivotal role in holistic development, instilling values of teamwork, discipline, and resilience. Unfortunately, many students at Sir Lowry's Pass Primary lack access to proper sport equipment and sports gear limiting their ability to experience the numerous benefits that organized sports offer.




By donating unused sports equipment and gear, you're not just providing resources; you're opening doors to a world of opportunities for these students. Your contribution will enable Sir Lowry's Pass Primary to build a thriving sports program, fostering a sense of camaraderie and healthy competition among students.

Let us come together as a community and invest in the future of these bright minds. Your support will not only impact the lives of individual students but will also contribute to the overall transformation of Sir Lowry's Pass Primary School.



To contribute or learn more about how you can make a difference, please contact Ammanda Lottering of RSD Rugby Western Cape branch, at [ammanda@rsdrugby.co.za](mailto:ammanda@rsdrugby.co.za) or 060 651 4709.

Together, let's build a stronger, more vibrant community through the power of education, sport and shared commitment. 



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# Well-being in Children's Sports

## Nurturing Health in Young Athletes

In the dynamic world of sports, fostering good health in children is not only crucial for their immediate well-being but also lays the foundation for a lifetime of physical and mental wellness. As young athletes embark on their sporting journeys, it becomes imperative to strike a balance between competitive spirit and overall health. This article explores key aspects of promoting good health in children, focussing on their participation in sports.

### **Physical Fitness and Skill Development:**

Engaging children in a variety of sports help in developing their physical fitness and honing essential motor skills, and each sport contributes uniquely to their overall well-being. Encouraging diverse activities ensures comprehensive physical development and reduces the risk of injuries associated with repetitive movements.

### **Nutritional Considerations:**

A well-balanced diet is the cornerstone of a child athlete's health. Proper nutrition not only supports their physical growth but also enhances cognitive function. Emphasize the importance of a diet rich in fruits, vegetables, lean proteins, and whole grains. Adequate hydration is equally vital, especially during intense physical activities.

### **Rest and Recovery:**

Recognising the significance of rest and recovery is crucial in preventing burnout and injuries. Adequate sleep is essential for a child's overall growth, and scheduling rest days between intense training sessions allows their bodies to recover and adapt.

### **Mental Health Awareness:**

The mental well-being of young athletes is as important as their physical health. The pressure to perform and meet expectations can be overwhelming. Additionally, teaching coping mechanisms and stress management skills equips children with tools to navigate challenges.



### **Injury Prevention Strategies:**


While sports offer numerous benefits, the risk of injuries is inherent. Implementing injury prevention strategies, such as warm-up routines, cool-down exercises, and proper equipment use, is paramount.

### **Balancing Academics and Athletics:**

Striking a balance between academics and sports is essential for a child's holistic development. Encourage time management skills, ensuring that school responsibilities are met without compromising on athletic commitments. This balance contributes to reduced stress and a more well-rounded development.

### **Promoting Teamwork and Social Skills:**

Beyond physical health, participation in sports cultivates teamwork and social skills. Team sports teach children the importance of collaboration, communication, and mutual respect. These skills extend beyond the field, positively impacting various aspects of their lives.

In the field of children's sports, the focus should extend beyond winning and losing. Prioritising the overall health and well-being of young athletes ensures that they not only excel in their chosen sports but also grow into healthy, resilient individuals. 



[WWW.RSDRUGBY.CO.ZA](http://WWW.RSDRUGBY.CO.ZA)





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# ☆☆☆ 2023 ☆☆☆

Exciting times as the 3rd & 4th Quarter Product handout kicked off! Witnessing so many joyful faces was truly heartwarming! RSD Rugby spreading happiness one gift at a time!

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Although we encountered unexpected challenges with the handout, the products are so extraordinary that it was truly worth the wait! Thank you for your patience, we appreciate your understanding. We hope your child enjoys these incredible gifts!

# Season Greetings

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2023 | 2024

RSD RUGBY S.A

[WWW.RSDRUGBY.CO.ZA](http://WWW.RSDRUGBY.CO.ZA)



# GOD IN SPORT

## » LISTEN / LUISTER

LUISTER God se stem in my lewe | LISTEN God's voice in my life.

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