

PITCH

Emeli Tembe

MAGAZINE



01

SOCCER RUGBY NETBALL CRICKET GOLF E-SPORT ATHLETICS

South Africa



- Stronger Together -



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Editor's Note

To firsts and wins!

I never thought that being at the stadium and feeling the vibrations from passionate fans' stomping would be one of the things I look forward to. That's one of the highlights that came with making this issue.

I can't put to words how fun being on set shooting and directing players with a friend, an artist whose creativity I value and respect is. Kgotso's work ethic and dedication always pump me, especially at times where writer's block has me by the collar. The enthusiasm with which all the players have welcomed us to the interviews and photoshoots is unmatched and made this journey so much easier. I have also gained new respect for sport players, their commitment and the hours they put into being physically and mentally ready is unbelievable. Remembering this will always push me to put in just a little more effort towards my work.

Very little compares to working under someone who allows you creative freedom and trusts your process. Mme Shela's patience and responsiveness whenever needed is the embodiment of a dream boss. Many thanks to her. To Dr Tondi who put his name and confidence in us is a reminder of how much a privilege working under a visionary is. We hope to have done justice to this issue and continue to grow from here. The awesome coaches and team managers' enthusiasm and presence is important to this issue. They know their teams the most and ensured that the process was always smooth for us.

To the those who are going to read this issue, we hope to have brought you closer to the players. They are fearless, they know that any day there could be an injury or a loss but they show up every single time to do what they enjoy. That's their contribution to the CUT culture and it is worth applause and learning from. Enjoy!



CENTRAL UNIVERSITY OF
TECHNOLOGY, FREE STATE

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DIET AND DINE

DIET AND DINE

DIET AND DINE



Emeli is the ultimate embodiment of stubborn persistence, precision and excellence. She started off as an athlete, moved to rugby and later graduated as a fashion designer from CUT. She left rugby and started her career in fitness modelling and is doing pretty great at it. This journey has seen her become a fitness trainer and start studying towards being a dietician. We caught up with her to get a glimpse of what that journey entails but most importantly how we mere mortals could switch up our diet if we are trying to start a fitness journey.

Fitness lifestyle with *Emeli Tembe*

Pitch Magazine: First things first! What should you avoid eating?

Emeli Tembe: Start by cutting down on sugary foods and processed foods. Eating food with sugar spikes up your insulin which makes you crave for more, so you just keep on eating.

PM: Do we cut the food off completely, isn't that difficult?

ET: Listen, you can eat everything you want but you shouldn't over-indulge. You need to learn how your body responds to different foods. Which food makes you lazy after eating and which ones make you feel energetic.

PM: What bad habits could be contributing to our problems?

ET: So, your brain actually takes 20 minutes before it registers that you are full after you have been eating. If you eat fast you will eat more and when you're done you will feel uncomfortably full. Chew your food at least 24 times before swallowing. This helps prepare your digestive system. Digestion starts in your mouth, if you swallow big chunks you trigger your digestive system to overwork and you'll end bloated or feeling uncomfortable. This will also help you eat slower.

PM: How do I then best moderate my food intake and what are the health go-to foods?

ET: Start by decreasing a spoon of sugar weekly in your tea or one sweet thing and after you get used to that, decrease more again next week. You cut them out slowly until you cut them completely. Replace white bread with brown bread because brown bread is more filling. Replace white starch with wholegrain starch. Also, incorporate seeds into your diet. Sesami seeds, chia seeds, flax and sunflower seeds are really healthy. If you're a sucker for chocolate, opt for dark chocolate because you can't eat a lot of it at once. Don't deprive yourself of the joy of life, just enjoy it wisely.

PM: What does your daily food routine look like?

EM: I do weight training in the morning on an empty stomach to burn fat that's in my body not the one from food and basically use my own strength from collagen. Then my breakfast is at 7am I have breakfast which is basically oats, 2 boiled eggs and strong black coffee with no sugar.

At 10am I have my second meal which is a couple slices of about a quarter of a cucumber and chicken, I grill my meat.

Then my next big meal is at 1pm when I have about 100g of brown or basmati rice, white fish (hake) with maybe beetroot as a side.

I don't use spices, I use cayenne pepper, turmeric, black pepper and herbs. I also love garlic and pink Himalayan salt or sea salt.

On days that I am preparing for a body building contest, all my food and water intake are measured and controlled. It is more hectic and stricter. I get midnight cravings and cry myself to sleep sometimes but I have to talk myself into remembering that I want this, this is my dream and I have to work for it. At times when we are at the gym and my coach is pushing me to my limit, he asks me "Emeli do

you want to cry in the gym or on stage?” and I get it done. It can get extremely emotional but you need to learn to control your mind and emotions. You learn to understand that there will be people touching you everywhere when they see your body, you have to get used to the spotlight.

There are also some mean people, some guys at the gym would tell me that I need to tone down and I tell them “No, you need to tone up, you’re a guy and I do way more than you even though I don’t have the advantage of testosterone”. Some people say that it takes physical fitness to be a body builder but your mind must be super fit to be body builder. You need to really be passionate and really want this and invest in yourself. And I don’t ever plan to stop until I’m Miss Olympia. They’ve always said I’m a stubborn weightlifter, I want to be international professional body building stages, if American body builders can, why can’t I? We aren’t any different.





MEET N GREET

MEET N GREET

MEET N GREET



CRICKET

CRICKET

BROTHERHOOD

is team culture in CUT Cricket

The cricket team has a bond you need to be really blind to miss. It could be because of the long periods of time they have to spend with each other at practice what is more important is that it is amazing to watch.

Ex cricketer at CUT Churchill Modise who is now the team's coach says that he had to pause playing and start a career and family but felt the need to come and give back. He explains that coaching gives you an interesting perspective of the game, it makes you understand the game much better. He says the most fascinating thing about cricket has to be that it is the only sport in which you perform as an individual even though it's a team sport. "You work on individual skill for the collective, in order to bowl or bat- you do it alone" Churchill tells. He also says that you get to see how stressful it be for the younger guys, "you realise that you are not just a coach, you also have to be a brotherly figure for the guys. Sometimes when I'm not here it's the people I miss and not the cricket" he adds.

Churchill explains his highlight since coaching to be when they qualified to play in the Varsity Cup. He says that the team wasn't the strongest among the teams in the B Section but the spirit and character collectively showed by the team at that tournament. "This was in my first year of coaching" he says that had to be his greatest highlight. His biggest goal for the team would



be winning all National Tournaments and believes that they have the talent to be able to achieve this. The players are students as well and to balance their academic performance with their sporting he has one-on-one sessions with the players to find out how they are doing off the field. The players submit their exam time-tables so that practice is scheduled around their studies and to also know if they're not present why that would be.

He is confident about the team's performance so far as the first round of the tournament. "We won our first two matches and we won them convincingly and lost our last match but we have been preparing for the next one" he says.

Batsman Iviwe Gwana grew up with brothers and cousins playing cricket and just learned from them. He explains it as how he grew into cricket and has played ever since. "Generally in sport things don't always go your way but you grind until things happen your way" Iviwe explains how at times you'd feel like giving up but continue for the love of the game. He recalls his greatest moment to be the time he found his feet in the team. He says that being from the Eastern Cape and playing with a new team wasn't easy because team culture differs, he worked towards making a name for himself and has moved from playing 3rd to now playing 1st team.

Iviwe says that scoring a 100 is the greatest feeling any batsman could feel. He says that cricket requires intense focus because sometimes a match could start from 10am and go on until 5pm, "you need a level of



focus to be able to stand in the sun all day and score well” he says this is one thing people don’t always realize about the sport. “For any young cricketer you always want to one day represent your country, I think that is the milestone we all want to reach” Iviwe on his goals for cricket.

Team captain, Hannes Venter describes his journey with cricket as a good one with some setbacks and good moments too. He says he’s always loved sports and started playing as kid. The 20-year-old cricketer is in his second year of being a captain and says it is nice that the players all know why they are here so his task is always more game strategy than anything else. “I like the team and the vibe, we get along well on and off the field” Hannes on his experience since playing for CUT. He also says that he wants to just continue playing and hasn’t thought of playing beyond varsity again, “I’ve played beyond and kind of felt that it wasn’t for me, I just want to play to enjoy the game” he adds.

Eduan Coetzee is the team’s multi-tasking king. From working day time at a law firm to pitching for



cricket practice in the afternoon all while being a student. He says he used to play both rugby and cricket but got hooked by cricket. He says his best moment has to be playing for Varsity Cup with their match aired on TV. “Every guy wants to go on the field with the lights on and people on the benches watching, my father came down to watch and he was proud, that for me was my best moment” Eduan says. He says a lot goes into preparing for a match and it can get stressful but when you step onto the grass you can’t stress because you’re just in the moment. He says playing for the Knights is high on his list and the rest will clear from then.




Jason Raubenheimerlll is also dual sports player, playing for both the CUT cricket and rugby teams. He says that he is going to end up choosing cricket because it can get strenuous playing for the teams and being a student. “The bond in the changing room, the friendship both on and off the field are the most special things to me” Jason says that is what also them perform well on the field. The young cricketer says that playing professional cricket and touring the world are his ultimate wishes for his cricketing career.

NETBALL



*I want to play for the Proteas
I want to play for the Proteas
I want to play for the Proteas
I want to play for the Proteas*



*“when someone recognises
your strength and capitalizes
on it”*

THE COURT OVER EVERYTHING

NETBALL

One thing that stands out whenever talking to varsity sportswomen and men is that almost all of them have been playing for most of their lives. They don't need anyone to convince them of how important it is to invest the necessary time and energy into what you love to get your skill in the best possible shape. We sat down with three netball players from the CUT team to find out what goes into being a part of the team.

Sinothando Sisipho Zimena says that she has always struggled with communicating with people and making friends but found it easier to make friends through netball. “I would never just walk up to a person and start a conversation. We have to talk to each other at practice and that's where I get my friends” she added. This passionate Construction student says that she got introduced to netball even before she started school because her mom played netball and would go with her to practice and started throwing and catching balls

then. She's played since then throughout school until she got to CUT and went to “check out the courts” and joined the team. Thando says she loves practice, “A lot happens there” she adds cheerfully. She also says that the sport requires fitness, that's why she does a lot of step exercises and running.

Thando recalls her worst moment as a netball player to be after she had made it into a senior team in high school even though she was a junior. That was awesome but she got pushed during a match and got a concussion and got hospitalized for a couple of weeks after she lost sight due to the injury. She says throughout her hospital stay she kept wondering if she would ever be able to play again. “I was 17 and made it into the Under 19 team at the KZN trials after my injury. This brought back my confidence. I've always been happy that I got a second chance to play” she adds. She says her ultimate goal to reach would be playing for the national team. She says “I want to play for the Proteas”.

Tshegofatso Mancoe started playing in Grade 1 after they were told to all choose a sporting code and stayed with netball since then. She does say though that if she weren't playing netball she'd probably be playing Tennis, “It looks so fun, every time I watch them playing I'm like it looks



so fun". Tshegofatso was playing in a residence tournament on campus in 2017 when she got spotted by the CUT netball players who told her to come join their practice.

This year started off a bit rough for her on the court. She says that she was playing a position she wasn't delivering in and the coach always told her off and that threw her off. "I always came to practice already knowing that it wasn't going to go well for me" she adds. When the team went to the University Sports South Africa tournament (USSA) she had already accepted that she was on the bench.

Another player wasn't delivering and the coach put her on the court and she played an exceptional game. "She realised that that's where my strength is, the new position I was in" Mancoe says that's how she got her turn-around moment. "I think it's great when someone recognises your strength and capitalizes on it, you play good. When Coach was happy and she called me to apologize for being harsh and congratulating me in the one-on-one session" Tshego says that has to be her best moment. She also stresses why it is important to have mental strength. "You could be positioned well to score but if someone starts shouting that you're gonna miss, if you aren't mentally present in the game you will miss, you are affected" she says she thinks that more than the physical game netball is a mental sport. You need to always have your head in the game.

Mancoe says that people don't realize that netballers have to do a lot of fitness and even more strength training. "You could be fit and run fast but if you lack upper body strength your throws will be weak and easily intercepted by the other team" she says. Tshego says she doesn't want to stop playing but isn't set much on going professional, she wants to continue playing just because she loves the sport.

The feisty Language Practice and Media Studies student, Sizeka Adoons who started off with athletics then moved to soccer and netball is also part of the team but didn't even plan going into netball. She was spotted by a coach in high school when she was in the office waiting for her mom to pick her up from school after she fell sick. The coach saw her height and told her to come to practice the following day. Her team mates were actually surprised by how late she started with netball given how good they say she is at the sport.

When she got to CUT she refused to join the team after the players walked up to her and told her to join them. She says she wasn't quite impressed with them. "Just before their final preparations for the USSAs they asked my then coach that I join them and that's how I got to be part of their team" Sizeka says. She still plays soccer and says even though she dreams of playing for the Proteas one day she likes soccer more because they play a lot of friendly matches. "You grow more when you play with more different people, you can see better what your challenges and strengths are" Adoons adds.

She recalls her worst moment to be after practicing for a certain position and got placed in a different one before playing. "I was off the whole game, I didn't deliver and I cried" she explains. Her best moment is from the time when she was moved from a position she was used to playing to being a shooter and delivered on the same day. She was called an all-

rounder and “when coach congratulated me during our one-on-one session it was the best thing ever”. Her highlights also include being crowned best player three years running from Grade 9, 10 and 11.

The girls say that they had a really good start to the USSAs and everyone was intimidated by their team. They won their first match and lost momentum after their loss to UKZN. They say that the team had their communication and energy right but suffered because they had not had enough friendly matches prior the tournament. Mancoe mentioned that a lot of the players had sustained injuries too and that didn't help their game. They closed off the tournament with a win though.

The sport can surprisingly get quite emotional and intense physically but the feeling of being part of a team and the thrill that comes with victory certainly overweighs everything else. The team is said to be at its strongest in the past three years and the girls are focused.

Anyone who wants to join the team can always show up to the netball court for practice and train with the team until official trials before the new season opens in April.



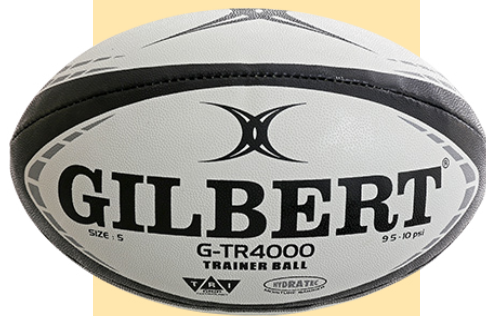
"I want
to play for the Proteas"



RUGBY



*“...there is a lot
of mutual respect whether playing with or against each other.”*



A HOOLIGAN'S GAME PLAYED BY GENTLEMEN

Every team in every sport has their golden year and 2019 has been that year for CUT rugby. This team has had over a handful of golden moments that need to be celebrated like going into the Mangaung City League final with no losses and having ten of their players included in the Cheetahs under 21 squad. The Ixias have also had two of their players make the cut for the Griffons' A-league senior team which played in the final for the Currie Cup against Argentina.

When chatting to Heino Bezuidenhout who's been playing since making the cut from trials in Grade 1, he says that the most special aspect of being with the Ixias is the moments he spends with the guys on and off the field. "On the days that you are struggling with fitness, having these guys on your side makes it easier, it helps you a lot" Heino explains. He says that it isn't always as hectic as it looks, they share a lot of smiles and jokes with each other. "They say that rugby is a hooligan's sport played by gentlemen" Heino explains that it can get rough and tough but there is a lot of mutual respect whether playing with or against each other.

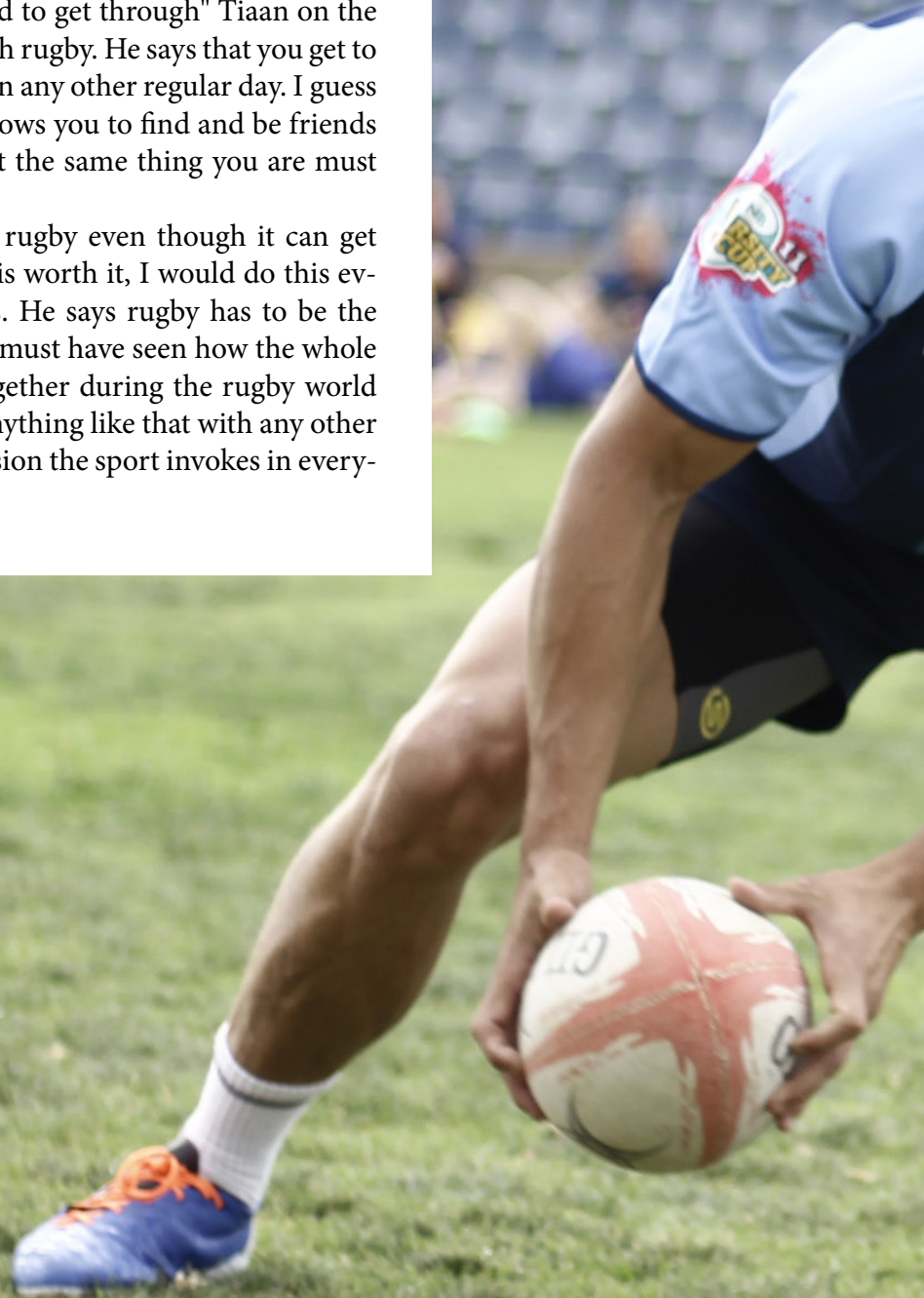
He explains that despite the injuries rugby is the sport that has his heart and that it comes with a lot of other perks. He says besides having the license to walk around in shorts that show their hot legs they also get to travel and meet and connect with people. "I've played internationally and get the opportunity to travel just playing rugby, that's something money can't buy only hard work" he adds passionately.

Heino's golden moment was winning the World Series in Singapore, Hong Kong with the Blitzbokke. "Winning a world series is the most mazing feeling you can get as a player, the sense of relief that comes with the achievement of knowing that 'we've done it, we got the t-shirt' is my best moment" says he. The young player says that even though he has played internationally his dream is to play for the Springboks, "It is a hard to reach goal but if you ask any young player he will tell you that he wants to wear the green and gold jersey" Heino tells us. He says it has been his dream ever since he was a little boy.

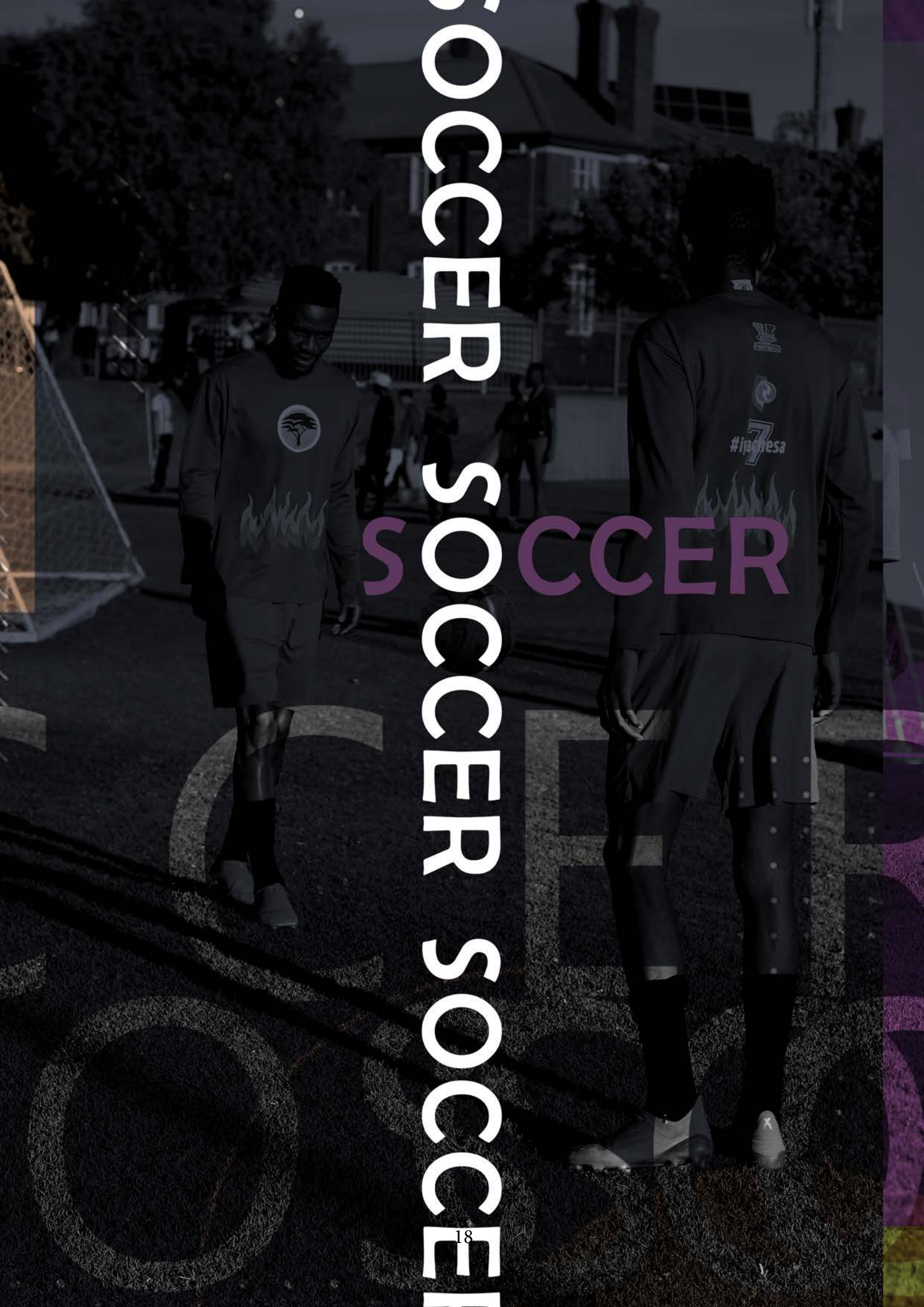
From being in the gym by 6AM to leaving practice at 6PM and being a student at the same time; being a rugby player is quite a "mining of the body" and Tiaan Venter wouldn't give it up for the world. The young passionate player says that he would be the happiest person alive if he could wake up everyday to play and support himself through rugby. Tiaan explains that the sport requires intense time management and that's something people don't always recognize. He also explains though that their coaches give them some time off to focus on their exams since they still need to pass and do well in academics.

"Being on the field for 80 minutes is tough and you need to know and trust the guy next you on the field to get through" Tiaan on the special bonds they get to make through rugby. He says that you get to meet people that you wouldn't meet on any other regular day. I guess it makes sense, having a place that allows you to find and be friends with people that are passionate about the same thing you are must be quite special.

He has played golf before but chose rugby even though it can get physically and mentally draining, "It is worth it, I would do this everyday for my whole life" Tiaan says. He says rugby has to be the most special sport in the world, "You must have seen how the whole country came together and stood together during the rugby world cup, it's amazing and I haven't seen anything like that with any other sport" Venter explains how much passion the sport invokes in everyone not just the players.







SOCCER SOCCER SOCCER SOCCER

SOCCER



SOCCER TALK

THE SKILL, THE GOAL AND THE PASSION



Katlego Shikisha Molakeng who plays the Central Midfielder position says that he got his name five years ago and thinks that they gave him the name because whenever he gets into the field he shakes everything up “I guess ke a ba shikisha” he adds playfully. “I think that it’s just a seed that was planted inside me, when I enter the field I feel like there’s nothing that can stop me” Katlego on what made him decide to play soccer. He says he feels alive, as though he is living out what he was meant to. “I think going to Sweden for trials last year, I was nervous, it was a completely different environment but the experience, being chosen to go for trials there that felt great” Shikisha on his best moment. Katlego says that playing anywhere overseas would be reaching his ultimate career goal. “You know Lionel Messi, everybody thinks that nobody can stop him, I feel like with the right training and fitness I think I could” he says. When asked to explain what he thinks is the most special thing about soccer, Molakeng says that answering that question would be like telling someone how water tastes “We need soccer, you need to play it to know it, it’s like oxygen to us, we need to play soccer”.



Mothusi Zidane Madelola is the team's all-rounder, from playing right and left wing, to attacker says he doesn't even know why they gave him the nickname because he feels that he plays differently from the actual Zidane but the name seems to have followed him from Primary school. He also says he doesn't even remember when he started playing but has been playing since a young age. He says that he played a lot of sports and soccer seemed to be the one that stood out, "You know when people tell you that you're good and you also know that you're good, I think that's why I stuck with soccer" says Mothusi.

Madelola says his best moment has to be going abroad in 2010 while he was still playing for the under17 team for Sundowns, "I think that that was the highlight of my career". He also says that playing for Kaizer Chiefs would be the peak of his career especially as a Chiefs fan and has supported for as long as he can remember. "I think I wanna see myself playing against Alexandra Arnold, the Liverpool right-back, he's fast and I'm quick, given the right amount of training I think that's the guy I'd wanna take on" says Madelola. On the most special thing about soccer, Madelola says that you need to have the right amount of drive, passion and love, "Everyone can play, a lot of people play soccer but being a student and an athlete is difficult so what keeps us coming here, it must be the right amount of passion".



SOCCER

THE PITCH

A HAPPY PLACE FOR LIKEMINDED PEOPLE



Kelebogile Small Mokhuoa: Defender

Small started playing at ten years old influenced by her father who used to play as well and taught her to play the same position as him. “Soccer keeps you away from a lot bad things, stress and such things and it’s a healthy lifestyle” she adds. She says whenever she’s in the field she switches on “when I’m playing I only focus on the coach and the players’ voices. Any other voice doesn’t matter; you have to keep focused”. Small

says any mistake of listening to people off the pitch is going to switch you off and affect your game. For Small, the one player who motivates her most is Sifiso Hlanti who plays as a defender for Wits. Small says that she can’t stand being substituted feeling as though she hasn’t reached her potential for the match and mostly this happens when she gets injured. “Ba nale fighting spirit, whenever we are on the ground we are all one” that’s Small’s take away treasure from the team.



Brendolene Lulu Williams: Goal Keeper

Brendolene Lulu Williams grew up playing with boys and fell in love with soccer then while playing in the streets during her free time. She only started taking it serious when she was in high school at around Grade 9 until she took a break to focus on school in grade 12. "I got to CUT and saw the girls practicing and that love came back so I joined the team and found myself and I developed more love for it" says Lulu.

As a goal keeper, Lulu says the greatest feeling has to be preventing a goal. She also says seeing some player improve is also great and for her having someone who is always there for you when you make her a mistake. "Whenever I make a mistake, Maestro is always the first to say sorry player" Lulu adds. Williams says that Itumeleng Khune is the one person whom she could definitely make to sit on the bench, she says with the right training and focus she says there are things he does that she things she too could do. She also mentioned though that you can always tell that he plays this sport out of love and that's also why she'd want to be on his level. Conceiving goals from high balls is what ticks Lulu off, she says that she knows that she can jump but her timing with high balls is always a second off. Williams says that she values the fact that they have relationships on and off the pitch with each other and always work as a team.





Lucrecia Maestro Manis: Goal Keeper

Maestro says that soccer is her happy place. "I was always playing soccer and grew up with it and it took me to a lot of places. I was born in soccer." "You have to be mentally fit", Maestro says that you can't allow anyone to distract you, she says that you need to practice how to ignore any external distractions. "When you're preoccupied mentally it will always show in your game, it's not easy but you have to be there" Maestro adds. Manis says that Andile Dlamini who is known as South Africa's number 1 is the player at the top of her hit list and thinks given equipment and training could improve on some things like distribution and such as a goal keeper. Maestro says the worst feeling she could ever get is when she conceives a goal, "I feel like a keeper that's my job and if I get scored a goal I didn't do my job" she adds. Manis also says even though sometimes ba nale nako ya ho mo opisa hlooho she loves that they are always there for each other. "I know that whenever I need to confide in anyone I can always find someone on the team" when asked about the most valuable aspect of playing with the CUT women's football team.



ATHLETICS

“...you don’t want to lose your rhythm and pace”

SWEAT WITH FLEXI

THE GIRL IS FOCUSED

Hyped up and energetic long distance athlete Refiloe Karreebos Portia who is also a pretty good table tennis player sat down with us to share her journey as an athlete and the interview went something like this.

Pitch Mag: How did you and athletics happen?

Fifi: Well, I have been running my whole life until my matric year. I actually used to be a sprinter and in 2015 when I was in Matric I didn't compete and it was tough because I can't go through a day without thinking of preparing for racing.

PM: What categories do you compete in and how do you prepare for them?

Fifi: I compete in Track and Field, Cross Country and Road running. For road running I usually do 10km, for track and field we normally train on the track for speed. Then we have millage training because cross country is a lot of hill work, we normally train at Navil Hill running up and down sometimes its 800m times 8 to strengthen your hamstrings and quads. Then we also have muscle endurance, where we do core training, quads, steps and drills to strengthen your muscles and to help you avoid injuries.

PM: What prompted you to start competing long distance?

Fifi: There is no way you will be able to run qualifying times after not training for a full year for short distance, you won't even be able to break a second, especially in the 100 and 200m races. So I decided to start a new programme and see how it goes and so far it has been working for me.

PM: How did you find adjusting into the world of long distance?

Fifi: I wasn't competing in 2015. And it was boring, it felt like a smash-down. I had to start jogging, and in 2017 I got a club, Eskom Gijimas Club. They were supportive, they paid for all our running gear because you have to run in club colours, our accommodation and entry fees in competitions. Then you get to compete outside the province if you qualify for Free State Championships you go for Nationals in your Free State colours which is a big deal.

PM: How is it on the track when you're doing long distance?

Fifi: The start is always nice because I am a speedster I start of pacing, but as you go your legs start to wobble, sometimes you don't even feel it in your legs but after two laps you feel the burn in your chest but the amazing thing is even if it's painful when you're running you don't stop. You want to finish you, don't want to lose your rhythm and pace. It gets painful when you're running ten 10km because it's not like when you're running to a certain place it's all those laps in one place but it also teaches you a lot of discipline.

PM: How has this year been for you competitively, are you where you want to be?

Fifi: Knowing that I went for my first USSAs in April competing

with top athletes, I think I did well. I came fourth place in steeple chase even though I was aiming for the podium, I ran my personal best (PB) and now I know what I need to work on and I know what is out there for me for next year. I went for Athletic South Africa championships and when the race was finished I felt like I hadn't run at all, that's how fast the pace was. I made it into the top 20 in position 16 which is not bad because next year I work on getting closer to the top 10. When you're in the top 10 it means you're closer to your qualifying time.

PM: What is it that you feel is unknown about athletics?

Fifi: It's not just running, it's quite challenging, you have a target time you're trying to reach. There are struggles too, Free State is a small province and it's not easy to get sponsorships and getting kit and recovery supplements can be expensive. If you don't recover well after all the training, you will be off come competition time. Sponsorship is quite important. But there are other varsities that want us like the University of the Western Cape because they don't have female athletes for long distance, and that makes you feel good it makes you push.

PM: You're an athlete and have



a trademark, how did you come up with that?

Fifi: So, I had a friend that did gymnastics, I used to go to training with her but couldn't compete because it was expensive. But I am flexible and that's how they gave me the name Flexi. I started training people who always ask me how to loose belly fat and get toned, I started here on campus so next year I will be officially introducing the brand Sweat with Flexi.

PM: What competition do you have your eyes on, one you can't wait to compete in?

Fifi: For me it is running internationally, the FISU university championships international. If I qualify next year it means I will be able to represent varsity international and if do that I know I will be closer to world championships which is the Diamond championships. You compete there competitively and from there it's the olympics.

PM: How do you celebrate after you have just won a race?

Fifi: A smile really, when you finish a race and you're in the top 3 you just wanna hit the ground. Sometimes I do a split after winning and everyone is always so wowed. I mean even if you're tired when you do your last lap you get some power boost and sprint because you know after the line I'm finished, but it's difficult I wouldn't lie.





E-SPORTS



CHANGING THE FACE OF E-SPORT

Gaming gets recognition as a sporting code



Sometimes great ideas take off because of one person with an undying passion to gather likeminded people. This is how Leon Van Der Linde organized the first ever gaming event at CUT for the IT & Engineering Faculty. He didn't expect to receive the overwhelming amount of support and interest that students and people beyond campus showed. After the first gaming marathon a student suggested that he partners with a local computer store. This is how Compuden; a local computer hardware store and Acer South Africa started sponsoring prizes such as cash vouchers, T-shirts and goodie bags for the events and providing them with promotional material.

Not long after this he was asked to coordinate an 8-player team to represent the institution in a tournament since University Sport South Africa (USSA) was exploring e-sport as a new code. Leon organized and hosted a qualifier event in which players signed up and eliminated each other through the rounds until they found the top 8. These strides were great because Leon had always wanted to introduce a gaming culture in CUT and the province. "I wanted people to know that e-sport is a billion-dollar industry and that there are guys who are now contracted players and are getting paid to play professionally" he adds.

Leon says that initially he wanted to create a space where gaming is used for its social gains, having all different kinds of people coming together to have fun and just play. He also mentions that when you are in Welkom, Bloemfontein or Kimberly and you want to play you always have to travel to Cape Town or Johannesburg so he thought that it would be nice to have a gaming event that is in the central region of the country. "It is easier for people from all over the country to travel to the Free State" Leon adds.

The gamers had practice for about two weeks before the tournament and two of the four teams progressed to play-off level and made it out to second place; Leon describes their performance as a good achievement given that the guys played against eleven universities for the first time.

Leon hopes to continue to grow gaming culture within the CUT community and get to a point where he hosts bigger annual tournaments for the people on and off campus that love gaming.



GOLF
GOLF
GOLF



CUT

A-league golfers

They call it a timeless sport; Golfing is one of the sporting codes found at CUT. Two of the team's best players, Darian Fortune and Mojalefa Xaba have managed to play in the A league at the University Sports South Africa tournament for 2019 and the players alongside their coach Gert Cronje were willing to share their journey with us. The coach who only started playing at 30 years old says that golfing is a lifelong sport. Darian Fortune, a 1st year student at CUT has always been a sporty person, he says he played almost every sport. He started picked up the sport from his father who also used to play but at the time it was only a hobby. Darian started taking lessons and left cricket for golf when he noticed that his golf is pretty good from making it into the provincial teams.

Golf, according to Darian is a sport that wants you to know how to adapt as you can play at different places which require a certain type of play form you. "It also tests your mental abilities, I've played a couple of times when I'm sick or not feeling my best, it does affect your game" Fortune adds.

"There is also something therapeutic about hitting a bucket of balls when you aren't in a good. It's like you get a break and forget about all your problems for a while" Darian responding to how the sport helps cope with stress and anxiety.

He says you can learn to play at 8 or when you're 80 and still be good. Darian says even though the sport is "timeless" it is best to learn earlier because as a child you don't get as frustrated as an adult. "When you're older you understand what you must do but when it doesn't happen you can get frustrated and quit easily. I think it takes passion to learn when you're older" he continues.

Fortune doesn't plan on stopping until he is swinging at professional level and is committed to the task of balancing his academics with sportsmanship which he admits can get challenging sometimes.

His teammate is also a first year student. Mojalefa Xaba was on the course picking up balls for other golfers until he thought "you know what, I should start playing. I can hit balls too" Xaba says he started being on the other side then and it has roughly been 15 years now.

He says that he has learned that it is not just hitting the ball. The game requires fitness because one golf round is at least 7km walking distance. On top of the physical fitness



you need to be fit mentally. “Sometimes you’re playing outside the country and the conditions are different from what you are used to. It feels different” Xaba adds. He says that the interaction that comes with being exposed to many different players through tournaments like the USSA helps since they get a chance to interact with other players.

Xaba says that playing is always a breather away from bad things. Having played for a long time has taught him that even when things don’t go your way “there is always more to look forward to, to live for”. Making provincial teams motivates him to keep trying to keep doing better in his academics. He says that it can get difficult sometimes having to write special exams because of tournament schedules but doing better in another pushes the other.

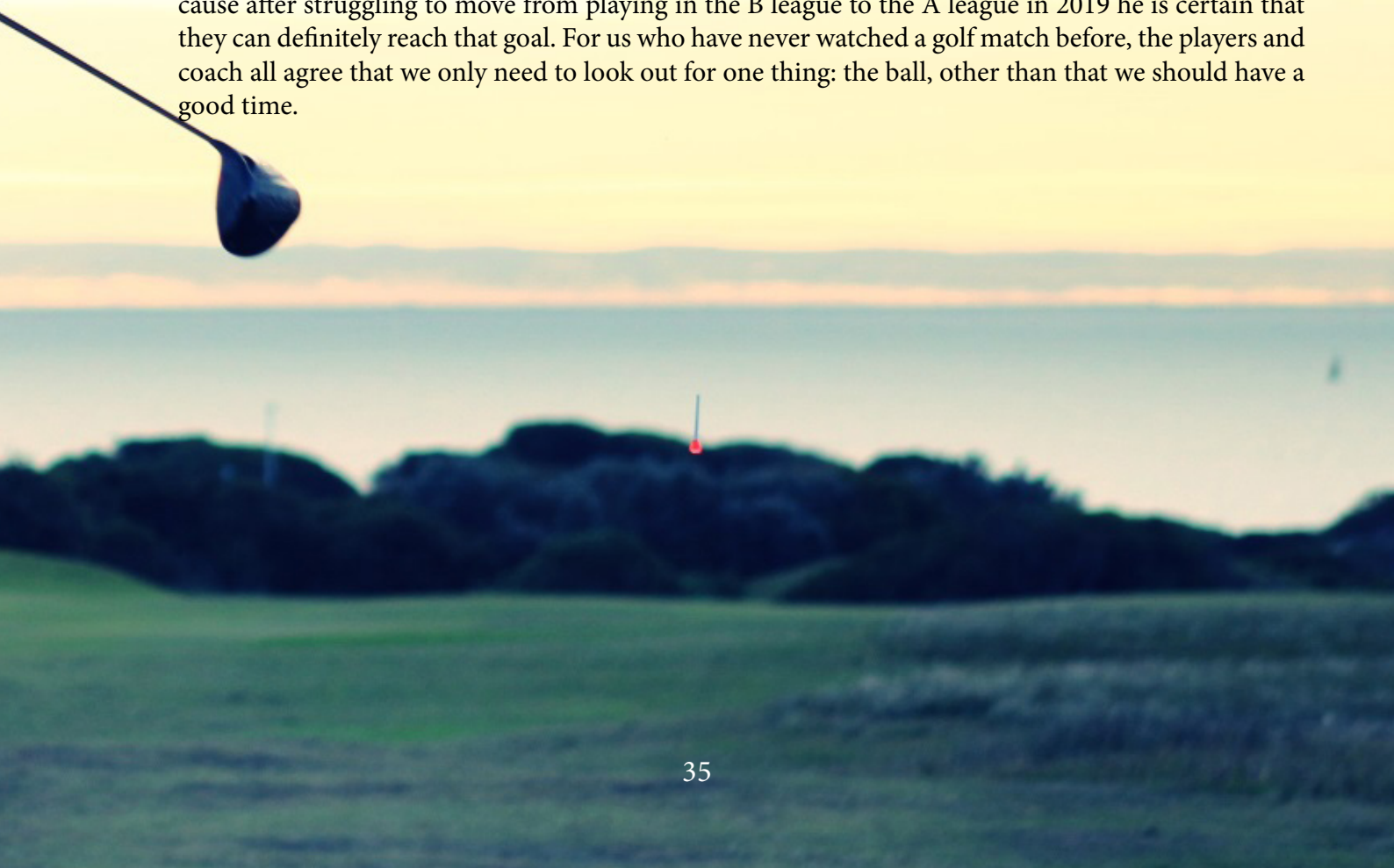
Xaba says that he plans to keep his academic life as fit as his golf life until the day he plays professional and starts touring.

“For any normal person, when you feel uncomfortable the first place that gets tense is your arms and golf requires relaxed arms and wrists and a focused head for good timing of your swing” Gert adds. He says it’s a sport that wants relaxed concentration.

Gert Cronje coaches the CUT golf club and only started playing when he was 30 years old. He says this is proof of how timeless the sport is. Gert explains that even though there is a level of physical fitness that you need for golf and the skill that you can learn about the game, you still need to show up mentally. “When you are on the course you are on your own against your opponents. It isn’t like other sports where you can quickly have a talk with your team. You need to motivate yourself” he explains. This is part of the benefits of coaching young adults, he says it is more about managing their mental strength and strategizing about how to play in different conditions and sharpening their awareness than actually teaching them how to play the sport.

The coach says that he always encourages his players to put in effort with their school work since the move from provincial level to professional can take a long time and the costs of the sport can get quite expensive. “A lot of the guys who play at international professional level only started getting there after they are 28 years old so you need to be able to support yourself in the meantime or if you don’t end up at pro level” he says.

Coach has hopes of finishing the tournament in the top 3 next year and he says he is motivated because after struggling to move from playing in the B league to the A league in 2019 he is certain that they can definitely reach that goal. For us who have never watched a golf match before, the players and coach all agree that we only need to look out for one thing: the ball, other than that we should have a good time.





SPOT AND SHOP

SPOT AND SHOP

SPOT AND SHOP

FITNESS GADGETS TO BAG

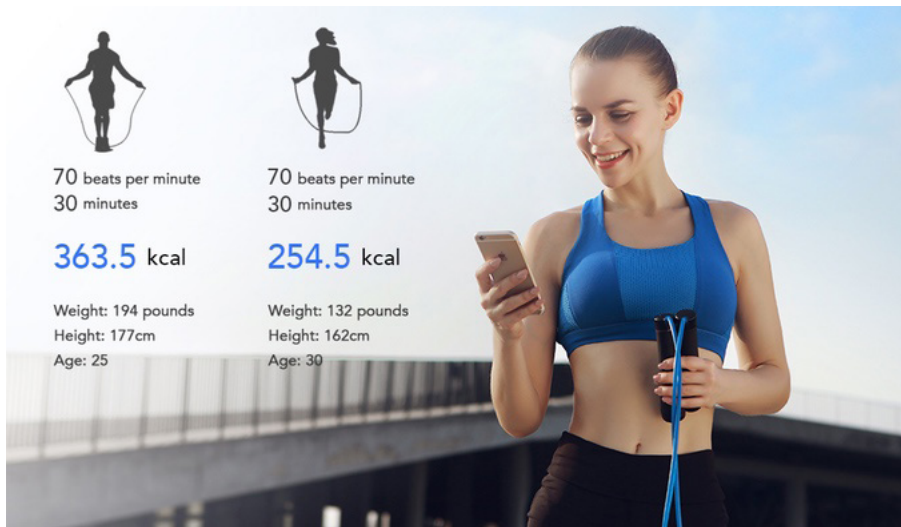
You can't ignore the rise of the digital age and its reach. It is boundless and has also imprinted itself on sporting and fitness. Check out our list for fitness gadgets that you might really want to add to your shopping cart.



Fit Alta & Alta HR

FITBIT ALTA WRIST BAND

The slim fit wrist band tracks your daily routine. It keeps record of your sleeping time, every step you take for the day. The wrist band sends you notifications of your calls, text and calendar notifications. It also sends you reminders to keep active throughout the day. This invention allows you to compete with your friends on a leader board and comes in different styles so that you can have it on whether going on a jog or to dinner.



SKIPPER

Skipper is a smart rope from the company Geekery. The rope combines tech and fitness by allowing you to sync your phone with your rope to keep track of your workout, compete with other users on the FITMAX APP and celebrate meeting all your workout targets. The rope comes with built in speakers that can connect with your phone through Bluetooth to allow you to enjoy your music while working out.



Practix

Practix is a portable and easy to store weight lifting product. The compact design combines dumbbells and kettlebell into one product that can be unpacked into several more weights by just clicking and turning it. This helps you adjust the weight based on your preferred workout. It comes in different colours for you to choose from to suit your personality.



VIR ZOOM GAMES SYSTEM

This product is perfect for anyone who loves gaming and working but just doesn't have enough time for both. It offers a collection of virtual reality sports for the VirZOOM bike controller. Your pedaling and leaning propel you through race tracks, battle grounds, and soaring skies. You can play online live or against ghost players.



H2O Pal

It's a smart bottle that automatically tracks your water intake and syncs data with your smartphone. It sends you personalized and timely notifications so you stay well hydrated throughout the entire day. It also has a feature that creates personalized hydration goals and measures and encourages progress over time.



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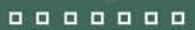
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Congratulations African Champions



Clean sweep Victory

