WHAT DO YOU STRIVE FOR?

- What do you want to achieve with your talents?
  How do you want to be remembered?
- The **NWU Rugby Institute** is
  YOUR passport to a future that **YOU** want

NWU®

NWU-
rugby institute

Dream Big.
Forget About Limits.

- Find Your Voice
  Find Your Inspiration
  Find Your Career

It All Starts Here®.

Tel: 018 299 2429
Email: Ronel.Emms@nwu.ac.za

Contents

BACKGROUND.............................. 1
TERTIARY INSTITUTION.................. 2
POTCHEFSTROOM AS AN OPTION....... 2
STUDY POSSIBILITIES................... 3
HOUSING.................................. 3
TALENT DEVELOPMENT.................. 4
FACILITIES AND AMENITIES............ 4
FIRST YEAR STUDENTS.................. 5
RESIDENCE RUGBY........................5
EXPOSURE.................................. 6
BURSARIES................................. 6
ACHIEVEMENTS.............................7
MEDICAL PROGRAM........................8
DEVELOPMENT PROGRAM................ 8
APPLICATIONS..............................9
ENQUIRIES..................................9

BACKGROUND

The Rugby Institute of the North-West University was started in 2000, with Andre Markgraaff as the first executive director. The Institute has since grown to be a force to be reconned with on the rugby field. Residence rugby has grown from the initial 14 teams in 2000 to a total of 36 teams in the current leagues.

This massive increase in enthusiastic players is an indication of the overall rugby spirit on the NWU Potchefstroom campus. The NWU Rugby Institute also achieved a number of other accomplishments (to which will be referred later in this brochure) and the NWU thereby established itself as a leading tertiary institution for rugby in the country. We can therefore say with confidence that the NWU Rugby Institute prepares you for a career in rugby and beyond.

Research identified a number of questions which are asked most by prospective players and their parents, and these will be answered here.

TERTIARY INSTITUTION

Is the Institute part of a tertiary institution, and if so, which institution?
The former Potchefstroom University for Christian Higher Education (PU for CHE) and the University of North-West (UNW) merged in terms of legislation, which gave rise to the establishment of the North-West University (NWU). The former PU for CHE is now known as the Potchefstroom Campus of the NWU.

The NWU Rugby Institute is part of the NWU Potchefstroom campus. Therefore, the qualifications you receive at the NWU Rugby Institute are accredited by the NWU and all presentation, administration, planning and recruitment are done by the Potchefstroom Campus.

POTCHEFSTROOM AS AN OPTION

Why is Potchefstroom an option to be considered?

This beautiful rural city at the banks of the Mooi River has established itself over the years as a place of expertise, culture, sport, atmosphere and student friendliness. Potchefstroom boasts the best sports, cultural and recreational fascilities and has been home to the National Aardklop Arts Festival for the past twenty four years – the biggest arts festival in the northern part of the country. The city is also the head-quarters for the most important sports in the North-West Province.

International teams making SA their home!

• Spanish Soccer team - winners 2010 World Cup
• Pampas Rugby - from Argentina
• Australian Cricket team - winners of World Cup 2003

It is in this city with its modern amenities where the community and the University constantly take hands and move forward as one team. With a low crime rate, backed by a peaceful, tranquil environment and being only 110km from Johannesburg, Potchefstroom is a place that quickly gets under your skin. The NWU Potchefstroom Campus, which is in the heart of the city, is widely known for its students' politeness, warmth and high morals.

STUDY POSSIBILITIES

What fields of study are there for me at the NWU Rugby Institute?
It is important to remember that you are under no obligation to consider only a course in rugby. About 90% of all NWU rugby players are registered for degree courses. If you want to do a course in rugby which will prepare you for all possible occupational fields, a diploma course is available. This is a full-time course just like any other course, with rugby programs as part of it. University admission is not a prerequisite for this diploma course. It is important, however, to remember that the NWU Rugby Institute places a high premium on academic progress and qualifications. Students are encouraged to register for complete courses. Regardless what course the student decides on, much pressure is placed on him to pass – in fact, this is so important that it is included as a condition in our bursary application.

HOUSING

Where can I stay while I am studying?

The University's residences are characterised by pleasant accommodation that is conducive to studying and where young people get the opportunity to develop their independence and to participate in wholesome student fun.

While approximately 44% of the NWU Potchefstroom Campus students stay in campus residences, "town residences" are just as popular, with 56% of the students using student accommodation in the form of flats and houses near campus. Students, who do not use university accommodation, are organised in town residences and are part of the university's uniquely organised student life. Because of the great demand for housing, strict selection criteria are applied for the placement of students in campus residences. The NWU Rugby Institute, however, does everything in its power to place a student in a residence of his choice if he complies with the qualifying requirements for placement.

Residence and campus involvement is strongly encouraged. Because many men have a need for private accommodation, the NWU Rugby Institute has housing for rugby players available which is for the use of bursary holders and a few places for non-bursary holders. Here a very strict academic culture still prevails, but it is backed by a healthy rugby culture with regard to practice methods, social habits and general conduct.

Currently, about 124 men are using accommodation managed by the NWU Rugby Institute. This housing is in walking distance from the campus and sports facilities, and is located centrally in the student world of Potchefstroom.

TALENT DEVELOPMENT

If I have talent, do you have the knowledge and ability to develop it?

In a very elementary way, rugby and training in rugby can be divided in tactical, technical, psychological and physical aspects. We have specialists in each of these areas, with people who can back their knowledge with practical experience.

- Full-time coaches
- Full-time sport scientists
- Part-time videographer and video analyst
- Part-time coaches
- Technical advisor
- Academic consultant
- Part-time physiotherapists
- Specialists in sport vision, nutrition, supplements and functional conditioning.
- The group is supported by a secretary.

Among our competent coaches are our head coach, Burger van der Westhuizen. Under his supervision they develop talent through distinguished methods, and this is our main goal. The junior coaches at the Institute are also the coaches at the Leopards juniors, who play in the Currie Cup A section. Probably the most unique feature of this institute is that you, as a player, have free access to all the time, effort, science and knowledge provided to you. You pay nothing for the sport scientists (total physical conditioning programmes), biokineticist and coaches who spend time on you as an individual.

To summarise: We have the ability to develop your talent if you have the ability to work hard.

FACILITIES AND AMENITIES

Are the practice facilities and amenities at the NWU sufficient?

The NWU boasts the most modern and best equipped sports facilities in the country. The Fanie du Toit Sports Grounds, the home of NWU Rugby, stretches over approximately 20 hectares on the banks of the Mooi River and is in walking distance from the campus. It includes seven rugby fields, all under flood lights, with an impressive stadium and convenient dressing rooms, team room and reception facilities. Thus, almost every team has its own field where about 250 rugby players give their all in the evenings between 17:00 and 19:00 to become better, stronger and faster.

The sport fields have become increasingly popular over the years among athletes from abroad. Currently, more than 300 international athletes and Olympic medal winners practice here, to escape the European winter. The NWU's competitive advantage with sport also got an injection with the FNB High Performance Institute for Sport. The impressive institute, with its particular composition and the nature of its services, is unique in the world, while the gymnasium is the best equipped sports gymnasium in Africa. With its variety of research laboratories and rehabilitation and cooling pool directly adjacent to the Fanie du Toit Sports Grounds, this facilityis something special for rugby players in particular.

FIRST YEAR STUDENTS

Only 60 first year students are admitted to the NWU Rugby Institute per year, of which ±20-25 players, who are identified at the various rugby weeks and school games, receive bursaries. The rest of the players are selected from the applications that have been received.

The closing date for applications is 31 August. The players who have not received bursaries may qualify for a bursary during the following year based on their performance throughout the year.

Students with bursaries and selected students who do not have bursaries will take part in a 6-8 week selection process comprising games and a series of practices as well as a conditioning program. Thereafter the group is reduced to approximately 60 players who play as NWU U/19 in the "Residence league" and NWU U/19 who play in the Golden Lions U/19 league.

Players who are not included in the initial 60, will play for their respective residence teams during the First Year's Tournament, where players will have yet another opportunity to get the attention of the Institute's coaches. The Leopards U/19 team who participates in the A section of the provincial competition, mainly consists of NWU players.

RESIDENCE RUGBY

Does residence rugby still play a role at the NWU?

Residence rugby is a central part of the NWU Rugby Institute. Not only does it serve as a supply source, but it also contributes to the overall culture of rugby at the Potchefstroom Campus. The men practice on the same fields as the official NWU teams. Furthermore, the NWU Rugby Institute obtained sponsors for the rugby outfit of the residence teams.

This league progressed from 14 teams who participated in 2000, to 36 teams who participate in the current residence league. Coaches of the Rugby Institute attend the residence games and identify players for the official teams. The NWU Rugby Institute is indeed NWU playing for NWU.

EXPOSURE

Can a player get exposure in Potchefstroom?

The NWU Rugby Institute plays in the Golden Lions' Pirates Grand Challenge League, which is probably the strongest club competition in South Africa. Therefore, five teams are playing in Johannesburg at a regular basis.

The Leopards U/19 and U/21 teams consist of NWU Rugby Institute players, and they annually play in the A division against the Blue Bulls, Sharks, Cheetahs, WP, Lions and others. The NWU 1 team and U/20 Young Guns participate in the Varsity Cup competition and the best residence team participate in the Varsity Cup residence competition.

Since the establishment of the NWU Rugby Institute we produced 6 Springboks, 1 Blitsbok and 31 Junior Boks and several players that have played Super Rugby, Pro 14, URC and Currie Cup A and B Division.

BURSARIES

Do you provide bursaries or can I earn a bursary through my playing?

The NWU Rugby Institute provides market-related bursaries to players in accordance with the needs of the group and in accordance with the various positions. These bursaries are financed by sponsors and projects, and are limited by a budget per age group. However, the bursaries are annually reviewed, and things such as the year's achievements and specific circumstances are taken into consideration. So, for instance, it has often happened that a player earned a bursary for his second study year through his playing.

ACHIEVEMENTS

What exceptional achievements have been achieved since the establishment of the NWU Rugby Institute?

To prove that we are among the best on the field, where it matters, we proudly list the following achievements:

- NWU is the only team in South Africa who reached the finals of the National Club Championships seven times in the past twelve years. This is evidence of sustained performance, and not sporadic, fly-by-night success.
- During 2003/4/5/6/11, NWU won the main match of the USSA tournament and completed these tournaments undefeated.
- Won FNB Super Bowl, South African University Championships 2006/2007.
- Won the National Club Championships in 2004/6/8/11. Since 2012 universities do not participate in Club Champs any more.
- Won all competitions in which we competed in 2006.
- Since 2008 we play eleven times in the Varsity Cup semi finals and six times in the final. We won the Varsity Cup in 2016 and 2023
- The NWU has also played in several Young Guns semi finals and three finals and won the trophy in 2023.
- Since 2000 we have won the intervarsity against Kovsies ten times.
- Patria men’s hostel won Varsity Cup for hostels in 2011, Villagers men’s hostel played in the final in 2013 and Patria men’s hostel played in the final in 2014, 2016, 2017 and 2018.

MEDICAL PROGRAM

Free medical clinics are provided twice a week for players by medical doctors specialising in sport. These include diagnosis of injuries and suggestions for rehabilitation. Rehabilitation, subsidised by the NWU Rugby Institute, is provided free of charge to the players by the University's School of Biokinetics, Recreation and Sport Science (this does not include physiotherapy). Aqua rehabilitation, after games for fast recovery, is also free of charge.

DEVELOPMENT PROGRAM

Phase 1: Introduction (first year)
Phase 2: Instilment (second/third year)
— Development of psychological skills (mental toughness);
— Tactical awareness and positional and individual skills;
— Physical conditioning at an advanced level;
— Development of skills and physical conditioning;
— Introduction of a professional approach; and
— Instilling a highly professional approach.
Phase 3: Performance (third/fourth year)
— Emphasis is on performance and player is prepared for a professional career;
— NWU 1 / LEOPARDS
— IMPORTANT: A player can progress to the next phase if he is ready for it, regardless of his age.

The following aspects will receive thorough attention in the development program:

- Coordination of coaching programs in one structure with a clear line of progression. Skills development, particularly positional and individual skills;
- Continuous team selection;
- Professional development;
- Academic development; and
- Coach development.

APPLICATIONS

How must I apply for admission to the NWU Rugby Institute?
An application form, which must be completed, is included as part of this brochure.
The completed form, without any other documents, must be sent to us in time for consideration. This may be done by e-mail or ordinary mail.
Every person whose application form had been received will receive written feedback from the NWU Rugby Institute. It is important to note that this application is only for admission to the NWU Rugby Institute. Also apply for university admission and residence accommodation on official university application form.

ENQUIRIES

Where do I make enquiries about the NWU Rugby Institute and courses at the NWU?
Contact the department of Marketing and Communication at the Potchefstroom Campus of the North-West University for personal attention regarding studies:

Johan Pyper
Tel: 018 299 4212
Cell: 082 940 4552
E-mail: johan.pyper@nwu.ac.za

NWU Rugby Institute
Ronel Emms
Tel: 018 299 2429
E-mail: ronel.emms@nwu.ac.za

NWU-
rugbyinstituut

AANSOEKVORM: NWU-RUGBYINSTITUUT / APPLICATION FORM: NWU RUGBY INSTITUTE

(Voltooi en e-pos na ronel.emms@nwu.ac.za / Complete and e-mail to ronel.emms@nwu.ac.za)

PERSOONLIKE BESONDERHEDE / PERSONAL INFORMATION

Naam en Van / Name and Surname: ____________________

ID- of Paspoortnr / ID or Passport No: ____________________

Geboortedatum / Date of Birth: ____________________

Ras / Race: ____________________

E-posadres / E-mail Address: ____________________

Selnr / Cell No: ____________________

RUGBYBESONDERHEDE / RUGBY INFORMATION

Skool / School: ____________________

Rugbyposisie / Rugby Position: ____________________

Lengte / Length: ____________________

Gewig / Weight: ____________________

Drie beste rugbyprestasies in afgelope 2 jaar bereik (spanne voor gespeel en jaartal) /
Three best rugby achievements within last two years (teams represented and year of achievement):

____

____

____

____

Rugbyverwysing / Rugby reference

Naam en Van / Name and Surname: ____________________

Selnr / Cell No: ____________________

Skool of Klub / School or Club: ____________________

AKADEMIESE PRESTASIES / ACADEMIC ACHIEVEMENTS

Vak / Subject	Persentasie / Percentage
1.	
2.	
3.	
4.	
5.	
6.	
7.	

BEPLANDE STUDIERIGTING / INTENDED FIELD OF STUDY

____

Van watter behuising wil jy gebruikmaak? / Choice of accommodation?

- ☐ NWU-koshuis / NWU Residence
- ☐ Privaat / Private
- ☐ NWU- Rugbyinstituut / NWU Rugby Institute

Doen ook aansoek vir universiteitstoelating en koshuisinwoning op amptelike universiteitsaansoekvorm /
Also apply for university admission and residence accommodation on official university application form

WAARNA STREWE JY?

- Wat gaan jy met jou talente doen?
  Hoe wil jy onthou word?
- Die NWU-Rugbyinstituut is
  JOU paspoort tot die toekoms wat JY wil hê.

NWU®

NWU-
rugby institute

Droom Groot.
Vergeet Van Grense.

- Vind Jou Stem
  Vind Jou Inspirasie
  Vind Jou Loopbaan

Dit Begin Alles Hier®.

Tel: 018 299 2429
E-pos: Ronel.Emms@nwu.ac.za

Inhoud

AGTERGROND........................1
TERSIÊRE INSTELLING.............2
POTCHEFSTROOM AS KEUSE.......2
STUDIEMOONTLIKHEDE.............3
BEHUISING..........................3
TALENTONTWIKKELING.............4
FASILITEITE EN GERIEWE..........4
EERSTEJAARS........................5
KOSHUISRUGBY......................5
BLOOTSTELLING......................6
BEURSE...............................6
PRESTASIES..........................7
MEDIESE PROGRAM..................7
ONTWIKKELINGSPROGRAM...........7
AANSOEKE............................9
NAVRAE.............................. 9

AGTERGROND

Die NWU-Rugbyinstituut van die Noordwes-Universiteit is in 2000 begin met André Markgraaff as eerste uitvoerende direkteur. Die Instituut het sedertdien gegroei tot 'n gedugte teenstander op die rugbyveld.

Koshuisrugby het gegroei van die aanvanklike 14 spanne in 2000 tot altesaam 36 spanne in die huidige ligas. Hierdie massiewe groei in ywerige spelers is 'n aanduiding van die totale rugbygees wat op die NWU-Potchefstroomkampus heers. Die NWU-Rugbyinstituut het ook deur verskeie ander prestasies (waarna later in hierdie brosjure verwys word) homself as 'n toonaangewende tersiêre instelling op die gebied van rugby in die land gevestig. Ons kan dus met reg sê die NWU-Rugbyinstituut berei jou voor vir 'n loopbaan in rugby en daarna.

Die meeste vrae wat luidens ons navorsing deur voornemende spelers en hul ouers gevra word, word hier beantwoord.

TERSIÊRE INSTELLING

Is die Instituut deel van 'n tersiêre instelling, en indien wel, van watter instelling?

Die voormalige Potchefstroomse Universiteit vir Christelike Hoër Onderwys (PU vir CHO) en die Universiteit van Noordwes (UNW) het ingevolge wetgewing saamgesmelt, wat tot die totstandkoming van die Noordwes-Universiteit (NWU) gelei het. Die destydse PU vir CHO is nou bekend as die Potchefstroomkampus van die NWU.

Die NWU-Rugbyinstituut is deel van die NWU-Potchefstroomkampus. Dus word die kwalifikasies wat jy by die NWU-Rugbyinstituut ontvang, onderskryf deur die NWU en word die totale aanbieding, administrasie, beplanning en werwing deur die Potchefstroomkampus gedoen.

POTCHEFSTROOM AS KEUSE!

Hoekom is Potchefstroom 'n keuse om te oorweeg?

Hierdie pragtige plattelandse stad aan die oewer van die Mooirivier het hom oor die jare internasionaal gevestig as plek van kundigheid, kultuur, sport, atmosfeer en studentevriendelikheid. Potchefstroom spog met die beste sport-, kultuur-, en ontspanningsgeriewe en is die vier-en-twintig jaar die tuiste van die Nasionale Aardklop Kunstefees – die grootste kunstefees in die noorde van die land. Die stad is ook die hoofkwartier van die vernaamste sportsoorte in die Noordwes provinsie.

Besoekers wat Potchefstroom hul tuiste in SA maak:

- Die Spaanse Sokkerspan - wenners van 2010 Wêreldbeker.
- Pampas Rugby- vanuit Argentinië.
- Australiese Krieketspan - wenners van Wêreldbeker in SA in 2003.

Dit is in hierdie stad met sy moderne geriewe waar die gemeenskap en die Universiteit deurentyd hande vat en soos een span vorentoe stap. Met 'n lae misdaadsyfer, gerugsteun deur 'n rustige, kalm omgewing en slegs sowat 110km vanaf Johannesburg, is Potchefstroom 'n plek wat jou hart gou steel. Die NWU-Potchefstroomkampus wat die hart van die stad vorm, is wyd bekend vir sy studente se gewoonte om behoorlik te groet, hartlik te wees, en hoë morele waardes te handhaaf.

STUDIEMOONTLIKHEDE

Watter studierigtings kan ek by die NWU-Rugbyinstituut volg?
Indien jy wel 'n kursus in rugby wil volg wat voorbereiding op alle moontlike beroepsrigtings in rugby insluit, is 'n diplomakursus beskikbaar. Hierdie kursus volg jy voltyds soos enige ander kursus, met die rugbyprogram wat daarby inpas. Universiteitstoelating is nie 'n voorvereiste vir hierdie diplomakursus nie. Dit is belangrik om te onthou dat jy onder geen verpligting is om net 'n Diploma in Sportkunde te oorweeg nie. Sowat 90% van alle NWU-rugbyspelers is ingeskryf vir graadkursusse.

Dit is egter belangrik om te onthou dat die NWU-Rugbyinstituut 'n hoë premie plaas op akademiese vordering en kwalifikasies. Studente word aangemoedig om vir volwaardige kursusse in te skryf. Ongeag die student se kursus word daar baie druk op hom geplaas om te slaag in so 'n mate dat dit in sy beursooreenkoms as 'n voorwaarde gestel word.

BEHUISING

Waar kan ek bly terwyl ek studeer?
Aangename verblyf wat bevorderlik is vir studietyd en waar jong mense se selfstandigheid en voorliefde vir gesonde studentepret uiting kry, is eie aan die universiteit se koshuise.

Terwyl sowat 44% van die NWU-Potchefstroomkampus se studente in kampuskoshuise bly, is dorpskoshuise net so gesog, met 56% van die studente wat gebruik maak van studenteverblyf in die vorm van woonstelle en huise digby die kampus. Die studente wat privaat woon, word in dorpskoshuise georganiseer en is volledig deel van die universiteit se unieke georganiseerde studentelewe. Weens die groot vraag na behuising word streng keuring toegepas vir die plasing van studente in kampuskoshuise.

Die NWU-Rugbyinstituut doen egter alles in sy vermoë om vir 'n student plek in 'n koshuis van sy keuse te kry indien hy aan die kwalifiserende vereistes van plasing voldoen. Koshuis- en kampusbetrokkenheid word ten sterkste aangemoedig. Weens die feit dat baie manne 'n behoefte aan privaatbehuising het, het die NWU-Rugbyinstituut behuising beskikbaar vir beurshouers en enkele plekke vir nie-beurshouers wat net deur rugbyspelers gebruik word. Hier heers steeds 'n baie streng akademiese kultuur, maar dit word gerugsteun deur 'n gesonde rugbykultuur rakende oefenmetodes, sosiale gewoontes en algemene gedrag.

Tans is daar sowat 124 mans in behuising wat deur die Rugbyinstituut bestuur word.Hierdie behuising is loopafstand van die kampus en sportgeriewe en is sentraal geleë in die studentelewe van Potchefstroom.

TALENTONTWIKKELING

As ek talent het, het julle die kennis en vermoë om dit te ontwikkel?

Op ‘n baie elementêre wyse kan rugby en die opleiding daarvan verdeel word in taktiese, tegniese, psigiese en fisieke apsekte. Ons het spesialiste op elkeen van die gebiede, met mense wat hul kennis kan ondersteun met praktiese ervaring

- Voltydse afrigters
- Voltydse sportwetenskaplikes
- Deeltydse video-opnemer en -ontleder
- Deeltydse afrigters
- Tegniese adviseur
- Akademiese konsultant
- Deeltydse fisioterapeute
- Spesialiste in sportvoeding, -aanvullings en funksionele kondisionering
- Die groep word ondersteun deur ‘n sekretaresse.

Dié Instituut beskik oor jong en dinamiese afrigters onder leiding van Burger van der Westhuizen. Afrigters wat beskikbare talent ontwikkel deur uitnemende metodes, is ons oogmerk. Die juniorafrigters by die Instituut is ook die afrigters by die Luiperd Juniors wat in die A-afdeling van die Curriebeker speel.

Waarskynlik die mees unieke eienskap van hierdié Instituut is dat jy as speler al die tyd, moeite, wetenskap en kennis wat aan jou verskaf word, gratis kry. Jy betaal niks vir die sportwetenskaplikes (totale fisieke kondisioneringsprogram), biokinetikuste en afrigters wat tyd aan jou as individu skenk nie.

Om dus op te som: Ons het die vermoë om jou talent te ontwikkel as jy die vermoë het om hard te werk.

FASILITEITE EN GERIEWE

Is die oefenfasiliteite en -geriewe voldoende by die NWU-Potchefstroomkampus?

Die NWU-Potchefstroomkampus spog met die mees moderne en bes toegeruste sportgeriewe in die land. Die Fanie du Toit-sportterrein, die tuiste van NWU-rugby, beslaan sowat 20 hektaar aan die oewer van die Mooirivier en is loopafstand van die kampus. Hierin ondermeer sewe rugbyvelde, waarvan almal spreiligte het, met ‘n indrukwekkende stadion met gerieflike kleedkamers, luukse spankamers en onthaalgeriewe. Bykans elke span het dus sy eie veld, waar dit saans tussen 17:00 en 19:00 dreun soos nagenoeg 250 rugbymanne alles uithaal om beter, sterker en vinniger te word.

Die sportterrein het die afgelope tyd toenemend gewild geword onder atlete van die buiteland. Tans oefen meer as 300 internasionale atlete en Olimpiese medaljewenners jaarliks hier om die Europese winter vry te spring. Die NWU se mededingende voorsprong op sportgebied het die afgelope tyd ook ‘n turbo-inspuiting gekry met die ingebruikneming van die splinternuwe FNB Hoëprestasieinstituut vir Sport. Die indrukwekkende instituut is weens sy samestelling en aard van dienste uniek in vergelyking met die res van die wêreld, terwyl die gimnasium die bes toegeruste sportgimnasium in Afrika is. Met sy verskeidenheid navorsingslaboratoriums en ‘n rehabilitasie- en afkoelbad direk langs die Fanie du Toit-sportterrein, is hierdie fasiliteit veral vir rugbyspelers iets besonders.

EERSTEJAARS

Daar word slegs 60 eerstejaars per jaar toegelaat tot die NWU-Rugbyinstituut, waarvan ±20 - 25 spelers, wat vooraf geïdentifiseer is by die verskillende rugbyweke en skolewedstryde, beurse ontvang. Die res van die spelers word gekeur uit die aansoeke wat ons ontvang.

Aansoeke sluit 31 Augustus. Die spelers wat nie 'n beurs ontvang het nie kan op grond van sy prestasie gedurende die jaar homself kwalifiseer vir 'n beurs die volgende jaar.

Beurshouers en gekeurde nie-beurshouers neem vir 6-8 weke deel aan 'n siftingsproses van proefwedstryde en kondisioneringsprogramme. Hierna word die groep verminder na ongeveer 60 spelers wat dan as NWU 0/19 in die koshuis eersteliga speel en NWU 0/19 wat in die Goue Leeus 0/19 liga speel.

Spelers wat nie in die aanvanklike 60 is nie, sal tydens die Eerstejaarstoernooi vir hul onderskeie koshuisspanne speel, waar daar weer 'n geleentheid vir spelers is om onder die aandag van die Instituut se afrigters te kom. Die Luiperd 0/19 span wat in die A-afdeling van die provinsiale kompetisie deelneem, bestaan hoofsaaklik uit NWU-spelers.

KOSHUISRUGBY

Speel koshuisrugby nog 'n rol by die NWU?

Koshuisrugby vorm 'n sentrale deel van die NWU-Rugbyinstituut. Nie alleen dien dit as voedingsbron nie, maar dit dra ook by tot die totale kultuur van rugby wat op die Potchefstroomkampus heers. Die manne oefen op dieselfde velde as die amptelike NWU-spanne. Daarbenewens het die NWU-Rugbyinstituut borge bekom vir die koshuisspanne se rugbyuitrusting.

Hierdie liga het gevorder van 14 spanne wat in 2000 deelgeneem het, tot 36 spanne in die huidige koshuisliga. Afrigters van die Rugbyinstituut woon koshuiswedstryde by en identifiseer spelers om vir die amptelike spanne te speel. Die NWU-Rugbyinstituut is inderdaad NWU wat speel vir NWU.

BLOOTSTELLING

Kan 'n speler blootstelling kry in Potchefstroom?
Die NWU-Rugbyinstituut speel in die Goue Leeus se Pirates Groot Uitdaagliga, wat 'n baie sterk klubkompetisie in Suid-Afrika is. Dus speel daar 5 spanne op 'n gereelde basis in Johannesburg.

Luiperds, NWU 0/19 en NWU 0/21. Hierdie ouderdomspanne word bykans sonder uitsondering deur die NWU-Rugbyinstituut gevoed en speel jaarliks in die A-afdeling teen die Blou Bulle, Sharks, Cheetahs, WP, Lions en ander. Die NWU 1 span en O/20 Young Guns neem deel aan die Varsity Cup kompetisie en die beste koshuisspan speel in die koshuiskompetisie.

Sedert die ontstaan van die Instituut lewer ons 6 Springbokke, 1 Blitsbok en 31 Junior Bokkies op en 'n verskeidenheid spelers wat Super Rugby, Pro 14, URC en Curriebeker A en B Divisies speel. Ons het die kennis, ervaring en hulpbronne om spelers wat dit verdien, die hoogste sport te laat bereik.

BEURSE

Verskaf julle beurse of kan ek my in 'n beurs inspeel?
Die NWU-Rugbyinstituut verskaf markverwante beurse aan spelers wat vooraf geïdentifiseer word na aanleiding van die behoefte van die groep en soos wat die onderskeie posisies ons lei, en word beperk tot 'n begroting per ouderdomsgroep.

Die beurse word egter jaarliks hersien en daar word onder meer gekyk na die jaar se prestasies en spesifieke omstandighede. Dus het dit al baie gebeur dat 'n speler homself "inspeel" en 'n beurs vir sy tweede studiejaar ontvang.

PRESTASIES

Watter uitsonderlike prestasies het die NWU-Rugbyinstituut sedert sy ontstaan behaal?

Ter bevestiging van die feit dat ons glo dat ons op die veld, waar dit tel, met die bestes kan saamgesels, benadruk ons graag die volgende:

- NWU is die enigste span in Suid-Afrika wat oor die afgelope twaalf jaar die eindstryd van die Nasionale Klubkampioenskappe sewe keer gehaal het. Dit dui op volgehoue prestasie en nie sporadiese opflikkerings nie.
- Gedurende 2003/4/5/6/11 wen die NWU die USSA-toernooi en voltooi dié toernooi onoorwonne.
- Wen FNB Super Bowl, Suid-Afrikaanse Universiteitskampioene 2006/2007.
- Wen Nasionale Klubkampioenskappe 2004/6/8/11.
- Universiteite neem sedert 2012 nie meer deel aan klubkampioenskappe.
- Wen alle kompetisies waaraan deelgeneem is gedurende 2006.
- Haal sedert 2008 elf keer semi-finaal en ses keer finaal van die Varsity Cup. Wen die Varsity Cup in 2016 en 2023.
- Sedert die instelling van Young Guns kompetisie speel NWU in verskeie semi-finale, drie finale en wen die trofee in 2023
- Sedert 2000 wen ons die Intervarsity teen Kovsies 10 keer.
- Patria manskoshuis wen Varsity Cup vir koshuise in 2011, Villagers manskoshuis speel in die finaal in 2013 en Patria manskoshuis speel in die finaal in 2014, 2016, 2017 en 2018.

MEDIESE PROGRAM

Gratis mediese klinieke word twee keer per week deur sportgeneeskundiges aan spelers verskaf.

Dit sluit diagnose van beserings en voorstelle vir rehabilitasie in. Rehabilitasie, gesubsidieer deur die NWU-Rugbyinstituut, word gratis aan die spelers verskaf deur die Universiteit se Skool vir Biokinetika, Rekreasie en Sportwetenskap (dit sluit nie fisioterapie in nie). Aqua-rehabilitasie, na wedstryde vir vinnige herstel, is ook gratis.

ONTWIKKELINGSPROGRAM

Fase 1: Bekendstelling (eerste jaar)
Fase 2: Vaslegging (tweede/derde jaar)
— Ontwikkeling van psigologiese vaardighede (mental toughness);
— Taktiese bewustheid en posisionele en individuele vaardighede;
— Fisieke kondisionering op gevorderde vlak;
— Ontwikkeling van vaardighede en fisieke kondisionering;
— Bekendstelling van 'n professionele benadering;
— Vaslegging van 'n hoogs professionele benadering.
Fase 3: Prestasies (derde/vierde jaar)
— Klem val op prestasie en spelers word voorberei vir 'n professionele loopbaan.
— NWU 1 / Luiperds
— Let wel: 'n Speler kan vorder na die volgende fase indien hy gereed is daarvoor, ongeag sy ouderdom.

Die volgende aspekte sal baie deeglike aandag in die ontwikkelingsprogram geniet:

- Koördinering van afrigtingsprogramme in een struktuur wat 'n duidelike progressielyn toon.
- Vaardigheidsontwikkeling, veral posisionele en individuele vaardighede.
- Deurlopende spankeuses.
- Professionele ontwikkeling.
- Akademiese ontwikkeling.
- Afrigtingsontwikkeling

AANSOEKE

Hoe doen ek aansoek om toelating tot die NWU-Rugbyinstituut?
Ingesluit as deel van hierdie brosjure is 'n aansoekvorm wat voltooi moet word. Die voltooide vorm, sonder enige ander dokumente, moet betyds ingestuur word vir oorweging. Dit kan per e-pos of gewone pos gedoen word. Elke persoon wie se aansoek ontvang word, kry skriftelik terugvoer van die NWU-Rugbyinstituut.

Dit is belangrik om te weet dat hierdie aansoek slegs vir toelating tot die NWU-Rugbyinstituut is.
Doen ook aansoek vir universiteitstoelating en koshuisinwoning op die amptelike universiteitsaansoekvorm.

NAVRAE

Waar doen ek navraag oor die NWU-Rugbyinstituut en kursusse op die NWU Potchefstroomkampus?
Skakel met die Departement Bemarking en Studentewerwing van die Potchefstroomkampus van die Noordwes-Universiteit vir persoonlike aandag in verband met die akademiese kursus wat u wil volg.

Johan Pyper
Tel: 018 299 4212
Sel: 082 940 4552
E-pos: johan.pyper@nwu.ac.za

NWU-Rugbyinstituut
Ronel Emms
Tel: 018 299 2429
E-pos: ronel.emms@nwu.ac.za