



# UP TO SPEED



November 18-23 the SA teams played in the Africa Cup of Nations hosted in Nairobi, Kenya. The teams have recently returned home as **African Champions** and are set to take on the world.

Games, the teams will be quite busy with preparation over the next few months.

With less than 190 days to the Rabobank World Cup 2014 and less than 240 days to the Commonwealth

Hope that you enjoy being kept Up To Speed with the SAW team and The Lads as the road to Den Haag and Glasgow begins.

## A DREAM BECOMING A REALITY

See you in The Hague!!!

All hockey players dream about playing at a World Cup. By winning gold at the AFCON both The Lads and the SAW teams made the dream a reality as they qualified for the World Cup 2014. The World Cup is scheduled to take place from 31 May 2014 - 15 June 2014 in The Hague, The Netherlands.

The 12 men's teams participating in the event are: Netherlands, Australia, Germany, Belgium, Spain, New Zealand, England, Malaysia, Argentina, South Africa, Korea and India.

The last time that both the men and women's Hockey World Cup event was held simultaneously at the same venue was in 1998 in Utrecht, The Netherlands, so it's no surprise that the Dutch will want to do it again in The Hague next year.

The 12 ladies teams participating in the event are: Netherlands, Germany, England, New Zealand, Korea, Belgium, Australia, China, USA, South Africa, Japan and Argentina.





## FROM THE FRONTLINE

This past tournament in Kenya was one that will be remembered for many years to come. It was a huge learning curve and hard lessons for all members of the SA Ladies team, having to overcome different obstacles and frustrating and trying times. The girls showed true character fighting back from being goals behind and being under huge pressure to eventually secure the World Cup ticket, our one and only job to do.

Our young and inexperienced team, first cap, Kaila Flemming and newly capped Christine Roos included in the selected team, as a team we battled to make full use of scoring opportunities in the crucial games but managed to build confidence and come out of the shells in the game vs Tanzania where we scored a whopping 25-0, Lilian du Plessis really coming into her own and scoring 6 of these goals. This goal scoring eventually followed through into the last dying minutes of the final after a hard fight back to win 3-2 against the tenacious Ghana team in the final.

All in all it was a great experience had by the girls, appreciating how fortunate we are and how much hard work is to be had in preparation to the World Cup next year. We appreciate all the effort and patience from our coaching staff and management team, Fabian Gregory, Sheldon Rostron, Doctor Shang, Johno Meintjes and Physio Tanu all who went over and beyond the call of duty to make sure we were focused on the task at hand and managed everything with great efficiency. I'd also like to say thank you for the opportunity being made Captain and was very honored to celebrate my 100th cap as well as to hold that Africa cup trophy up for victory for South Africa.

Marcelle Keet

## GETTING TO KNOW SULETTE DAMONS



**DOB:** 30/10/1989  
**Position:** Striker  
**Province:** North West  
**Stick Sponsor:** Malik

**1. Where do you play club hockey?**

\*I play club for Pukke at the North West University Potchefstroom.

**2. Who is your favourite on tour roomie?**

\*I don't have a favourite roomie enjoy everyone, but must say I enjoyed rooming with Izelle because we both can't sleep early.

**3. What do you love most about being part of the SAW team?**

\*SAW team is like my second family. I love being around them and the foolishness and jokes is epic! Never a dull moment with the ladies

**4. What is the first thing you pack into your suitcase when going on a hockey trip?**

\*My conditioner (haha) my hair can't do with out it on rainy days..

**5. If you were to audition for Idols what song would you sing?**

\*Killing me softly (hahaha)

**6. What is your pre-match ritual?**

\*I have this one song that I listen to ( a spanish song) before the game it gets me going and ready for the game

**7. What are you studying?**

\*I am studying teaching (foundation phase)

**8. Where or what would your dream job be?**

\*My dream Job is to be a FBI agent;)

**9. What is your nickname?**

\*Sulla

**10. What is your dream holiday destination?**

\*Hawaii;) I have always wanted to go there!





## KINGS OF AFRICA

In the past few years we have always prepared the team going to an African qualifier with things which they are perhaps not accustomed to playing in Europe or South Africa. This past tournament in Kenya was like none other and even with all our preparation nothing could have prepared us for the conditions we were presented with!

Our young team did incredibly well to remain calm and focused despite the state of the field, match time changes and other anomalies which in your preparation you just can't account for. It was great to have Geoff Abott join the team since his semi retirement in 2008 as well as the three new caps Mo, Greg and Dyl. Beating our arch rivals Egypt 2 - 0 in the final made sure we ended a demanding week in Nairobi on a high.

Our qualification means we can now finally set our program towards the 2014 World Cup in motion, first up a series in Durban against Argentina in December.

Austin Smith



## MATCH RESULTS

### THE LADS

|                |         |
|----------------|---------|
| SA vs Ghana    | won 6-2 |
| SA vs Egypt    | won 6-1 |
| SA vs Kenya    | won 5-1 |
| Final vs Egypt | won 2-0 |

### SAW TEAM

|                |          |
|----------------|----------|
| SA vs Kenya    | won 3-1  |
| SA vs Ghana    | drew 1-1 |
| SA vs Tanzania | won 25-0 |
| Final vs Ghana | won 3-2  |

## AFCON 2013 FACTS

- \* Austin Smith was named Men's Player of the Tournament, Top Men's Goalscorer (7 goals) and Overall Player of the Tournament.
- \* Elizabeth Opoku from Ghana, was named the women's Player of the Tournament and Top Goalscorer (10 goals).
- \* Marcelle Keet earned her 100th International in the second game of the tournament.

## GETTING TO KNOW RHETT HALKETT



**DOB:** 02/05/1986  
**Position:** Defender  
**Province:** WP  
**Stick Sponsor:** Grays

1. What is your nickname?  
• Hoff
2. Do you sing the anthem with your eyes open or closed?  
• A bit of both
3. The perfect hockey player would have the following characteristics...?  
• Humility  
• Passion  
• A sense of humour
4. When you are away from Cape Town what do you miss most?  
• Family and the sun
5. Your worst hockey nightmare?  
• Losing to Egypt
6. What is your favourite restaurant?  
• An evening at The Test Kitchen (Old Biscuit Mill in Cape Town with some cool kids)
7. Please share a "when I was younger..." story?  
• I am still young, but seriously, when I was younger I used to eat bobtail dog chunks and drink a glass of cold Milo with my dog. Good times.
8. What do you do when you are not playing hockey?  
• When I'm not playing hockey I beach bat, surf, golf, read, chill and adventure.
9. Tea or coffee? and which brand?  
• Tea mostly but recently the odd cappuccino seems to go down like a home sick mole.
10. The best part of touring with the team is...?  
• The honour of representing your country with some of your best friends but more importantly, the endless supply of childish humour, good times and making memories.





### A GOLDEN FIRST

A first experience cannot be sweeter...winning gold AND qualifying for the World Cup while earning your first caps for SA.

Congratulations to the new caps...may this be the start of an exciting future in green and gold for you.

Pictured from left to right are debutants: Mohamed Mea (KZN), Dylan Swanepoel (WP), Kaila Flemming (SG) and Greg Last (KZN).



### Getting to know Jonty Robinson



**DOB:** 09/09/1986  
**Position:** Defender  
**Province:** WP  
**Stick Sponsor:** Osaka

- 1. What is your nickname?**  
Got a could, Alex the lion, drifter, Mufassa, J-Rad,
- 2. You have traveled the world with hockey, would you recommend it to youngsters?**  
If you get the chance, take it! You get to meet different people, learn different styles of play, get exposed to new ideas and new techniques. It is definitely worth it!
- 3. Where do you currently play club hockey?**  
I am currently playing for Southgate Hockey Club in London
- 4. What do you do when you're not on the hockey field?**  
A bit of long boarding, surfing if I'm anywhere near a beach, and I've started doing a some Crossfit which has been pretty cool.
- 5. What do you miss most about SA when living abroad?**

Miss my family and girlfriend, Biltong, Stoney's ginger beer, sour jelly beans and Saturday afternoon braais.

- 6. Who has the smelliest glove in the team?**  
Clinton panther, luckily he wears it on his left hand otherwise I don't think the opposition wouldn't shake his hand after the game! Haha
- 7. What is your favourite pre-match meal?**  
French toast or a good chicken-avo-feta-pepperdew wrap
- 8. If you did not play hockey what sport would you play?**  
Sho I don't know, I think if I didn't play hockey I would probably have been a bit of a beach bum. Squash, trail running or mountain biking.
- 9. Who has been your toughest opponent?**  
Sadar Singh from India.
- 10. Which famous person would you like to see at a LADS game?**  
The minister of sport, Mr Fikile Mbalula, any CEO of a Major financial institution... But having The Black Keys or Calvin Harris doing a set for crowd while we are warming up could be pretty rad!





## THE YOUNG LADS

The SA u21 men will be jetting off to India soon to participate in the Hero Hockey Junior World Cup. The tournament will take place from 6-15 December 2013.

Representing SA will be:

Adrian Abrahams (WP), Daniel Bell (WP), Matt Brown (SG), Chad Cairncross (EP), Richard Curtis (KZN), Taylor Dart (SG), René de la Peyre (Northern Blues), James Drummond (WP), Marc Fourie (WP), Grant Glutz (NB), Ross Gonsalves (NB), Keenan Horne (WP), Damian Kimfley (KZN Inland), Ignatius Malgraff (NW), Andrew Manson (KZN), Mohamed Mea (vice-capt, KZN), Daniel Sibbald (KZN), Dylan Swanepoel (capt, WP).

Games will be live streamed through [www.fih.ch](http://www.fih.ch)  
...bare in mind that South Africa is 3.30 hours behind India.

The pool match schedule is as follows:

| December 6th, 2013 |        |        |   |           |   |
|--------------------|--------|--------|---|-----------|---|
| 07                 | Pool D | 7:30pm |  | ENG - RSA |  |
| December 8th, 2013 |        |        |   |           |   |
| 15                 | Pool D | 6:00pm |  | RSA - MAS |  |
| December 9th, 2013 |        |        |   |           |   |
| 20                 | Pool D | 8:00pm |  | RSA - NZL |  |

All the best to coach Darren Gallagher and the Young Lads in India!



### Getting to know Dylan Swanepoel



**DOB:** 11/07/1993  
**Position:** Defender  
**Province:** WP  
**Stick Sponsor:** Grays

**1. What is your nickname?**

Swanners

**2. What can you not travel without?**

My Ipod

**3. Where is your favourite place to chill?**

On my couch at home in front of the tv.

**4. What will you always remember from your first international cap?**

The feeling when I first put on the match vest, that I had actually made it into the South African Men's team.

**5. What is your pre-match ritual?**

Drink lots of water.

**6. What club do you play for?**

Maties

**7. What do you do when you are not on the hockey field?**

Spend as much time as possible on the couch watching football and movies. Try to fit some studying in as well.

**8. What do you look forward to experiencing at the Junior World Cup?**

Playing against the best under 21 players in the world.

**9. Who is your favourite sportsman and why?**

Steven Gerrard. He is a captain who leads by example, and behaves like a true professional. He will give everything he has every time he steps onto the pitch. He always performs on the big occasions as well.

**10. What do you love about hockey?**

I love the way hockey brings discipline to all parts of my life. As well as the different opportunities it gives you to learn something new every time you step onto the pitch. Whether it is hockey or life related. There is always something to work on or learn which is awesome as it is a never ending challenge.



# #TEAM BEHIND THE TEAM

Over the last few years you would have noticed the growing support of our national hockey teams with the icon #TeamBehindTheTeam.

Here's what founding member, Tsoanelo Pholo has to say about the growing support of #TeamBehindTheTeam.

## 1. What is Team Behind The Team?

TeamBehindTheTeam is a supporters club/group that is all about SA Hockey; it is a hockey family that is passionate about the heroes that sacrifice so much to represent us on the field.

## 2: How did it all begin?

Team Behind The Team has been in most of our hearts for as long as we

can remember but it was during SA Ladies (@SAWhockey) vs China at the Wanderers astro that it became an idea I wanted to grow.

Ntsika Msuthu, Ndimakazi "Phoenix" Mabala, Lesweu Rampa and myself were standing behind the SA goals talking as much rubbish as 4 human beings possibly could; no hockey match should be without quality banter.

One of us piped up and said, "we are the team behind the team", and that was it; I slowly but surely started obsessing about being the biggest supporters club to SA hockey.

## 3: Who can be part of Team Behind The Team?

Anybody who is PROUDLY South African can be a part of TBTT; you don't even have to be a hockey lover. If you respect and appreciate those that put on the green and gold, you need to be part of Team Behind The Team.

## 4: What is the dream of TBTT?

The dream is to be the "club" that informs the public about our National Hockey teams.. be it on Twitter, Facebook or any possible platforms. The media is not as supportive to hockey as they could be so we need hockey lovers to spread the word about our national heroes and fixtures that the Lads and ladies play. I would love for us to get to a point where our National teams always play at packed venues and players are household names.



Team Behind The Team is for EVERYONE and all support is welcomed! #TEAMBEHINDTHE-TEAM

## GETTING TO KNOW KELLY MADSEN



**DOB:**26/06/1989  
**Pos:** Striker/  
Midfielder  
**Prov:** KZN  
**Stick Sponsor:**  
Maxed

grandparents beach cottage in Zinkwazi.

## 6. What is your favourite tv series?

Arrow

## 7. Your favourite meal?

Roast chicken done on a Webber

## 8. Favourite holiday destination?

I'd love to travel more for holidays but at the moment Zinkwazi.

## 9. Your 3 favourite things that are always packed in your suitcase?

Snacks  
Cellphone  
Bikini

## 10. Your favourite down time activity?

Playing golf.

## 1. Where do you play club hockey?

Kearsney Hockey Club

## 2. What is your nickname?

Mozzy, Kelbel, Madders, Mads

## 3. What is your favourite skill? And who taught it to you?

Upright reverse, my dad taught it to me.

## 4. Who has been your toughest opponent?

The Aussies because of the energy they play with and the pressure that they always put on the ball carrier.

## 5. What do you love most about being part of a big sporting family?

The hundreds of sporting games that take place between the cousins, aunts and uncles during holidays at my



## WHAT'S NEXT?

### HERO HOCKEY JNR WORLD CUP MEN

December 6-15 2013  
New Delhi, India

### Follow The TEAMS!

#### TWITTER

@sawhockey

@TheLads\_Hockey

#### FACEBOOK

SA Womens Hockey Team



Thanks to the players for the pictures.