

CAPE AT 6 SPORT



TOP CAPE TOWN AMATEUR ATHLETES MAGAZINE

JANUARY 2022

CAPE AT 6 SPORT

SASOL LEAGUE CHAMPIONS



PROFILE

MALCOLM
JACOBS

TURNING A NEW LEAF
TO TURN PRO

BASKETBALL

TIGERS' GROUND-BREAKING
SUCCESS

SPUR BASKETBALL HOPEFULS

COVER STORY
ASHRAF CALVERT

MAKING HIS NOISE
BY WINNING



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[CONTENTS]

12

TIGERS' GROUND-BREAKING SUCCESS:

SUCCESS SPUR BASKETBALL HOPEFULS



16

REFEREE ON A MISSION TO CHANGE MINDSETS



16

NEWS IN PICS



20

ACTIVISM DRIVES CITY LENS MAN

TO CHANGE LIVES THROUGH SPORT



23

SPORTSMAN'S INTERVENTION

MAKES LEARNING AND SPORT FUN AND SUCCESSFUL



30

DRIBBLING WIZARD ZOE OCTOBER



32

CRICKET OPENED DOORS

FOR RISING SPORTS STAR - LIYEMAN WAQU



34

NEW KIDS ON THE BLOCK

CLAREWOOD JOINS ABC MOTSEPE LEAGUE



37

CAPE TRIO NAMED IN CRICKET SA

U19 WORLD CUP SQUAD



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07



VASCO DA GAMA RULE CAPE WOMEN FOOTBALL

09



ASHRAF CALVERT MAKING HIS NOISE BY WINNING

14



WHAT IS THE CULTURE OF HOCKEY? RORY TOWNSEND

26



MALCOM JACOBS TURNING A NEW LEAF TO TURN PRO

FROM THE EDITOR



The festive season is a time for celebrations, and sports people in Cape Town have a lot to celebrate. Yes, the Covid-19 pandemic or the “new normal”, as many experts describe it, is still well with us. Disrupting our lives, changing the ways we do things and leaving a lot of uncertainty about the future.

Just in December, Kaizer Chiefs could not honour their Premier Soccer League fixture at home against Cape Town City, Tshwane South could not travel down to Cape Town to defend their senior Spar National Women’s National Championships title, and many tournaments were called off – all these were due to the devastating pandemic. But there is so much to be grateful for. Despite the pandemic, almost all the amateur sporting codes in Cape Town and elsewhere found new ways to live with the “new normal” as they continued doing what they love the most – to play their sports. That is why in this edition we salute the individual athletes, clubs and federations who have completed their competitions and seasons despite the real threat of Covid-19.

Among the many highlights of sport in the Mother City last year was Cape Town Tigers’ amazing success in the local, national and regional basketball sector (page 10) to put themselves on the verge of qualifying for the Basketball Africa League. And it would be the first time for South Africa to have a rep in that prestigious league.

In the local front, Vasco da Gama dominating women football (page 7) and Clarewood JPM FC bringing a fresh and interesting approach to sport (page 34), and Xolisa Mtiki using sport and education to empower the youth (page 23) are developments that call for celebration. So as the life stories of legendary hockey player Rory Townsend (page 14), football referee Sisonke Holideyi (page 16) and Liyema Waqu (page 32). The list is endless.

Welcome to another blockbuster Cape At 6 Sport edition! And we wish all our readers and partners a prosperous 2022.

MYOLISI GOPHE
EDITOR-IN-CHIEF

VASCO DA GAMA

RULE CAPE WOMEN FOOTBALL

by staff writer



Having won back-to-back Sasol League Western Cape titles and the Coke Cup trophy, CR Vasco da Gama Ladies have simply been a team to beat in the Western Cape women football in the past two seasons.



Their success did not come by chance, though. Since the team earned promotion to the Sasol League in 2015 it has been on a gradual upward trajectory, finishing ninth in their first season, seventh the following year, then third, and they were runners-up a season before taking home the title in 2019. There was no league in 2020 due to Covid-19.

"We have always been progressing well," explains club chairman Eddie Ribeiro. "We just got one or two more players every season and we have always been getting better players. And that has made us strong to win the league, which has always been our aim."

Ribeiro says the team has also been fortunate to have Martin le Roux as a member of the coaching staff for a decade, and has assisted the likes of Nathan Peskin (2019) and Ashraf Calvert (2021) in their successful league bids to represent the Western Cape in the Sasol League national playoffs.

The Parow-based side is part of the Vasco da Gama family which has a men's team in the Safa Cape Town's Regional Third Division League. The club was formed in 1980, based on the popular Brazilian Vasco da Gama side but the two entities have no connections. With about 400 junior and senior members, it is one of the biggest teams in Cape Town.

SHRAF CALVERT



MAKING HIS NOISE BY WINNING

by Joshua Hendricks

Ashraf Calvert is probably one of the busiest and most impactful football coaches in Cape Town. On a given day you can easily find him hosting training sessions for the high-riding ABC Motsepe side Clarewood JPM FC, for Sasol League Western Cape champions CR Vasco da Gama, and for scores of budding footballers around the Peninsula.

"At a certain stage I was coaching 120 different soccer players a day, varying in almost every age. If you add that up it comes up to over 1 000 players per week," Calvert reveals.

Having previously played in the ABC Motsepe League for over a decade, Calvert was tasked to guide Clarewood JPM FC due to his resounding success in local football. The prolific highly-qualified tactician was head-hunted to be at the helm of the Clarewood side in their quest to make their mark in the ABC Motsepe League after the owners purchased a status this season.

He has guided CR Vasco Da Gama Ladies to successfully defend their Sasol League Western Cape title this season and added the Coke Cup in their trophy cabinet. He was also at the helm of the Rygersdal under 18 side that reached the Safa Cape Town's Coke Cup semi-finals – all these in the 2021 season.

Given that coaching a club is a demanding job, how is he managing multiple teams?

The ambitious coach has a proper plan in place. For instance, when Vasco was clashing with Dangerous Heroes in the Sasol League League playoffs in Gugulethu in November, Clarewood were also in action against Royal Blues in Wynberg at the same time. Calvert was in the Sasol League game while his assistants were in charge of the ABC Motsepe League clash.

But he was in constant communication and keeping tabs on what was happening on the other side. And on the day both teams won by a 4-1 scoreline. He says the teams train at different days of the week or at different times of the day, making it easy for him to oversee their training sessions.

The Mitchell's Plain-born tactician, who now lives in Parkwood, is a qualified sport scientist with all the SAFA (South African Football Association) and CAF (Confederation of African Football) coaching badges except the CAF Pro Licence of which he is expecting to complete.

How did it all begin?

"I started playing football at the age of five. As soon as I got my first injury (ACL or anterior cruciate ligament) at 21, I went straight into coaching because I knew how football works with age and stuff like that. Then I decided I'm still gonna play just to stay in the game. So I played ABC (Motsepe League) for more than 10 years. While playing I got my C and A License and I did a bunch of short courses."

Calvert, who studied at University of the Western Cape, pushed himself to coach both genders so that he was prepared for anything that came his way.

"I've been coaching for the last 13 or 14 years, doing all age groups, male and female alike. Knowing that if I get into any coaching job I would be able to handle it. I'll know the long term player development structures. I'll know what is a great player, what is an average player, what is a development player from every age group."





The Rygersdal u18 coach says that he put up a 20-year goal for himself to either coach in the Premier Soccer League or even a national team. And the achievements that he has reached so far do not surprise him. "I just chose the right moments when to take on certain positions, take on certain jobs and make sure that I focus on the fundamentals."

Although he is highly qualified and has accumulated over 10 years coaching experience, Calvert believes those in charge of professional and national teams are still hesitant to give him the opportunity because of his age. "No one wants to give me a chance because I'm young (32) but I'm qualified and I probably have more practical time than anybody. So nobody can tell me I don't have the backbone to do this".

Assie, as he is affectionately known, has recently joined Pro Athlete Management Agency, and has ambitions of getting

his CR Vasco da Gama Ladies team into the Hollywood Bets Super League, South Africa's top women's league. Simultaneously, he also wants to grow and do well with his new venture as the coach of Clarewood JPM FC.

"When I started my coaching license I thought this is where I wanna be. This is how much time I've allocated because I know how politics work in this country. If you are not an ex pro then you don't get the job. So I have to make noise of my own by winning and that's the only way I'll be recognised."

That is exactly how he did it. Step by step, from running a soccer school to doing private one-on-one coaching sessions. Then moving up to development structures and now ultimately creating his own opportunities in senior football because of those successes.

TIGERS'

GROUND-BREAKING

SUCCESS SPUR BASKETBALL HOPEFULS

by Myolisi Gophe

Imagine a young basketball aspirant from an impoverished community going to a Cape Town Tigers basketball club training session and see a National Basketball Association (NBA) player like Ben Uzoh train.

The excitement, the imaginations and the hopes such a training session will rub off on that youngster, and the energy it will give him or her to pursue his dream. This has actually been the case since the Gugulethu-based Tigers was established in 2019. The club is owned by American basketball icon Raphael Edwards, who strongly believes that the sport can actually grow and surpass the likes of cricket and rugby in South Africa.

Since its inception, Tigers have gone out to conquer not just Cape Town but South Africa and the Southern African region, and they were a serious contender for the Basketball Africa League (BAL) – the most prestigious basketball league on the continent. “There is finally something in Cape Town, South Africa for players to play for,” comments Tigers coach, Relton Booysen.

“The possibility of being part of the BAL on its own is ground-breaking in Cape Town. Furthermore on social and economic levels Cape Town will benefit significantly. You have American players travelling the city and posting on social media how beautiful and safe our city





is. This will open doors for more foreign players who want to come to Cape Town and it will definitely boost tourism."

In December, Tigers travelled to Johannesburg for the Elite 16 competition, an event that Booysen says was supposed to have taken place in the Mother City but due to red tape it was moved up north. By the time of going to press, the third place playoff match between Tigers and New Star to determine the last team to qualify for BAL had been suspended indefinitely due to positive Covid-19 cases. What made Tigers to be such a force to be reckoned with in such a short space of time? "We have a unique structure and team of players," Booysen explains. "We have six of the South African national players in our team, two players that played in the NBA and another two imports. The mix of youth and experience put together by the coaching staff enable

us to compete at any level. We have good team chemistry and have a good bond on the court as a team."

Booyesen says he is proud of the club's owners and management for building such a formidable outfit. "National champions, regional champions only in such a short space is very inspiring. There is a good future for basketball in Cape Town and South Africa if everyone can comply and work together.

"I am so grateful for the opportunity to coach at such a level and have good international leaders like Ben Uzoh and Evans Ganapomo who assist me to lead the team. I am putting in time and hard work to give South Africa a possibility to have a team in BAL. This will increase basketball opportunities at all levels in our country."



“I said it’s not about colour, it’s about equal opportunity for players.”

WHAT IS THE CULTURE OF SA HOCKEY?

by Myolisi Gophe

As a young boy **Rory Townsend** was “dragged” into playing hockey by his elder brothers, but he turned out to love the sport so much and was so good at it that he went on to reach greater heights.

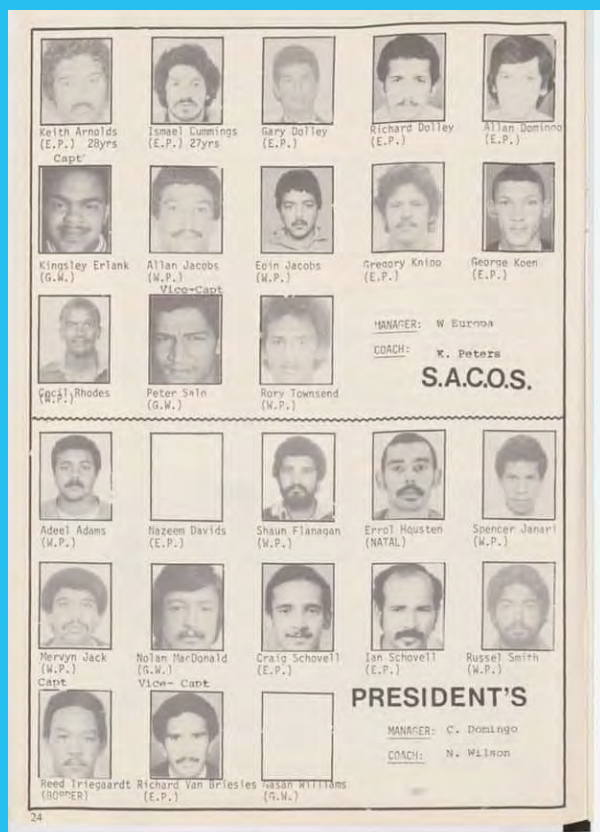
“I played other sports like squash, baseball and volleyball, but there was nothing like hockey because of the comradery we formed. It was simply a pleasure to play hockey,” the Gqeberha-born Townsend remembers.

“And having my icon and mentor, Gregory Knipp, who in my opinion, was one of the most prolific hockey players of my time, playing alongside him was an incredible experience. I was like a child in a candy store, having access to the best. In him we found a leader and a sports person that inspired all of us to greatness.”

Sadly, as much as Townsend, an alumnus of the University of the Western Cape (UWC), was a great hockey player, the highest level he was allowed to reach during the apartheid South Africa was to play for the South African Council on Sports (SACOS) team against a “President team”, in what was known as the “Olympics of the oppressed”.



South African Council on Sports (SACOS) team 1982



Another example of Townsend's stance was the introduction of a 40% minimum park time for all players at provincial tournaments.

"I said it's not about colour, it's about equal opportunity for players. The parents of that pink, brown, yellow or white players pay the same amount of money, they all train just as hard and if they deserve to get into provincial teams, then they deserve to be on the park in their respective provincial teams. This was to correct the fact that some players would play 10 to 15 minutes for the entire tournament. This rule had nothing to do with colour, it had everything to do with equal opportunity and fairness. After all, we are not a professional sport".

Townsend, a former dental practitioner who runs a digital marketing company, struggled to get further transformative changes, often because he was met with institutional and legacy mindsets. But it didn't bother him at all. "I was always aware that if you stand against the crowd for something you believe in, there would be push back. I realised that sport was like politics where people change their views based on remaining popular - principled stances would constantly be met with opposition. However, I sleep well at night"

Townsend believes that because of the strong cultures at school level, universities and SA Hockey, it becomes an almost impossible task to correct the situation with rules and laws. "My opinion is that we need a change of heart. When people become sincere, honest and have a genuine interest in seeing lives change, on and off the field, then I believe we will start moving in the right direction".

As much as the progress appears to be stagnant, there is hope for the future. Hockey SA has a beacon of light through a personal initiative by Gary Dolley, also

And after he stopped playing competitive hockey, Quagga, as Townsend was nicknamed, played his part to rectify the injustices of the past as an administrator in post unification South African Hockey Association structures, serving in the coaching and transformation portfolios. But his firm stance on transformation made him unpopular. "It was prior to the Olympics and I was very adamant that we have to execute equity in the sport. I was not into quotas, but expressed that we needed to level the playing fields so that everybody had equal opportunities. This stance led to one member of the current national coaching staff and I butting heads, for his comments like 'players of colour would weaken our national Olympic team'. Although this was 'resolved' with the usual promises that it would be rectified at the next Olympics, I realised the issue was much deeper than a regulation or law. It needed to be corrected in people's hearts. If we genuinely care for others, we would want the best for them."

a UWC Alumni, who goes to schools in different communities, changing the lives of learners through hockey programs that involve life skills, education and mentorships. "I believe we are going in the right direction. It may be slow but if we keep the leaders and their team driving in the right direction, we will get there sooner than later."

Although Quagga, who still plays for legends, had some difficult moments in

hockey, he had memorable and funny ones aplenty, too. Like when they used to travel outside Gqeberha to tournaments in a bus. "When we leave PE everyone would open their patkos that their parents have prepared for them. And 90% of players had boiled eggs and the bus would turn into a total sulphur factory."

"Greater love has no one than this : to lay down one's life for one's friend"
John 15:13



REFEREE ON A MISSION

TO CHANGE MINDSETS

by Myolisi Gophe

Growing up in a rural community where football was predominantly for boys (girls played netball), Sisonke Holideyi has always been determined to change that mentality - and prove that sport, regardless of code, actually is for everyone.

"Since I grew up in a village where girls were not introduced to football, I wanted to prove that soccer is not only for guys and that even girls can be part of it," the 29-year-old recalls. "So if I could not play soccer when I was young, I could still be involved in the sport."

It was for that reason that the King Williamstown-born Holideyi grabbed the opportunity to do a sports administration internship at Amandla Safe Hub in Khayelitsha in 2018. There, an introduction to football refereeing course paved her path into football officiating and Holideyi now holds a Level 5 Referees Certificate.

"Now I can implement the laws of the game and be in control of the matches - whether it's guys or girls who are playing," she says. "I hope this will inspire other girls to believe that it is possible to be involved in any kind of sport that guys are involved with."

With the Level 5 certificate, Holideyi is eligible to travel the breadth and width of Cape Town to officiate amateur football matches, including those in the Regional Men's Third Division League - South Africa's fourth tier of football - Sasol League Western Cape and Coke Cup games.

She rates the Coke Cup final at Athlone Stadium in 2019 as the highlight of her career to date, as it gave her the atmosphere of a professional match set up.

But is football refereeing really a rewarding career?



"Definitely - but only if you're in it for the right reasons," she says. "Following a career in football refereeing for money would be a bad idea. It is for the love of the game and being passionate about sport that keeps me going. But match officials at grassroots do get something after every game - so some days I do go home with up to R500 after a long day on the sports fields."

From Holideyi's point of view, women's and men's football are the same: both groups possess the same skills and determination, and the pace is more or less the same. But there is still a stigma attached to women who are involved in male-dominated sports like football.

"It hasn't happened to me, but other participants have experienced being labelled names just because they play soccer. And boys will always be boys. Sometimes they would make comments about you, throw some romantic words at you, saying you are hot or even ask for your contact details while you are officiating."



For Holideyi, who lives in Lower Crossroads, officiating football has taught her to stand for her rights as a woman in a male-dominated field.

“Those situations need you as the ref to handle, because you are in charge at the end of the day. If they make you uncomfortable you can give them a warning and if they continue it’s deemed as unacceptable behaviour which warrants a caution. And they don’t want to be cautioned.”

She also plays her part where possible to avoid harassment and gender-based violence.

“There will always be men around and sometimes we share the same change rooms,” she notes. “The last thing you want is to become a victim. How you conduct yourself is very important.”

There are also life sessions for female players, to prepare them on how to handle those kinds of situations, and not give up their dreams because of the preconceptions and bad behaviour of others.

“We have attended sessions on how to dress up and prepare for such occasions as women. So you need at least to always have tights and vests on so that you don’t expose your underwear. Sometimes the schedules are too tight for men colleagues to leave you alone in the room to dress up. So setting boundaries and having collegial understanding is critical.”

Holideyi’s own dream is to climb up the refereeing ladder and one day officiate matches in the Premier Soccer League (PSL), in the Confederation of African Football and in the World Cup.

With role models such as PSL refs in Akhona Makalima and Akho Ndzingo on her side, and her determination to study further and never stop learning to be better, it’s only a matter of time before those dreams become reality.

NEWS IN PICS

As was the case in 2020, Covid-19 severely disrupted sport activities last year, with the second and third waves hitting our shores early in the year and in winter, respectively. In between the spikes, though, sports people took full advantage of the respite to play sport in different codes. Below are some of the highlights of 2021:

ATHLETICS



The Absa Cape Town 12km CITYRUN was one the several races that the Western Province Athletics Association hosted successfully in between the Covid-19 waves this year. Photo: Adnaan Mohamed.

CRICKET



Cape Town was well-represented at the Cricket South Africa's Under 17 training camp in Gqeberha in September. The Cape Town contingent consisted of (from left to right) Bongile Mfunelwa, Liyerna Waqu, Chayden Hendricks and Tyler Williams. Photo: Supplied.

NETBALL



Durbanville Netball Club won the Cape Town leg of the inaugural Twizza Challenge and went to represent the region in the national championships. (Photo: Facebook)

HOCKEY



Maties Hockey emerged as the best side in the regional women hockey, taking home the Western Province title. (Photo: Jan van Zyl)

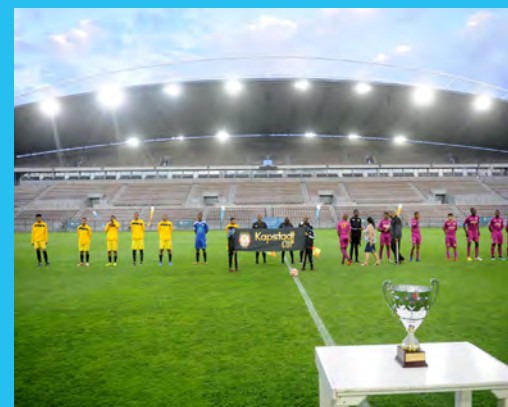
FOOTBALL



Cape Town duo Lelona Daweti and Thalia Smidt played key roles in the Mamelodi Sundowns team that won the inaugural CAF Women Champions League in Egypt. Photo: (Myolisi Gophe)



Santos The People's Team defeated Hanover Park to win the Western Cape Nedbank Cup. (Photo: Supplied)



After Covid-19 forced the event to be shelved, the FC Kapstadt Cup was back with a bang this year, pitting up and coming footballers in different junior divisions in what is becoming one the popular tournaments of its kind in the country. (Photo: Facebook)

Fuad Esack was doing on-air promos at a national television station when his passion and burning desire to be in the frontline of news gatherings was reignited.

ACTIVISM DRIVES CITY

LENSMAN TO CHANGE LIVES THROUGH SPORT

by Myolisi Gophe



And when the opportunity came to re-join the Cape Community Newspapers (CCN) he grabbed it with both hands and has been enjoying his “calling” for nearly two decades, winning back-to-back awards for three years at some stage due to his excellence in the job. His latest accolade was the Cape Town Sports Council’s Western Cape Sports Journalist of the Year in late 2021.

“Having to do promos for news and for investigative programmes like 3rd Degree at e.tv made me yearn more and more to be in the forefront of the news. I missed the news part of journalism.”

The Cape Peninsula University of Technology graduate was then handed the task of sports editor at CCN to oversee the coverage of grassroots sports in all Independent Newspapers’ (now Independent Media) Cape Community Newspapers titles in 2005, something he had never pictured would happen. “It was a dream come true to me. I enjoy telling stories, to express myself with my daily writing. The sports thing just happened by accident.”

Having also spent a few years as a teacher at various schools in Mitchells Plain (he matriculated from Rocklands High), Esack says it was the activism aspect of journalism that attracted him to the profession. “There was a time when journalists were catalysts for change, and what attracted me to journalism was just that. I think as journalists we kind of lost that activism and we are less of activists after 1994.

“Through your writing you can promote change, you can raise awareness. Never mind that I’m covering sport, in some way you can still effect change. So even though in a small way I try to be that activist to emulate what the journalists in the pre-1994 era were doing”.

This tells why his role models are the journalists who report in the backdrops of war or under oppressive regimes. “When I see some of the reporters from war hotspots around the world bring up stories against all odds, I regard them as role-models. I don’t think I would be brave enough to do that”.

With South Africa among the most unequal countries in the world, Esack has

"SPORT IS A MOVE AWAY FROM THE DAILY REALITY THAT PEOPLE FACE."

seen the slow pace of transformation in certain communities in Cape Town while covering grassroots sport over the past 15 years. "Not only are the playing fields not level between the different codes, but the different individual codes themselves are often also not quite on the same level. People talk about rugby, whether in poor or affluent communities, it is governed by the same body. And the impression would be it is more sorted than other sports. "In highlighting across our papers what happens in community sport at different communities based on what they have at their disposal and make big fuss about success stories regardless where you are, where you from and where you play is important. Soccer is a dominant code, just like rugby. A big portion of my work is on soccer fields, but I also attempt to cover dancing kids and develop special relations with them and other minority sports as I do with soccer.

"Ultimately, when some kid wins some big competition in a less popular sport, especially in a sport played in poor communities, I will make a big fuss about it too because I know highlighting the success of everyone, even the less popular sports, is as important. If you are less dominant doesn't mean you are any less than the more powerful. And in that way, by highlighting the big, the small, the in-between kind of address the issue of transformation."

Esack says he has a special feeling for community stuff and has realised that not enough attention is paid to grassroots sport as it is often treated as not as

important as big games. "There is still a perception that grassroots sport is less important. But that under 12, under 14 and under 16 player is as important as a fully-fledged professional player.

"I get the importance of a big game going down at Athlone Stadium, but an under 10 game early in the morning may just reveal the future dude who will be playing for Bafana Bafana one day. He might be running around barefoot for now but the future may be brighter than you can imagine. Every time I go out there I always imagine myself that I'm at a big game because I know it is the most important thing to that person at that point in time". Working in broadcasting and in the community news sector has made Esack a more complete journalist. For instance in broadcast you let the visuals work for you, and once he realised that his approach to stories has been from a visual perspective. And at community newspapers journalists are also responsible for photographs and some for page layouts, too.

As much as Esack has enjoyed his 15-year stint on the sports desk, the last year has been one of the most challenging, with less or even no community sport activities.

"Suddenly there was nothing happening. That pushed me to a new direction to still be able to do what I love and meet my daily responsibilities to fill our newspapers as if it was normal. We had to figure out different ways to work, covering ground in a way we have never done in the past. As much as it was tough, at times demotivating, making peace that things will never be the same sometimes excites me.

"Sport is a move away from the daily reality that people face. Whether it is on TV or a community sport it's an escape, which makes covering sport a really privilege and an honour".



SPORTSMAN'S INTERVENTION

MAKES LEARNING AND SPORT FUN AND SUCCESSFUL

by Myolisi Gophe

It is all about making an impact, leaving a legacy and changing lives as Xolisa Mtiki is embarking on a journey to nurture young people to unleash their sporting and educational potential.

Since he took over the management of Mahlangu Stars FC in 2015, the club has been a force to be reckoned with, winning countless local titles in all divisions. Recently, the club's Under 14 division were crowned as champions of the Dennis Goldberg Cup, a competition that is contested by all Cape Town LFA winners in various junior divisions.

And early this year Mshanga, as he is affectionately known in football circles, established the Mtiki & Ngada Institute in the garage of his parents' home in Kuyasa, Khayelitsha. The institute aims to be an intervention to the academic and social challenges that many young people are experiencing as a result of Covid-19.

Although Mtiki has always been passionate about football and education, playing such leading roles has not always been on his to-do list.

After obtaining his degree at the University

of the Western Cape, he was convinced that the world was at his feet, enjoying a cushy job in one of the leading banks and receiving countless offers from various top companies – until an academic spoke to him.

The academic, former lecturer Professor Heng-Hsing Hsieh, had identified a talent of lecturing in Mtiki, and persuaded him to not leave the academic world for the corporate sector. “He said ‘look at these black students who are struggling and you are leaving with all these skills you have. What will happen to them because you have a talent that can change their lives for the better?’” Mtiki recalls.

He says he tried to argue that he liked what he was doing and he was putting his profession to work. “But he said he was more concerned about the future of black students and that there was more to life than living comfortably. Since that day I actually realised that there is more to life than money. It’s all about making an impact.”

He conceded to the academic he adored, and has been a lecturer at UWC since his graduation.



Mtiki says whenever he visited his parents since the start of COVID-19 he would see kids, including his younger brother and sister, struggling academically because of the new ways of studying as most things are done online. “For me it triggered that this is exactly what I’m dealing with at the University, let me play a small

part. Let me come up with something better to keep them focussed on their studies and improve. Obviously when they don’t attend school, the first thing that comes into their minds is to use that freedom to play,” explains Mtiki, who was born in Indwe in the Eastern Cape.

Together with his high school friend, they introduced a programme which deals with the academics and social challenges faced by the young people. From Mondays to Saturdays, they provide mentoring, tutoring services, interviewing and computer skills, curriculum vitae development as well as psychological social support to deal with issues such as substance abuse, etc.

“The main objective is to respond to the high dropout rate of kids from school. But I realised that you need to deal with the root cause that leads to a drop of the concentration levels, and there are various factors. That is why we have a social worker in the team to give them psychological support before we can help them with their academic challenges”.



Mtiki and his team have seen significant improvements in the academic performances of their 30 students, ages 14 years and older. “Some have moved from codes 2 and 3 to codes 6 and 7. That is good because we want to instill a learning culture in the black communities and make learning fun. We also want to prove that it’s a myth that to be successful



“SO THE FIRST THING WAS TO CHANGE THEIR MIND-SETS AND ENCOURAGE THEM TO CREATE THEIR OWN IDENTITY AND CHANGE THEIR BEHAVIOURS.”

you need to attend certain schools. What is important is self-determination”.

Ultimately the institute, which is free of charge, intends to assist learners to enter university, do well and land or create employment afterwards so they can help those who come after them. “Fortunately, I’m a lecturer myself and I will monitor and guide them in every step along the way”.

In the same vein of making an impact, when Mtiki hung his boots to join the management of Mahlangu in Mandela Park LFA, the club was struggling and

had never won anything. “The members of the team had potential but the manner in which they were applying it was not to unleash it,” Mshanga remembers.

“So the first thing was to change their mind-sets and encourage them to create their own identity and change their behaviours. We used some of the prize money we had won to pay for those who wanted to do short courses so that they stood better chances of landing employment. As a result, some of them used those certificates to get better jobs and the club has been dominating.”



MALCOM JACOBS

**TURNING A NEW LEAF
TO TURN PRO**

by Joshua Hendricks

When Malcolm Jacobs signed with Chippa United at the age of 17, it seemed like a smooth ride to achieving his professional footballing dreams – but it turned into a roller coaster instead. The Richards Bay shot-stopper shares his journey with **Joshua Hendricks**.

Malcolm Jacobs dreamed of becoming a professional footballer ever since his grandparents started taking him to matches. His footballing career started at West End United in Athlone, where he was scouted by Old Mutual Academy. And when he signed with Chippa United at the age of 17, his childhood dream of turning professional was close to reality – until his journey hit rollercoaster points.

At the time Chippa, who are currently in the Premier Soccer League, were still in the then Vodacom League (now ABC Motsepe League) but Malcolm was offered a package equal to that of First Division League (now GladAfrica Championship) players.

“I went from earning R850 in an envelope at Old Mutual Academy (also in the Vodacom League) to R7 500 or R8 000 into my bank account. As a coloured boy all the wrong kind of things start happening when that kind of money is coming in, especially when you are not used to it,” the Crawford-born Jacobs recalls.

The shot-stopper says he got involved with the wrong friends and made a few worrying decisions – to the detriment of his promising career.

“I started to have some problems with alcohol because of the money and the friends I had associated myself with. The way I was drinking became like a religious thing, and I started missing training, creating problems with the coach. The owner really loved me, though, and put up with a lot of my nonsense.”



“I HAD TO BECOME A MAN. THERE WAS NOTHING TO FALL BACK ON, LIKE GOING TO MY GRANDMA’S HOUSE TO EAT. I WAS ON MY OWN AND I HAD TO FEND FOR MYSELF





Even when Chippa were promoted to the National First Division, Jacobs didn't stop his bad behaviour. The club eventually released him and life became difficult for him, as no other club wanted to sign him - words had gotten around.

"There was a point where I just wanted to give up. I was in my room for weeks, thinking about the bad things I could do instead of thinking about what I needed to change to become a better professional - and a better person."

Jacobs completed his high school, and watched in envy as the careers of his former fellow players took off - friends and competitors like Lyle Lakay and Roscoe Pietersen. "It was a wakeup call to see your friends making it and signing their professional contracts - when you know if you had to just do what they did and you'd be there, too."

After his failed stint at Chippa he returned to the Vodacom League for Glendene United. But the true turning point came when he left Cape Town to join Highlands Park in Johannesburg at the age of 24 - something he regards as the best decision in his entire life.

"I had to become a man. There was nothing to fall back on, like going to my grandma's house to eat. I was on my own

and I had to fend for myself, and the only way I could do that was to perform, to produce and get a pro contract and earn an income. It was either that or go back home and be an intern at Standard Bank. And I didn't enjoy dressing up and wearing a tie to work."

The Return: Rising From The Ashes

Jacobs spent two years at Highlands Park and went on to play for Mbombela United and Ubuntu, and now he is in the books of GladAfrica Championship side Richards Bay in KwaZulu-Natal.

Jacobs, says at amateur level footballers get a lot more playing time than at a professional setup. "You have to step up at senior level because it is more demanding, it's based on results, and it becomes more of a business. There is an added pressure and a lot of academy graduates don't make the cut because of the way they were lauded and protected from reality throughout their junior development."

Jacobs described as "phenomenal" the approach that his former employers, Ubuntu, have been taking. "It's not just about football, it's about coping with life. When football is going great, how life is, the distractions that the money comes with. They are trying to be as realistic as possible, and also give the youngsters an opportunity to study, which is important."

He knows firsthand how much that matters.

"For example, at Ajax Cape Town things were nice and the academy structure was great. For years they were producing quality after quality but what happened to those that were quality in the academy and never made the cut in the professional ranks? You walk around in Heideveld and Athlone and you hear the stories of how this boy was at Ajax and he was quality. They never taught him



how to deal with things when it doesn't happen and when you want it to happen. I'm probably playing the best football right now and it's happening 10 years after I expected it to happen."

At 32 years old, Jacobs still dreams of making it to the Premier Soccer league, and sees that as a way of validating his talent and the hard work he has put in - and the efforts of all those who supported him. He also plans to go into coaching and is adamant that preparing footballers for life outside of Cape Town is crucial for the success and development of footballers in the Mother City.

"A lot of talented Cape Town players don't make the grade at senior level because of the mentality that is installed. There's a lot you need to deal with from a cultural perspective, when you step into a challenging situation and you don't have people around to help you through it."

The mental aspect of the game lies dear to his heart, and wants to use his journey as well as others, to enlighten and grow footballers as people too.

"Sometimes you need to dig deep and realise what you want. I believe that if you stick to your guns and work on perfecting your art, you will become successful at the right time. Just continue working, regardless of the obstacles; just try to be better than the person you were yesterday, and your time will come."



DRIBBLING WIZARD

ZOE OCTOBER

A GEM TO WATCH

by Joshua Hendricks

Spurs WFC has a rich history of producing top class footballers who have gone to become international coaches, national players and plied their trade abroad. That trend continues as the club has unearthed a new gem in Zoe October.

The talented dribbling wizard is only 12 years old and is already playing in senior women's football in the Western Cape. The quality of her technical ability is way beyond her years and her character off the field is that of pure humbleness. This year at the Engen Knockout Challenge under 20, she was the star of the tournament, taking home both the Midfielder of the Tournament and the Player of the Tournament awards.

"I'm proud of myself. I'm still young and I have the courage to take on big players,"



Zoe said after her team lost in the final to RV United. "My bravery comes from God. He gives me the courage to move on and take the steps. It doesn't matter how big they (opponents) are and how small I am, I'll take them on," she said confidently. Zoe is definitely the one to watch, and even at her tender age makes football look like poetry in motion. It will not be a



“WE BELIEVE IN DEVELOPMENT AT SPURS. OUR HISTORY WILL TELL YOU THAT TWO INTERNATIONAL HEAD COACHES, COACHES IN WOMEN'S FOOTBALL, MANY NATIONAL TEAM PLAYERS...”

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surprise if she dons the green and gold national colours in the not so distant future. But no contact has been made by any representatives of the South African Football Association national teams for now. “No, I have not been contacted by anyone yet. I would like to play for Banyana Banyana and Manchester United one day. Cristiano Ronaldo is my role model, as well as my captain. She is one of my greatest inspirations.”

Spurs coach Winston Zeederberg recalled that he first saw Zoe at their tournament, The Cup of Dreams, in 2019 when she was still playing for Belstar. “She was a raw talent and did well at the tournament so I followed her progress and spoke to her coach about a possible transfer to Spurs, which happened this season. “We as the coaching staff needed to work on a few things to make her more

productive but Belstar did well in guiding her early development. We built on that and Zoe is doing very well. We are not done with her development as we feel she can still grow and better her game even further”.

Zeederberg praised Zoe as a hard working person who always asks questions on her progress but also willing to take the lead at times. “We believe she will grow and who knows, maybe even represent the country.

“We believe in development at Spurs. Our history will tell you that two international head coaches, coaches in women's football, many national team players, players studying overseas because of the development at Spurs. We have a rich history and a bright future and we hope to produce more Zoes”.



CRICKET OPENED DOORS

FOR RISING SPORT STAR

by Myolisi Gophe



Having made his first-class cricket debut, selected for a Cricket South African (CSA) training camp and represented the Western Province Cricket Association (WPCA), Liyeman Waqu's flourishing cricket career has all the traits to take him places.

It is not only because of his dedication, determination and hard work that has seen him rise so rapidly in the sport he loves so much. But his eagerness to learn and his focus has worked to his advantage.

In late 2021, the 17-year-old left arm bowler was named in the Western Province Blitz team for their Mzansi Super League T20 series, presenting him an opportunity to rub shoulders with some of the finest cricketers on the land. "It was a good experience to play in the professional cricket league. I learnt a lot from my mistakes and I identified areas that I need to work on to continue growing," he comments.

Prior to that, Waqu was part of CSA's Under 17 training camp in Gqeberha in September, was in this year's WPCA under 19 A squad for the CSA Khaya Majola Cricket Week in Potchefstroom, and has played for the WPCA in various junior divisions since 2016 – a year after he started playing cricket.

But cricket is a sport that Waqu, a Grade 11 learner at the South African College School (SACS), joined by a mere chance. "I was walking around with my friends in Khayelitsha in 2015 when we saw this big green field and we thought we should check it out," Waqu recalls.

In the field, which they later learnt to be the Khayelitsha Cricket Oval, they found two groups: one practising football and the other one conducting cricket training sessions. "We were into soccer so we thought we should try something new. That is why I joined cricket". It was a difficult decision and path to

"I WAS ALSO TOLD THAT THERE ARE NOT MANY PEOPLE WHO CAN DO WHAT I DO BECAUSE I'M A LEFT-ARM BOWLER."



make but worth it in the end. "It was not easy for me to adapt from football to cricket because we used to play soccer every day in Khayelitsha. But we had to try something new because cricket brought many opportunities to us, like traveling around Cape Town to play matches. As for soccer we didn't travel much and because there were many people involved so cricket was the way."

But after the first season Waqu and his friends considered quitting because they felt cricket was boring. "But something inside him said I have to go back. So I brought more younger guys but they also quit. Now I'm the only one left from those groups and I'm still enjoying the game." Although Waqu still plays football for fun, he says he loves cricket because it is fun, teaches one to be patient, and it's a gentleman's game.

"I was also told that there are not many people who can do what I do because I'm a left-arm bowler. They said if I could stick to cricket I could do many good things and can make teams win because this is the lucky arm.

"I had a lot of things that I wanted to achieve. To get scholarships and to be the best player I can be. And all these achievements to date mean a lot to me. I have put in a lot of hard work into it and I have been working for six years to get where I am."

With all the support Waqu has, from SACS to WPCS and CSA, nothing stops him from achieving his goals to play for Proteas one day and be the best bowler in the world.



NEW KIDS ON THE BLOCK

**CLAREWOOD JOINS ABC
MOTSEPE LEAGUE**

by Joshua Hendricks

Clarewood JPM are now in the ABC Motsepe League, and they're looking to make the most of it - and change the whole mindset and landscape of semi-professional football along the way.

"Something new is coming for Cape Town, which involves three pillars: Education, Empowerment and Exposure," says player and General Manager Fagan Muller. "The vision and mission is that players of the future need a club of the future - and that is us. We don't just want to create the best players at the end of the season, but the best people."

Clarewood are taking things beyond a player's short term ambition as a footballer. Every player is added to a mindset programme run through Muller's company, Business Life Academic and Sports Coaching (BLASC) - to produce peak performance and grow the individual's professional self, it could be a writer, a sportsman, but growth in your life.

Each player has to do an entrepreneurship course. They'll all have to do a financial literacy programme, so that would include how to invest, financial markets and investing in your child's future. "And that's just for starters. Then we also have another entity coming on board that I can't mention yet but they will be given two free courses for the player in terms of finances too. Those are the stuff that's part and parcel of what the player will get this season. So besides them becoming better on the field they'll also become better people. "

That's not to say football doesn't matter, of course. Ashraf Calvert, Coach of Clarewood, attributes their success to their style of play and management. "Not necessarily one style but it has to do with combination play," he says. "Being able to switch

from one style to another and changing according to scenarios or conditions. The tactical approach to each game is very different."

Calvert accepts that it can take a lot of time to get players to understand his tactics, and that understanding is a key factor. "Lots of players don't understand the principles and fundamentals, and that this means I can add a lot of value."

The Clarewood coach continues further on the culture and expectations around the club. "There's a lot of expectation as a young coach and being a new team. We have a plan and the aim is to put in the hard work tactically. Working through the zones on the pitch. Playing to our strengths and working out the opponents and finding a way to counter them. Creating a culture, managing and respecting players. Having great people skills and knowing how to manage the players mentally, too."

A Legacy Of Leaders

BLASC is about creating leaders - on and off the field.

"We want to serve the greater Cape Town and make that transition," Muller notes. "There is junior football, senior football and competitive football. ABC is a professional league, and most of our clubs treat it like it's not. We have to help people understand that - by building a team and showing it off with a just cause."

The aim is to instill these principles early because they have a very young squad which has good seniors. In theory, they would become better players and have longevity with their families beyond the last whistle.

"It's good to see Clarewood take on this project. Every player has his own individualistic training programme that



“WE’RE BUILDING LEGACIES - AND CHANGING LIVES.

”

also involves his own academic things that he needs to instill in the programme. So that’s education and the courses are there to empower. So what is exposure, if they need to be sent to a higher level they’ll need video footage. So we need to get to that level, if our clubs are not understanding the importance of footage then where are we?

They’re building profiles for all the boys, providing them with security and creating a different culture within their household and effectively within Cape Town itself. “Our thinking needs to be fast forward. So every league game will be live on

Facebook. Which means that footage is there for the player, every player can be watched and criticized. It’s beautiful hearing people phone after our first game against Grassy Park and just criticising the heck out of the team...and then we ask them if they enjoyed the game.”

The long-term project is to use Clarewood to ultimately also build a school. With curriculums for footballers and businessmen, etc. “We know it’s different, and this time we’re not going to just say it, we’re going to show it. We’re gonna show the world that there is someone that’s trying to compete with them. We’re building legacies - and changing lives.”



CAPE TRIO NAMED IN CRICKET SA

U19 WORLD CUP SQUAD

by Staff Writer

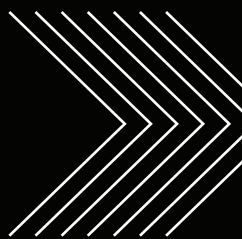
Three Western Province rising cricket stars have been named in the Cricket South Africa's (CSA) Under 19 squad that will take part in the ICC Under-19 Cricket World Cup in the West Indies next year.

Ethan Cunningham, Kaden Solomons and Asakhe Tsaka will form part of the 15-member Junior Proteas team that will represent the country in the Caribbean nation in January and February. The team will also participate in a pre-World

Cup bilateral tour against the host nation in December to finalize the team's preparations for the global showpiece.

Tsaka is registered with the Khayelitsha Cricket Club, Cunningham is with Rondebosch Boys High School and Solomons is at South African College School.

The young contingent will be led by captain George van Heerden, while exciting talents such as Dewald Brevis





and Tsaka will lead the charge with bat and ball, respectively, when South Africa take on their international counterparts. Brevis impressed local cricket fans with an explosive knock likened to AB de Villiers in the recent CSA Provincial T20 Knockout competition, while Tsaka maintained a notable economy rate of 6.42 with ball in hand.

SA U19s Convenor of Selectors, Patrick Moroney, commented: "The process of putting this group of players together is only the pinnacle of the work that started as far back as three years ago when some of these players were exposed to the CSA Talent Acceleration Programme (TAP) for the first time".

"All these players played in the CSA Cubs week hosted in January earlier this year. Covid-19 has played a big part in things being different, especially taking into account the schools cricket programme where schools play each other on a week-to-week basis that could not take place because of Covid-19. But taking everything into account, I believe that we have managed to select a team that will be competitive at the World Cup in the West Indies.

"We are blessed in the country with some exceptional talent, and I trust that these young men will use this as a platform to propel themselves into the cricketing world.

"Unfortunately, we can only select 15 players and three travelling reserves to the showpiece, but it was no easy task with

an abundance of talent in the country. Some less fortunate players did not make these teams but no doubt that we will see them in the future plying their trade in the provincial and even national teams.," Moroney concluded.

Head coach, Shukri Conrad, echoed Moroney's sentiments and added: "We have a lot of exciting players in our group, and I am certain they will be well-led by George van Heerden. I want us to have the courage of our convictions. Have the courage to play the way we have practised, to follow the philosophy that we have set out and, hopefully, we can adapt, depending on what conditions are prevalent in the West Indies, both on the tour and the World Cup.

"The World Cup is the priority, but we also have a series to the West Indies that we'd like to win. It is also great preparation for the boys. I would like to see our boys continue the work; we still have a little bit of work to do before we get there and once there, to go out and have the courage to play the way we want to play," he stated.

"Ultimately, I believe if we do that enough, then we will be victorious. We are certainly not going there as a side who wants to just compete, or a side just thrilled to be there, we want to not only give a good account of ourselves but also get into the play-off stages and win tournaments. That's a long way away, but if we follow the building blocks, we will be alright," Conrad added.



NEWS IN PICS continued

FOOTBALL



Pic: Facebook

University of the Western Cape's Women Football Team won the Varsity Women Football trophy for the first time.



Pic: Cape at 6 Sport

Matroosfontein were crowned as champions of SAFA Cape Town Regional Third Division when they won their stream and beat Silver Spurs in the playoffs. However, Matroos found the going tough in the provincial playoffs.



Pic: SAFA CT

Maties FC became the first university team in the Western Cape to earn promotion to the ABC Motsepe League this year. The team from Stellenbosch were joined by Black Cats from George in South African third tier football.



Pic: SAFA CT

Hout Bay United won the SAFA Cape Town Regional Women's League and earned promotion into the Sasol League Western Cape.



Pic: Cape at 6 Sport

Saxon Rovers and Invincible Cravenby won the gruelling LFA Promotion playoffs to earn their spots in the Regional Third Division League.



Pic: SAFA CT

Hellenic Under 12 won the Denis Goldberg Cup.



Pic: SAFA CT

Mahlangu Stars took the Denis Goldberg Cup in the Under 14 division.



Pic: SAFA CT

Ulana Academy dominated the Denis Goldberg Cup tournament, taking home both the Under16 and Under 18 divisions.



Pic: Own and supplied

RV United won the Cape Town leg of the inaugural Under 20 Engen Knockout Challenge in the women's division, and Ubuntu Academy took home the men's category.



Pic: Own

Cape Town City were crowned as the new champions of the Coke Cup in the Under 18 division.



Pic: Own

Dynamos FC from Strand were the biggest winners in this year's Coke Cup, taking home the senior men's division.

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