



BISHOPS
DIOCESAN COLLEGE



EUROPE HOCKEY TOUR

2023

Restoring Dignity to South Africa's Social Pensioners: Support NOAH's Social Enterprise with RisCura



As a purpose-led investment firm, we believe in empowering and uplifting people through meaningful and sustainable projects in our communities. That's why RisCura is proud to support Neighbourhood Old Age Homes (NOAH), a registered non-profit organisation dedicated to restoring dignity and improving the quality of life for social pensioners in South Africa.

NOAH is not just any charity. It includes a social enterprise component that operates much like a business, focusing on generating revenue by selling products and services with a social impact. Social enterprises like NOAH fund their activities and continue making a difference in the community through the profits they generate.

NOAH's mission is to ensure that social pensioners have their basic needs met, a sense of purpose, and the ability to contribute to their families and communities. With a holistic model of support that includes safe, affordable accommodation, medical care, and social activities, NOAH has had a significant positive impact on the lives of social pensioners in South Africa.

Did you know that every South African social pensioner has to survive on only R2010 per month? For many of these individuals, this means struggling to pay for basic needs such as housing, food, medical expenses, and clothing. After a lifetime of work, many social pensioners are stripped of their dignity and become victims of loneliness, destitution, abuse, illness, and depression.

That's where NOAH's social enterprises come in. By purchasing products or services from NOAH, you can help make a difference in the lives of social pensioners in South Africa while also supporting ethical and socially responsible businesses.



NOAH's social enterprises include an eco-friendly gifting range that financially benefits vulnerable elderly individuals who lovingly produce them to order. This corporate gift range which includes soaps and beaded angel key rings, for example is the perfect way to show your support for NOAH's mission while also giving back to your clients, colleagues, and friends.

NOAH Catering also provides a selection of baked goods and platters for individual and corporate events on a regular and ad hoc basis. Whether you're hosting a business lunch or a social gathering, NOAH's catering services can help make your event memorable while supporting a good cause.

Additionally, NOAH offers product packaging services for corporate gifts and promotional materials. NOAH can help package your products or promotional materials to the highest standards, all while supporting vulnerable elderly individuals.

By supporting NOAH's social enterprise, you'll not only be making a positive impact on the community but also building your brand recognition and loyalty. Your support can help ensure that these individuals have their basic needs met, feel a sense of purpose and usefulness, and are more connected and healthier.

For information on our Social Enterprise Development projects or to place orders, please contact Jane at orders@noah.org.za today and help restore dignity to South Africa's social pensioners.

A proud CSR initiative of RisCura, a purpose-driven investment firm.

RISCURA

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It is truly wonderful to be able to offer words of encouragement and good wishes to this group of young men as they embark on our first overseas sports tour in some time. As a school with a proud tradition of sporting excellence, it is important to test ourselves against the best, and this tour does just that.

I wish to thank all those who made this opportunity possible and for supporting our team. Our grateful thanks go to those who will be hosting us as we tour your country and our best wishes accompany the boys for their matches.

Sport remains one of the greatest unifying factors in any country and schools are not much different. To compete with one's friends, against others who may one day become a friend, is a vital part of a good sporting contest. To win or lose, having played one's best, teaches us so much about ourselves and about others. Just being part of the contest is special enough and so many memories are made in the sporting arena.

We know that our boys will do us proud, both on and off the pitch and hope they come back enriched from this experience, as hockey players yes, but more importantly as people.

My thanks go to all the coaches and staff who put the tour together and accompanied the team, to the parents who made this possible through their support and to the boys for their hard work and commitment to hockey as they prepared for this opportunity.

Travel safely.

Pro Fide et Patria

Tony Reeler
Principal

We are excited for this opportunity to once again be taking a group of young men on an overseas hockey tour. The global Covid Pandemic put a stop to tours of this nature and it is so good to be able to return to being able to do so again. This tour group consists of two teams, our 1st Team side as well as a Colts side, where the focus is on developing our hockey stars of the future.

The tour will provide an opportunity for our boys to compete against international teams, to experience new cultures and traditions, to develop their skills as hockey players and build camaraderie in the Bishops hockey community. The boys will also have the opportunity to immerse themselves in local communities, interact with new people, and learn from experienced coaches. The hockey purpose for this tour is to develop the boys skills, knowledge, and understanding of the game. In so doing strengthen Bishops hockey for the years to come.

We believe that this tour will be an incredible experience for our boys, both on and off the field. It will not only enhance their hockey skills but also provide a valuable learning experience that will stay with them for years to come.

We appreciate your support as we embark on this exciting journey and look forward to sharing our experiences with you upon our return.

Roseanne Withey
Tour Manager



Bishops Hockey has always been an influential part of my life and I have been blessed so far to watch it grow and adapt into the high calibre it is played at today. Watching the First Team from a young age, it quickly became clear to me how much it means to play for this team and the weight that comes with it.

For many of us, this will be our first time going on an international sports tour and this is quite a daunting prospect. However, I believe that our team is extremely committed, and I know we are itching to showcase our talent in a completely different environment. Along with this we have a relatively inexperienced team, this tour provides us with an incredible chance to gel as a cohesive unit and gain confidence to bring back to South Africa ahead of the season.

I am immensely grateful for this opportunity that has been presented to us and I trust that the boys and I will represent our school accordingly on and off the field, and hopefully make some lifelong memories along the way.

Jack Crafford
Bishops 1st XI Hockey Captain



BISHOPS
DIOCESAN COLLEGE

THE TOUR SQUAD

1ST XI SQUAD

Jack Crafford (Captain)
Dylan de Groot (Vice Captain)
Sam Berrisford
Oscar Blatch
Bradley du Toit
Chris Gray
James Grieve
Zac Heyns
Thomas Ludlam
Thomas Malan
Joshua Mettler
Bryn Parry
Albert Steyn
Andrew Raubenheimer
Ilyaas van Graan
Robert Veldtman

COLTS SQUAD

Zac Berman
Andrew Betty
Adam Diggle
Mu'aath Ganief
David Handley
William Heath
Ethan January
Nicholas Leith
Michael Mafunda
Cameron Moon
Harry Morgan
Justin Pillay
Carl van Wyngaarden
Daniel von der Heyden
James Whiffler

Roseanne Withey

Tour Manager

Sean Henchie

1ST Team Manager

Abdullah 'Casa' Cassiem

1ST Team Coach

Campbell Smith

Colts Coach

Ben Hatty

Player Absent (illness)

TOUR ITINERARY APRIL 2023

	01	02	03	04	05
MORNING		Arrive Amsterdam	Training Clinic 1	Transfer to Maastricht	Transfer to Munchengladbach. Training clinic 2
AFTERNOON		Transfer to Antwerp			Match 3 (TBC)
EVENING			Match 1 (TBC)	Match 2 (Venlo Hockey Club)	
OVERNIGHT	Depart Cape Town	Antwerp	Antwerp	Maastricht	Maastricht



	06	07	08	09	10
MORNING	Efteling Theme Park	HDM Tournament	HDM Tournament	HDM Tournament	Transfer to Amsterdam
AFTERNOON	Efteling Theme Park	HDM Tournament	HDM Tournament	HDM Tournament	Euro Hockey League Men and Women's Final
EVENING		HDM Tournament	HDM Tournament	HDM Tournament	Anne Frank Museum
OVERNIGHT	The Hague	The Hague	The Hague	The Hague	Amsterdam



	11	12	13
MORNING	Canal Cruise		Arrive Cape Town 11h45
AFTERNOON	Match 4 (Almeerse Hockey Club)	Depart Amsterdam	
EVENING		Depart Amsterdam	
OVERNIGHT	Amsterdam	On Board	



TO THE BISHOPS HOCKEY TOURING SQUAD

Having been a part of the last tour to the Netherlands in 2017, I can tell you that you are all in for an absolutely amazing time when you depart for your tour! It will without doubt be one of your hockey highlights at Bishops. The opportunity to tour and play in three of the top hockey playing countries in the world is a great way to experience a hockey culture that is truly world class and to train and play at some of the best clubs in the world. You will be immersed in a hockey experience that will grow your knowledge and hopefully love for this wonderful game and it will be the most amazing preseason that you will have ever had the pleasure of being a part of.

Looking back to when I was at school, sports tours, and hockey tours in particular, were the highlight of my

school journey. The friendships made on those tours have lasted decades after the tours. Even though my hockey tours were only to George, Knysna and Potchefstroom, they have created indelible memories - I would have given anything for a tour of this magnitude!

Please make use of every opportunity presented to you as you train, play and watch hockey on your tour. Enjoy the experiences off the field as you travel through Belgium, Germany and The Netherlands as you have some incredible sights that you are due to visit. Most of all, enjoy the overall experience as it might literally be a once in a lifetime experience.

I am extremely excited to see how you have all grown as players since coaching the vast majority in the tour

squad in U14. It is amazing to see how far your hockey has come on and I am encouraged to see that your commitment and dedication have brought you this far. Good luck and enjoy every minute!

Best wishes

Campbell Smith

DEAR BISHOPS HOCKEY PLAYERS AND STAFF

What an experience awaits all of you players, staff and any supporting parents coming along. You are coming to what I call the modern age home of hockey! I have been living in The Netherlands for the past fourteen years and have played in both Belgium and Germany numerous times. I can honestly say you couldn't have chosen a better place to tour.

Hockey is huge in Europe, clubs have thousands of members and often five to seven astro's so it's very different to South Africa. In The Netherlands there are around forty to fifty international players currently playing the Hoofdklasse (premier league) so if you have the chance to watch a match don't arrive thinking you're watching another club game, take note and you'll really learn a great deal.

If I can offer some advice to those of you who haven't played many foreign teams before. You are going to be exposed to new skills and tactics from your opponents which perhaps you aren't used to. Try to concentrate on your own teams processes and the improvements you are trying to make as a squad ahead of the season to come. You may need to adapt to a few things but the bulk of your concentration should be focused to your own decision making and that of the team. This opportunity will allow you to learn and improve if you are willing to give it time, so make the most of it when you are together on the field.

You will undoubtedly be doing a great deal of sightseeing which is also an important aspect to touring but don't forget when you cross the 'white line' of the field you need

to switch to hockey mode. This is going to be tough so prepare yourself mentally before you arrive at the pitch for every game and training session.

I hope you all have a wonderful time especially in Holland, my current home. Fly the South African flag proudly and enjoy every moment.

Best wishes

Austin Smith
SA Hockey Captain (2008 - 2021)



TOUR FUNDRAISING

As part of the tour fundraising, the touring squad ran a Pre-season clinic for the younger boys at Bishops. The clinic was targeted at u12, u13 and u14 age groups.

Although the parents took care of admin, the clinic was conceptualized by the senior boys. They structured the session, organized the kit, and ran it on the day.

It was great to listen to the words of encouragement that the older boys offered to the junior players and to see the excitement in the younger boys faces at being on the Astro with the College boys. It also gave the Touring Squad boys a new appreciation of what their coaches have had to deal with in the past.

Special thanks to all those who contributed to the success of this publication:

Campbell Parry

Gavin Grieve

Gerrit & Fleur Heyns

Jack Thonissen

Jarred Glansbeek

Jerome Morkel

Kinga Baranowska

Kurt Maritz

Mike Flax

Paul Cluver

Sunel Veldtman

Wisahl Ganief

Duncan de Groot





TOUR SQUAD

ADAM
DIGGLE

Who would you most like to meet and why?

Nick Kyrgios, because he has always been my ideal. And he just proves you can have fun doing the things you love.

What is the motto you live by?

Let go of who you think you're supposed to be and embrace who you are.

What are you most looking forward to on tour?

Being able to play and have fun with the team.

What is your favourite warm up song?

ASBONGE

Tell us something your team does not know about you?

Was born in England but lived in Namibia for basically my whole life.

Dominant midfielder with a deadly dragkick.



ALBERT
STEYN

Who would you most like to meet and why?

Jeeoen Hertzberger as he is a very good player and I have seen his YouTube videos.

What is the motto you live by?

We live we learn we move.

What are you most looking forward to on tour?

Being overseas with my friends playing the sport i love.

What is your favourite warm up song?

Family ties

Tell us something your team does not know about you?

I've played hockey at least twice a week for a year.

Keeps things simple - makes hockey look easy.



ANDREW
BETTY

Who would you most like to meet and why?

Steph Curry - changing the way basketball is played and is very hard working.

What is the motto you live by?

Hard work pays.

What are you most looking forward to on tour?

Exploring new places with my friends.

What is your favourite warm up song?

Trademark USA - Baby Keem

Tell us something your team does not know about you?

My pet peeve is people who snore.

Cool, calm and confident captain.



ANDREW
RAUBENHEIMER

Who would you most like to meet and why?

Bukayo Saka. He is my favourite footballer and an inspiration to me off and on the pitch.

What is the motto you live by?

Find a way, because that's what winners do.

What are you most looking forward to on tour?

Touring Europe with my friends and as well as getting to play great hockey.

What is your favourite warm up song?

Rolling in the Deep - Adele

Tell us something your team does not know about you?

I am an academic weapon.

Our one-on-one king - good hands.



BRADLEY
DU TOIT

Who would you most like to meet and why?

Billy Ntuli

What is the motto you live by?

Do what is easy and your life will be hard. Do what is hard and your life will become easy.

What are you most looking forward to on tour?

Experiencing different cultures and meeting new people from the different countries.

What is your favourite warm up song?

I knew you were trouble - Taylor Swift

Tell us something your team does not know about you?

I am a passionate Rock guitarist.

Will leave nothing in the tank - a hardworking and dedicated team man.



BRYN
PARRY

Who would you most like to meet and why?

Iman Gadzhi

What is the motto you live by?

Set some goals, then demolish them.

What are you most looking forward to on tour?

The memories created between the boys and I.

What is your favourite warm up song?

Wiss - Mike Dimes

Tell us something your team does not know about you?

I was born in a shower.

Fantastic in the 9-yard area, always looking to set up his team mates.



**CAMERON
MOON**

Who would you most like to meet and why?

Lewis Hamilton - he's got a very interesting story on how he got to where he is today, him being able to achieve what he did even with his underprivileged background.

What is the motto you live by?

Dig deep.

What are you most looking forward to on tour?

Mostly looking forward to playing sport outside my home ground and experiencing the different cultures around hockey, very keen to explore parts of Europe as i rarely go overseas.

What is your favourite warm up song?

Glue - Bicep

Tell us something your team does not know about you?

Dream job is to be a pilot.

An attacking force to be reckoned with.



**CARL
VAN WYNGAARDEN**

Who would you most like to meet and why?

Roger Federer because I've watched a lot of his matches and I have always idolised him.

What is the motto you live by?

Don't settle for Average.

What are you most looking forward to on tour?

To challenging myself against Dutch opponents.

What is your favourite warm up song?

Goosebumps - Travis Scott

Tell us something your team does not know about you?

I've broken all the toes on my right foot.

Solid, assured defender with great outletting ability



**CHRIS
GRAY**

Who would you most like to meet and why?

What is the motto you live by?

Don't take life too seriously. No one makes it out alive.

What are you most looking forward to on tour?

Going to new countries and having fun.

What is your favourite warm up song?

Nothing specific

Tell us something your team does not know about you?

I am competitive.

The silent assassin - speedy and lethal in front of goal.



**DANIEL
VON DER HEYDEN**

Who would you most like to meet and why?

Honestly, anyone who plays hockey at a world class level.

What is the motto you live by?

Carpe Diem

What are you most looking forward to on tour?

Spending some quality time with the gents as well as better my hockey skills.

What is your favourite warm up song?

Superhero - Metro boomin

Tell us something your team does not know about you?

English is my second language.

Brick wall of the defense.



DAVID
HANDLEY

Who would you most like to meet and why?

I would like to meet Faf du Plessis, because he is a great sportsman and a great role model.

What is the motto you live by?

If you want to buy something without looking at the price tag, then you have to be able to work without looking at the clock.

What are you most looking forward to on tour?

I'm looking forward to play some good hockey against schools from around the world.

What is your favourite warm up song?

Tell the vision - Pop Smoke

Tell us something your team does not know about you?

I play 3 musical instruments.

Tenacious forward who loves scoring goals.



DYLAN
DE GROOT

Who would you most like to meet and why?

Billy Ntuli. I really enjoy his style of hockey and he seems like a cool person to meet.

What is the motto you live by?

Work hard, Play hard.

What are you most looking forward to on tour?

I am most looking forward to learning how the different countries coach differently. And also to play against teams from different countries as I have played against the same type of schools/people for the last 5 or so years.

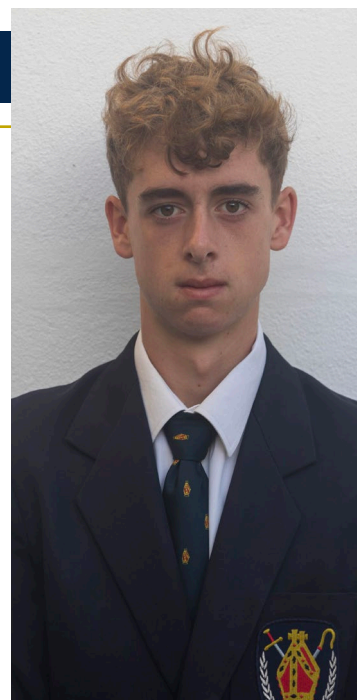
What is your favourite warm up song?

Last Friday Night - Katy Perry

Tell us something your team does not know about you?

I made the SA high performance squad for squash.

His name says it all - the maestro at the back guiding and directing the team in front of him.



ETHAN
JANUARY

Who would you most like to meet and why?

AB de Villiers. Even when he was at his worst and struggling he didn't give up and then became a legend to the game.

What is the motto you live by?

Life isn't measured by the amount of breaths you take but the moments that take your breath away.

What are you most looking forward to on tour?

To find out how other countries play their hockey and different styles of play that I can learn.

What is your favourite warm up song?

Afraid to feel

Tell us something your team does not know about you?

I'm fluent in Afrikaans.

Great distributor, controls the game at the back.



ILYAAS
VAN GRAAN

Who would you most like to meet and why?

Trevor Noah. He is a South Africa comedian who has gone very far in the world. I read his autobiography and am really interested in what else he has to say.

What is the motto you live by?

Be the change you wish to see in the world.

What are you most looking forward to on tour?

Training sessions with coaches from other countries.

What is your favourite warm up song?

I Gotta Feeling - Black Eyed Peas

Tell us something your team does not know about you?

I made the senior Western Province Maths Competition A-Team.

The quiet warrior - a hard and determined defender, difficult to get through.



JACK
CRAFFORD

Who would you most like to meet and why?

Haaland - He is always hungry to improve and carry on scoring.

What is the motto you live by?

Heart in the fire, head in the freezer.

What are you most looking forward to on tour?

Watching the team develop and seeing all the sights.

What is your favourite warm up song?

Revenge - Joyner Lucas

Tell us something your team does not know about you?

I was 1 practice away from stopping hockey and playing rugby and football.

Our crazily committed captain - wonderful finisher, defends hard from the front, the quickest on the turf.



JAMES
GRIEVE

Who would you most like to meet and why?

Eva De Goede, she was so good at the indoor World Cup and Jeroen Hertzberger for the same reason, Robbert Kemperman.

What is the motto you live by?

The harder I practice the luckier I get.

What are you most looking forward to on tour?

Getting to watch and play against some great international teams.

What is your favourite warm up song?

Baby - Lil baby

Tell us something your team does not know about you?

I'm colour blind.

A midfielder magician - mesmerises the opposition with his sleight of hand.



JAMES
WHIFFLER

Who would you most like to meet and why?

CR7 has been my idol because of how good of a professional sports player he is and what he has done to inspire people and his work ethic.

What is the motto you live by?

When you are scared to jump that is exactly when you jump otherwise you end up in the same place your whole life.

What are you most looking forward to on tour?

Playing and experiencing how different countries play hockey.

What is your favourite warm up song?

Family ties

Tell us something your team does not know about you?

I have a strong passion for golf.

Good skill set with a turn of pace.



JOSHUA
METTLER

Who would you most like to meet and why?

Kylian Mbappe, he is my idol and I love how he plays football.

What is the motto you live by?

Trust the process.

What are you most looking forward to on tour?

Getting experience playing hockey outside of South Africa.

What is your favourite warm up song?

Billie Jean - Michael Jackson

Tell us something your team does not know about you?

I like to cook in my free time.

The newbie - but plays like he's been part of the Bishops set up forever, fast and skilful.



JUSTIN
PILLAY

Who would you most like to meet and why?

Trevor Noah (favourite comedian).

What is the motto you live by?

Be unique / different.

What are you most looking forward to on tour?

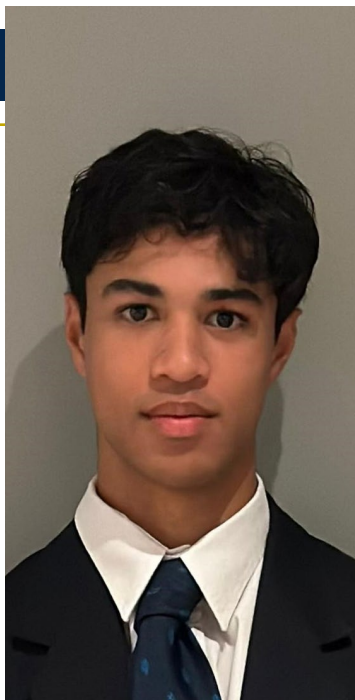
To improve my hockey skills and have fun.

What is your favourite warm up song?

Any music is fine.

Tell us something your team does not know about you?

Deceptively skilled player with pace.



MU'AATH
GANIEF

Who would you most like to meet and why?

Messi, learn what his life was like as a kid.

What is the motto you live by?

Hold fast to what you know is right.

What are you most looking forward to on tour?

Bonding with the team and performing well.

What is your favourite warm up song?

Merci Beaucoup - Pop Smoke

Tell us something your team does not know about you?

I'm Muslim.

Fearless, Courageous and incredibly skilled goalkeeper.



NICHOLAS
LEITH

Who would you most like to meet and why?

Siya Kolisi - he inspires me a lot to be the best at what i do.

What is the motto you live by?

No pain no gain.

What are you most looking forward to on tour?

Playing hockey against other school and flying around the world with the team.

What is your favourite warm up song?

Je M'ampelle

Tell us something your team does not know about you?

I play WP for three other sports.

Dependable, hard working midfielder.



OSCAR
BLATCH

Who would you most like to meet and why?

Roger Federer. I admire his ability to never give up and always give everything he has.

What is the motto you live by?

A man who wins is a man who thinks he can.

What are you most looking forward to on tour?

Having the opportunity to play different schools in a different place.

What is your favourite warm up song?

Stronger - Kanye West

Tell us something your team does not know about you?

Qualified Lifeguard.

Very good at picking the opposition passes, great on turn-overs, gets in the right place at the right time.



ROBERT
VELDTMAN

Who would you most like to meet and why?

Tiger Woods - the goat of golf.

What is the motto you live by?

If you do something do it properly.

What are you most looking forward to on tour?

Learning opportunity and competitive hockey.

What is your favourite warm up song?

Ladbroke Grove - Aj Tracey

Tell us something your team does not know about you?

I was born with Bronchiolitis obliterans and my name isn't actually Robert it's Petrus.

The destroyer - uncompromising in defence, and lets the ball do the work.



SAM
BERRISFORD

Who would you most like to meet and why?

Alex Honnold - he does what he does without fear but with the utmost precision and a conversation with him would be highly interesting.

What is the motto you live by?

Take calculated risks.

What are you most looking forward to on tour?

Getting closer with the team and experiencing hockey on an international level which may be a once in a lifetime opportunity.

What is your favourite warm up song?

You little Beauty - Fisher

Tell us something your team does not know about you?

My fishing spots are so good that even the fish don't know about them.

Lots of gas in the tank, runs hard, connects well with the other strikers.



THOMAS
LUDLAM

Who would you most like to meet and why?

I've already met the Cassiem brothers so I would like to meet Jorrit Croon from Netherlands as I enjoy the way he plays as he is composed on the ball and reads the game.

What is the motto you live by?

Live every day likes it's your last.

What are you most looking forward to on tour?

Playing against different opposition from different countries.

What is your favourite warm up song?

Family ties - Baby Keen or Portland - Drake

Tell us something your team does not know about you?

I'm half Danish.

The grafter - puts in 120% in every game and practice, can play anywhere on the field.



THOMAS
MALAN

Who would you most like to meet and why?

My Grandfather because I never got to meet him.

What is the motto you live by?

Find your limits and start from there.

What are you most looking forward to on tour?

The vibes with the boys before and after games and getting exposed to higher level hockey.

What is your favourite warm up song?

Party In the U.S.A - Miley Cyrus

Tell us something your team does not know about you?

I'm related to William the Conqueror - basically I'm a Viking.

The cleaner - on his way to joining the impressive list of outstanding Bishops free centre backs.



**WILLIAM
HEATH**

Who would you most like to meet and why?

John John Florence as he's one of the greatest surfers of all time.

What is the motto you live by?

"There is not one right way to ride a wave" - Jamie O'Brien.

What are you most looking forward to on tour?

Visiting a new country and playing teams I've never played before.

What is your favourite warm up song?

Till I collapse - Eminem

Tell us something your team does not know about you?

I'm doing my first solo Cape Town Cycle tour this year.

Dedicated with a great attitude towards the game.



**ZAC
BERMAN**

Who would you most like to meet and why?

Trevor Noah - he was a boy with nothing who built himself up to being one of the biggest and I admire his work ethic and lessons.

What is the motto you live by?

Anything is possible!

What are you most looking forward to on tour?

To learning new abilities, skills and growing friendships.

What is your favourite warm up song?

IFTK

Tell us something your team does not know about you?

That my dream since I was 7 was to play Bish-Bosch under the lights and I work harder behind the scenes than people think.

Knows where the goals are and how to finish.



**ZAC
HEYNS**

Who would you most like to meet and why?

Pirmin Blaak because he is a person I strive to become one day.

What is the motto you live by?

Hard work beats talent every day.

What are you most looking forward to on tour?

The new experiences and the level of hockey that is played in hockey competitive countries in Europe.

What is your favourite warm up song?

Freaks - Timmy Trumpet

Tell us something your team does not know about you?

My decision on being a goalkeeper was an accident.

The shot stopper - loves to save goals on his stick.



**HARRY
MORGAN**

Who would you most like to meet and why?

Andrew Tate, because he's the top G!

What is the motto you live by?

Don't count the days, make the days count!

What are you most looking forward to on tour?

Visiting Amsterdam.

What is your favourite warm up song?

Kill 'Em with Success - Earz, schoolboy Q, 2 chainz and Mike Will Made-It

Tell us something your team does not know about you?

I play polo on horses.

Young star of the future with skills to burn.



**MICHAEL
MAFUNDA**

Who would you most like to meet and why?

Michael Jordan. He has a great sense of humour, extremely hardworking and humble. My dad also liked him, hence my name.

What is the motto you live by?

The comeback is always greater than the setback.

What are you most looking forward to on tour?

Playing hockey in some of the most prestigious hockey nations in the world.

What is your favourite warm up song?

I wanna dance with somebody - Whitney Houston

Tell us something your team does not know about you?

When the time is right, I can get a little too sturdy on the dance floor.

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**ABDULLAH 'CASA'
CASSIEM**

1ST TEAM COACH



**CAMPBELL
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HATTY**

Who would you most like to meet and why?

Bill Gates - he is someone I admire greatly not only because of his great success, but because of his generosity, genius brain and grit to keep going despite numerous failures.

What is the motto you live by?

To always give maximum effort in everything I do in life.

What are you most looking forward to on tour?

Exploring new cities, testing our abilities against teams from other countries, learning new skills and improving current skills and also having a fun time with my good friends on an overseas tour.

What is your favourite warm up song?

Glue - Bicep

Tell us something your team does not know about you?

I am semi ambidextrous.



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Johan Cruyff, Dutch Soccer Legend



Have a great tour boys

"Sport has the power to change the world. It has the power to inspire, the power to unite people in a way that little else does."

Nelson Mandela



SPENDING SOME TIME WITH OUR THREE RECENT OLYMPIANS

By: Duncan de Groot

A school - together with family values - goes a long way in developing the characteristics and traits of young people. It is the intention of Bishops to raise Good Men. Good Men are men of value, of kindness, of compassion and understanding of difference. I had the great honour of interviewing our three recent hockey Olympians for this tour brochure: Ryan Julius, Dayaan Cassiem and Mustapha Cassiem, and I came out of that interview thinking that these three individuals were not just exceptional hockey players, but fine young men as well. Humble, genuine, sincere and just decent individuals. The perfect example of the Good Men that Bishops seeks to develop. I do hope you'll enjoy the brief journey through their experiences, and outlook on life and hockey in general.

We broke the interview down into three parts: Their time at Bishops; Professional hockey and words of advice for the tour party; and a Rapid-Fire Question and Answer with questions posed from the touring party themselves.

Your time at Bishops, and how that impacted your hockey development

How did you end up at Bishops? The common thread here is Warren Wallace. All three players were members of Central Hockey Club in Cape Town, and Mr Wallace identified all three of them at Central. Ryan was the first to come across. He came across to Bishops from CBC St John's in Parklands in 2012.



One of the biggest adjustments was moving from a co-ed school to a single sex school especially so late in your school career. Ryan matriculated in 2013 from Kidd House, and was the Vice-Captain of the 1st Team in 2013. Dayaan and Mustapha were both in White House, with Dayaan captaining the first team in 2017, and Mustapha matriculating in 2020. Unfortunately, 2020 was in the midst of COVID, with no sports being played. The entire school was much the poorer for not being able to watch Mustapha play in his final year.

Bishops hockey was fundamental in providing structure and development to their game. Mustapha especially appreciated the fact that you can play multiple sports, where he also excelled at rugby and cricket, and that there are no numbers on the back of the first team shirt, implying that the Bishops hockey way is not about the individual, but about the whole team. They've taken this mentality all the way up to the national team, where the team is more important than the individual.

Ryan was also a first team cricketer, whilst Dayaan participated in athletics.

What advice do they have for the boys about preparing for big games?

It is likely that some of the big derby matches will draw larger crowds than the boys have ever played in front of before. Mustapha advises the most important aspect is to try and forget about everything that is going on outside the Astro. If you do this, you will lose structure and forget your role, and what you are meant to be doing. Ryan agreed that this will be the biggest game that the players are liking to play. It tends to get over-hyped, and you need to remember that it is just another game. A big game, yes, but still just another game. Dayaan concurred – you can over-hype yourself before these games. It is just another hockey game. You need to stick to your structures and stay disciplined. To win these games takes hard work, discipline and ensuring you stick to the structure. It would be useful to get a psychologist to help them prepare in that week, as they get incredibly hyped in the build-up to the game. Preparation is important, and in 2022 they prepared for the second Bish-Bosch match by pumping loud music on the Astro, so the boys prepared without being able to verbally communicate with each other.

Ryan – who coached the Bishops 1st team for a number of years – also says it is not a good approach to be overly realistic and try and calm the team down. You need to

be relatable to the boys. You can hype the boys up in the changing room, because that is what they want, but you also need to get them to understand that the nerves can also disable them. One of his themes is: “Wherever you are, be all there. Be present in every moment.” He suggests when you get on the Astro, take it all in, feel your boots on the Astro, because if you take it all in, you are already present in the game, and can block out the external distractions.



Is playing national or provincial A hockey the be all and end all of your hockey careers?

If you are an enthusiastic, talented schoolboy hockey player, but don't make SA U18A or Western Province U18A hockey, is that the end of your dreams? Mustapha says that yes, a fair number of international players came through the system, but a number didn't. Some peak late, some peak too early, so the trick is to keep playing. University hockey is still important, and players get recognised at university hockey tournaments. Ryan also agrees that players also emerge through the university structures, so players must keep playing.

The number of caps one has for the outdoor national side is also a source of great pride for our three Olympians. At the time of writing, Dayaan had 74 caps, Ryan 69 and Mustapha 48. Mustapha noted that, with the limited amount of international hockey they play, to have played 40 tests is immense. Ryan has been playing for 5 years, has only missed two or three tournaments, and has only played 69 tests.

Professional hockey and words of advice for the boys travelling overseas for hockey

The tour is 13 days long. Domestic tours are much shorter, so this will be an extended period when the tour group is together. What advice would one give about gelling as a team and spending so much time together? Dayaan captained the 2017 tour side, and Mustapha was

also on that tour, as a Grade 9. Dayaan said the culture that has been built at Bishops hockey is that it doesn't matter what grade you are in when you come into the Bishops first team, it is one team. It is likely that the 1st team for the 2023 season will be drawn largely from this tour squad, so how you interact with your fellow tourists will carry forward into the domestic season as well. Work together, stick to the culture and continue to develop as a team. You'll play lots of hockey, but you'll also have lots of fun – so enjoy yourself.

What would make a successful tour? Mustapha believes you need to expect that your opponents will be at a higher level than you, with some U18s who may already be playing Hoofdeklasse hockey. Go with a mindset of learning – as you will play against players who are bigger than you, smarter than you and better than you. What happens on the tour doesn't define your season, but it gives you a fantastic opportunity to learn and experience different hockey styles. Dayaan remembers that, although they lost some games on tour, they came back and won their first league game back in Cape Town 9-0. They felt like different hockey players, because they learnt so much overseas. The ideas of the coaches in Europe are different to South Africa, so absorb as much as you can. Appreciate the European approach to hockey, as often it is the main sport in a particular region.

The tour goes to Mönchengladbach, to Gladbacher HTC, the club where both Dayaan and Mustapha play in Germany.

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What can the boys expect from the Club, and from European clubs in general? According to Dayaan - who has been at the club for 4 years - Gladbacher HTC is a very 'brotherhood' club, and have been fantastic to both Dayaan and Mustapha, ensuring everyone is comfortable. The German clubs are more hard work clubs, whereas the Netherlands tend to be more flair clubs. The boys are going to learn to defend well on tour, as especially in Germany it is more about the one-on-one skills, defending properly, tackling properly. It's going to be the beginning of Spring, says Mustapha, so it is a great time of the year to go. They'll really enjoy the club facilities, with a pool, indoor court and restaurant.

There can be no doubt about the loyalty of these three Olympians not just to Bishops, but to their European clubs as well. What drives that loyalty, and when does it get to the stage that you need to make a decision in the best interests of your career? Gladbacher has been exceedingly good to them, says Mustapha, treating them almost like royalty, but there may well come a time when decisions need to be made to better their career. For Dayaan, it all comes down to giving back to people who have made the path easier for them, which he experienced when he got to Bishops. Family values are also very important, and these values include loyalty, being humble and giving back to the school. It is important to Dayaan that they open the door for the next person who comes in, just like the doors were opened for them. Mustapha also believes you should never forget where you came from, a motto driven into him by his

father. Bishops gave them an opportunity that probably changed their lives, and to them it is second nature to come back and assist whenever they can, without having to be asked.

Is there a telepathy between the Cassiem brothers when they play together? I remember vividly a perfect 50m slap on the diagonal from Mustapha, then in Grade 9, on to Dayaan's stick at the top of the opponents D, then a matric in 2017, that appeared telepathic. Ryan was actually the coach of the 1sts that year, and it was a tactic they worked on, but you still need to execute. The development of a relationship on the hockey Astro isn't limited to the Astro. You need to develop that relationship off the field as well, and it will translate on to the hockey pitch.

Some rapid fire questions from the tour party

Indoor vs outdoor? Dayaan loves outdoor more, as he enjoys running fast, aerial skills and the fact that he is a dedicated striker in outdoor. Ryan's main sport is outdoor, but he enjoys indoor more. Mustapha is clear - indoor is his favourite. You can never be comfortable in indoor. There is always a scoring opportunity. You can be 4-0 up and still not feel comfortable.

Who's the fastest amongst the three of you? They've actually had this race. Dayaan is the fastest on the Astro, but Ryan is the quickest in a sprint - although he is challenged by Tevin Kok in the national side.



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Do you miss your schoolboy hockey? All three miss their schoolboy hockey greatly, especially Friday Night Lights. It's an opportunity to enjoy your hockey, without the pressure of the nation watching you.

What makes a good captain, Dayaan? It's about leading well on and off the field. Captaincy isn't just on the field. It's about making sure that everyone is on the same page, sticking to the culture, and putting the team before you. Don't worry about yourself as the captain, make sure the team is doing the right thing.

What's the most important trophy for you, Dayaan? It's actually a school trophy - we had the Knockout Trophy, and that year we beat Rondebosch 3 times in a row - the 2 league matches and the Knockout. That trophy is pretty special to me.

When did you decide you wanted to play professional hockey, Mustapha? It was during school, and when Dayaan went over to Europe, that motivated me to play professional hockey.

What is the elimination skill you use the most, Mustapha? Probably the outside pull and extend.

How does the hockey life in the Netherlands differ from South Africa, Ryan? It's very different, very professional. The league is extremely competitive. The top 6 teams you play are equal to about an entry international game.

What part of your game requires the most skills, and practice, Ryan? My defence. My defence can always use more work, especially as the rules of the game change.

The Olympics or the World Cup? All three - without a pause - choose the Olympics. They were staying in the Olympic Village, and it was insane, they said. Ryan turned the corner and bumped straight into Novak Djokovic. Mustapha recalls sitting in the dining hall and seeing Dani Alves and Richarlison sitting close by.

How do you improve your overhead distance? Mustapha says three simple things: strength work in the gym, working on your technique, and practicing it as much as possible.

How has hockey helped improve you as a person? Mustapha says it has taught him a lot of life lessons, living with losing and winning. Overcoming tough moments and learning to manage the highs and lows of playing sport, especially at a professional level. It is difficult to manage when the highs of a successful tournament start to fade, but you learn how to manage these fluctuations.

Ryan says hockey has taught him a lot about organisation and planning. It's in your calendar the whole year, and then you still need to prioritise academics, and ensure that you have everything lined up. This is especially so when you leave school - where everyone knows you - and you go to university where you are just a number in a big pond. Hockey helped him be organised, to prioritise and to plan effectively.

For Dayaan, hockey has helped him be mentally strong, and that you are first a human before a hockey player. We make mistakes, because we are human, but because we are a hockey player, we think we can be perfect. Hockey has taught him to be a good human, and make sure he opens the path for others.

And when it is all done? Coaching? Mustapha would like to go into the psychology or analysis side of the game, and be part of a team, whilst Ryan is heading into the working world, and when his hockey playing days are done, that is likely to be it, certainly from a hockey profession. For Dayaan, hockey is his life, and he would love to head in to the coaching side, be it as a director of hockey at a school, or something similar, or open a foundation to open the pathway for those less fortunate.

And so my time with these three remarkable young men came to an end. It was an absolute pleasure and privilege to be in the company of such Good Men. Bishops hockey, and our boys heading off on tour, are more fortunate than they realise to have the expertise of these three men at their disposal. We wish Ryan, Dayaan and Mustapha all the very best, and continued success in all they do.



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CITIES

ANTWERP, BELGIUM

Antwerp is an historic city in northern Belgium, known for its rich culture, beautiful architecture and vibrant nightlife. It boasts a beautiful city center, with cobblestone streets, picturesque squares and stunning architecture, including Central Station, one of the most beautiful train stations in the world.

It is also a great place to shop, with a mix of high-end boutiques, trendy streetwear shops, and vintage stores. The city is packed with cafes, restaurants, and bars, making it a great place to hang out with friends.

While you're hanging out, Antwerp is best known for its chocolate and its waffles, both are always crowd pleasers. If you're feeling adventurous but not quite ready for eel, you can always try some world-famous Belgian fries with mayonnaise.

Antwerp showcases a diverse range of museums and galleries in addition to a lively music scene. Known for its fashion industry and diamond cutting, the city is also home to several hockey clubs, including the KHC Dragons, a historic club with a history of success that has produced several professional players.



MÖNCHENGLADBACH, GERMANY

Mönchengladbach, located in western Germany, is known for its rich cultural heritage and historical landmarks. One of the most famous attractions is the Rheydt Castle, which dates back to the 12th century and now houses the City Museum. There are also a number of museums and galleries.

In addition to a number of parks and open spaces, it is home to Borussia Mönchengladbach, one of the most successful football clubs in Germany. In addition to soccer, Mönchengladbach has a rich hockey culture that includes GHTC Rot-Weiß, one of the top field hockey clubs in Germany.

Besides its cultural and sporting attractions, Mönchengladbach is a thriving commercial center, with a wide range of shops, restaurants, and cafes. The city's historic Altstadt (Old Town) is popular for visitors, with its picturesque streets and traditional architecture.

Mönchengladbach is situated in a beautiful region of Germany, surrounded by rolling hills, forests, and lakes. It offers a mix of sports, culture, and entertainment, making it a great place for a memorable trip. Just don't forget to try some traditional German cuisine while you're there, like schnitzel or bratwurst!





MAASTRICHT, THE NETHERLANDS

Maastricht is a charming and historic university city located at the southern tip of the Netherlands. With a history dating back to Roman times, Maastricht is one of the oldest and most picturesque cities in the country with its stunning architecture and historic landmarks.

Maastricht is also known for its vibrant culture and bustling city center. The Vrijthof, a large public square in the heart of the city, is a popular destination for locals and visitors alike, especially during the summer months when it hosts a variety of festivals and events.

The local hockey team, the Maastricht Maraboes, may not be at the top of the league, but they play with a lot of heart and dedication. Maastricht is great for other sports too. The nearby hills and forests offer opportunities for hiking, rock climbing, and other outdoor activities.

In addition to sports and culture, Maastricht is a great place to explore local cuisine. The city is known for its delicious Limburgse vlaai, a type of fruit-filled pastry, as well as other Dutch specialties like bitterballen and stroopwafels.



THE HAGUE, THE NETHERLANDS

The Hague is another fantastic destination. The city is home to a number of hockey teams, including the famous HC Klein Zwitserland and HGC, two of the top field hockey clubs in the Netherlands. Hockey is a beloved sport in The Hague, and you can catch a game at one of the many fields and stadiums.

But that's not all The Hague has to offer. The city also has several beaches, where you can swim, surf, and play beach volleyball. If you're into water sports, you can try your hand at windsurfing, kiteboarding, or sailing at the nearby Scheveningen beach.

The Hague also has plenty of cultural and historical attractions to explore. The city is home to many museums, including the famous Mauritshuis, which houses a collection of Dutch Golden Age art. The Binnenhof, a historic complex of buildings, is where the Dutch parliament is located.

The Hague is also known as the "International City of Peace and Justice". It is home to many of the most important international legal organizations such as the International Criminal Court and the International Court of Justice.

AMSTERDAM, THE NETHERLANDS

While Amsterdam may be more famous for its party scene, the city has a wealth of museums and galleries, including the Van Gogh Museum, Rijksmuseum and Anne Frank House. You can also take a boat tour through the city's famous canals or check out trendy neighbourhoods like Jordaan and De Pijp.

Home to several of the top hockey club in the Netherlands, including AH&BC Amsterdam There are also a vast number of parks and outdoor spaces where you can go for a run, bike ride, or play sports. The Vondelpark is a popular destination for joggers, cyclists, and skaters.

Of course, Amsterdam is also known for its vibrant nightlife and entertainment scene. One of the most popular areas for nightlife in Amsterdam is the Leidseplein. This square is home to a variety of bars, clubs, and live music venues, many of which stay open until the early hours of the morning.

In addition to cultural attractions, Amsterdam is also a great place to explore local cuisine. The city is known for its delicious Dutch pancakes, stroopwafels, and cheese. You can also try some of the city's famous street food, such as raw herring or stroopwafel ice cream.



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BY THE NUMBERS

American Top 40 in Mar 2023

- #1 Flowers (Miley Cyrus)
- #2 Creepin' (Metro Boomin)



Hockey is the #3 most played sport on the planet and #4 by size of audience



Total expected size of the influencer market in 2023 **\$21.1bn** (TikTok has 56% of that)

Andrew Tate has been in a Romanian jail for 3 months

Average daily load shedding hours for South Africa in Feb 2023 **8.7** hrs/day



Bishops 2023 national school rankings

- 4 Hockey (end 2022)
- 9 Water Polo
- 14 Cricket
- 25 Rugby (pre-season)



Men's hockey has the fastest swing speed of any sport at **107** miles/hr



Unique daily visits to ChatGPT in Feb 2023 from a zero start in Dec 2022 - **24.7** m/day

The top 3 inventions from SA are CAT scans, open heart surgery & the Kreepy Krauly



"Arachibutyrophobia" is the fear of getting peanut butter stuck to the roof of your mouth



People who eat more pizza are generally happier

French fries originated in Belgium (not France) in **1960**, although the French dispute this



2023 marks the **25th** anniversary of Harry Potter and the **70th** for James Bond



Of the **30** boys on tour, none are called Dutch or Belgian names like Egbert, Boudewijn or Abelard

Chances of being attacked by a shark in South Africa

1 in 3.7mn



Chances of being in an accident involving an animal drawn vehicle

1 in 2.8mn

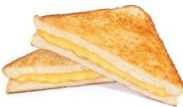
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