



SPOT ON



THE OFFICIAL NEWSLETTER OF THE INTERNATIONAL JUJSKEI FEDERATION

1. Inspirational story: Everyone has a Story in Life

A 24 year old boy looking out from the train's window shouted...

"Dad, look the trees are going behind!"

Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity, suddenly he again exclaimed...

"Dad, look the clouds are running with us!"

The couple couldn't resist and said to the old man...

"Why don't you take your son to a good doctor?"

The old man smiled and said...

"I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today."

Every single person on the planet has a story. Don't judge people before you truly know them. The truth might surprise you.

2. Birthdays August 2014 – October 2014

- ❖ 5 August: Gary Roberts
- ❖ 10 August: Engela Thorburn
- ❖ 12 August: Francois Boshoff
- ❖ 16 September: Leo Michaud
- ❖ 24 September: Janita Brits
- ❖ 24 September: Retha Horn
- ❖ 7 October: Gerrie Jacobs
- ❖ 7 October: Casey Sluys
- ❖ 19 October: Erik Strauss

3. Jukskei Rule of the Quarter:

RULE 7: Method of play

7.1 Both team captains mutually agree on the throwing order of the first round.

7.2 An Alternate method of play is followed: Each player throws with two skei's. Play between alternate players of competing teams are as follows:

- 7.2.1 The first player of the team to begin, throws his two skei's, followed by the player of the opposing team. Thereafter the second player of the first team throws, followed by the second player of the opposing team, etc.
- 7.2.2 The captain however, has the right to alter, at will, the sequence in which his players are to throw as the game progresses.
- 7.2.3 If a player throws out of turn and provided it does not happen at the beginning of a round, he must finish throwing and play continue alternately.
- 7.2.3.1 If a first player throws out of turn, his skei's are returned to him and no points are rewarded.
- 7.2.3.2 As soon as the first player of the opposing team has thrown his first skei, the round will be regarded as having started.
- 7.2.3.3 If a first player throws out of turn and the final whistle sounds, then that throwing round must be completed by starting again with the first player of the team who was supposed to start the round.
- 7.3 A skei is regarded as having been thrown as soon as it leaves the hand, with the intention of it being thrown at the other pen, from a position behind the throwing line in accordance with the throwing distances.

4. Horseshoe Rule of the Quarter:

RULE 4 - PIT PREPARATION AND MAINTENANCE

Section A. Every effort shall be made to keep the substance in the pit in soft putty-like condition so the shoes will not bounce or move around after coming in contact with the substance. The substance in the pit shall be watered (if necessary) and leveled to the top of the surrounding platforms (unless the pits are raised) before a game starts. Each contestant is responsible for one pit, but a contestant may have someone else do the preparation. During a game, a contestant shall not step on, mash, or otherwise repair any of the substance in the scoring area of the pit without the consent of the opponent or a tournament official. Repair needed because of a measured shoe or a shoe which was "buried" shall be handled using the same guidelines.

NOTE: Pits composed of sand or dirt often "hollow out" after a few innings. A blanket statement by the tournament director (made before competition begins) shall allow the leveling of these courts as needed without constant consent between the contestants.

Section B. With the permission of the tournament committee, the stakes may be painted for visibility purposes before a game starts. This procedure shall not be done while a game is in progress, unless both contestants agree to do it.

RULE 5 - GAME PREPARATION

Section A. It is customary for contestants to find out their court assignments and warm up on the court for their first game. The court should be prepared for play during this time in order to get all games started about the same time.

Section B. Each game will begin with the flip of a shoe or coin. The winner of the flip will have choice of first or second pitch.

Section C. Only after all games of a round are complete. Contestants shall go promptly to their next assigned court and each prepares one pit for play. (If during the time it takes to complete a round a contestant wants to practice he/she shall practice on the court where they just finished their game so as not to be a distraction by preparing a court near a game still in progress.) After both pits have been prepared, the contestants have the option to pitch no more than four warm up shoes. Then the game must start immediately.

5. Results:

- **2014 Namibia Jukskei Championships : Swakopmund 1 May 2014**

Test Results:

SA Senior Men 9.5

Namibia Senior Men 5.5

SA Senior Women 10.5

Namibia Senior Women 4.5

Namibia U/30 Men 10.5

SA U/30 Men 4.5

SA U/30 Women 10

Namibia U/30 Women 5

SA Veteran Men 8

Namibia Veteran Men 7

SA U/16 Boys 8

Namibia U/16 Boys 7

SA U/19 Girls 10.5

Namibia U/19 Girls 4.5

SA U/19 Boys 9.5

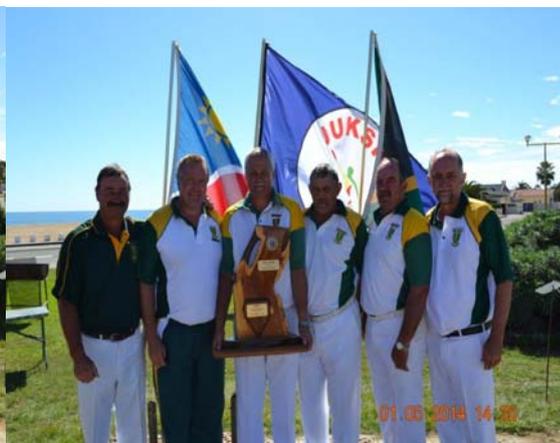
Namibia U/19 5.5

SA U/16 Girls 8

Namibia Invitation Team 7



Nam Under 30 Men: Gold



SA Veteran men: Gold



Best players in test matches



CDM: Nam, IJF and SA



Time to braai



Friends

Namibia Jukskei Championship: Tournament results:

C Division

- 1st Namibia C1 with 95,5 points
- 2nd Namibia C3 with 90,5 points
- 3rd Namibia C2 with 85,5 points

B Division

- 1st SA U/16 girls with 147,5 points
- 2nd SA U/16 boys with 147 points
- 3rd Namibia B1 with 141 points

A Division:

- 1st SA Veteran Men with 124 points
- 2nd SA Ladies with 116 points
- 3rd SA U/30 Men with 109 points



Namibia C1: Gold in C Division



SA U/16 Girls: Gold in B Division



Johan Hansen with Gert Aggenbach Nam President



SA Veteran Men Gold in A Division

6. Jukskei Events:

6.1 IJF

- August – October : No events

6.2 Namibia

- 10 October 2014 : Namibia Junior Trials : Windhoek, Namibia
- 11 October 2014 : Coen Brand Open Day : Windhoek, Namibia
- 25 October 2014 : North Regional Championships : Otavi, Namibia

6.3 USA

- 4-5 October 2014 : Thoroughbred National Team Championships

6.4 South Africa

- 2-3 August 2014 : Board of Directors Meeting :Pretoria
- 8-9 August 2014 : Schools Tournament :Pretoria
- 5-7 September 2014 : Strategic Planning :Pretoria
- 19-24 September 2014 : Indigenous Games :Pretoria
- 4 October 2014 :Pruimpie Botha Trips :Kroonstad
- 6-9 October 2014 :SA Masters :Kroonstad

- 18 October 2014 :Family First Tournament :Kroonstad
- 13-19 December 2014 :SA Junior Championships :Kroonstad
- 23-27 February 2015 :B&C Tournament :Kroonstad
- 6-10 April 2015 :SA Senior Championships :Kroonstad

7. Senior Jukskei Personality:



Thomas Venter

Talk straight forward with Erik

✚ Who is Thomas Venter?

(Thomas) I was born on 23 November 1969 in Pretoria on the day of my mother's birthday in Pretoria. I grew up in Kroonstad, Windhoek and completed my education in Pretoria again at Langenhoven High School. I started to work at the Department of Correctional Services in 1988 and am still employed in the same Department as a Work-Study Official in the Gauteng Provincial Office in Pretoria.

I studied at the University of Pretoria (Tukkies) from 1989 – 1992 and completed my Honors Degree in Criminology part time in 1992.

Jukskei

I started to play Jukskei in 1973/4 in Kroonstad when I was 4/5 years old at the Kroonstad Correctional Services Jukskei Club. I always played with my Grandfather (Oupa Piet and my brother Stefan plus one. We were not a good team, but we could pitch excellent straight skeys and that was the main key to us not to lose badly very often.

I am currently playing for Magalies Jukskei Club in Pretoria. We have more than 50 members and I count my club members as family too. It is a privilege to play Jukskei under the leadership of Wynand Behr. Some of the players at my club are Christie Behr, Tjaart Booyens, Dirk Fourie, Cas Grobler and Willie Goosen. We have more than 20 very talented junior players coming through the ranks, some as young as 7 years who all compete in our Gauteng North league. We achieved something that has

never happened before in the Gauteng North Jukskei league. Magalies came first and second in the A-Section.

I am privileged that my whole family are also playing Jukskei with me. What an honor to play with and against them and to see them develop and to take the Jukskei challenge head on, in enjoyment, dedication and hard work. Patrys, Corlien, Inus and Esrie I am very proud of you

🚩 **Tell me about your horseshoe and jukskei career:**

(Thomas) Junior Jukskei, on junior level. I represented Gauteng North at the SA Junior Jukskei Championships from 1984 – 1987 and was selected as one of the 5 best boys from 1985 – 1987. Back then each Union could only send one girls and one boy's team. (We won this event in 1987 and was second my previous three years, with South West Africa (now Namibia) that took the gold each year)

Senior Jukskei, In 1988 I was selected as a reserve for the Gauteng North Senior (Men's B) Sanlam team. I then competed against the likes of Daan, Steve and Dirk Swart, Willie Goosen, Gerrie Kotze, Cornel Botes, Willem vd Berg and many more. (Although I was selected as one of the 5 best boys under 19 players in 1987 in 1988 I was only considered good enough to be reserve for the second men's team, a hard lesson to learn for a youngster) The incident that I will never forget about my first senior trials was that we pitched 200 pens at that stage. I came in with a decent 189 out of 200 and I was eleventh.....eish.

On senior level I represented Northern Transvaal (4 times), Northern Free State 1 time), Griekwas (4 times), Southern Free State (2 times) and Gauteng North (8 times). I also represented the Transvaal (the current Gauteng) and Central Regions on Under 30 and Senior level and have been fortunate enough to win some of these National events.

One of my early highlights was to play against the touring USA Team in Kroonstad in the Sanlam Division. This was my first introduction to playing Jukskei in English and the impression that Donny Robberts and his teammates made on me that year is still lingering.....

I have represented the SA A Team against the National under 30 Team in 1988 and in 1990.

I have been very fortunate to have mostly always been in very strong teams. The teams that I played in won the following National Senior Tournaments:

Sanlam - 1990, 1992 for Gauteng North and 1996 for Griekwas

Kopersbond - 2008, Gauteng North, 2013 Gauteng North

Men's Doubles - 2008 with Charles Starbuck, 2013 with Tjaart Booyens

Mixed Doubles - 2011 with Elna vd Berg

The National Team also won both tests against Namibia in 2014 one in Kroonstad and one in Swakopmund, an achievement that I am very proud of. To play a Jukskei Test is one of the most difficult an at the same time one of the most exhilarating experiences of my life.....What a privilege and honor.....

I participated in the first World Jukskei Tournament that took place in Swakopmund in Namibia in 2000 and what a privilege will it not be if we can have more countries like the USA represented at the next world tournament.....

A tournament that I am particularly proud of winning is the 2 Paardekraal Tournaments that I played with my farther. We won it with Williem Goossen and Chris Welgens and the next year we won it with Pieter and Schalk vd Merwe. One of the toughest open tournaments to win still today.....

I received my National Colors in 2014, 50 years after my farther achieved this feat, I wish he was still alive at the time.....

I was particularly privileged to have toured to and played Jukskei in the USA in 2010 in Cedar Rapids in Mid West Country and in 2011 in Monroe, Louisiana. On both these tours we have coached and played Jukskei extensively and attempted to re-ignite interest in Jukskei to ensure that we can broaden the Jukskei player's base also internationally. In 2011 4 USA Teams participated in the first ever USA National Competition and the team of Gary Robberts was victorious on this occasion. Afterwards we played an exhibition match against a combined USA Team, which we won, just but we won.....

Horseshoes - My interest in horseshoes took root on the first tour of the USA in 2010, when they coached us and introduced us to their world of Horseshoes. Horseshoes and Jukskei is sister sporting codes with similar techniques and way of points allocation, but this is where the similarities stop.

In 2011 me, Nick van Stryp, Helgard Hansen and Francois v Zyl were allowed to participate in the Horseshoes National Championships. The first South Africans to participate in this prestigious event. We gave a good reckoning of ourselves and achieved 2 wins, 1 Second and one 7th place. Remarkable indeed if the short time of exposure to the sport of horseshoes is taken into account. I was second in my division, first place taken by Nick van Stryp also of South Africa. This is the biggest prize money that I have ever won \$300 for any sport.

Here we made friends that will last for the rest of our lives, the likes of Casey, Ottie, Stu, Rob, Debbie and many more. I hope that I will one day be able to visit you again and that you will be able to visit us again to come and compete in our National Jukskei Tournament, what an honor to have had you here in 2011

I learned there that I needed to pitch less Easter egg hunters.....That is when the shoe misses the box and then everybody tries to get out of the way.....smile.....

Horseshoes is not yet organized in the RSA and we have huge challenges with equipment and infrastructure development and cost. We have however erected courts in Pretoria and Kroonstad and horseshoes is played in the off season and after the completion of the Jukskei matches.

Coach - I qualified as a coach in 1988 at my first Junior Tournament and have been a coach ever since. I have been fortunate to work with some very talented and dedicated individuals over the years, and am now also a National Coach.

In 2008 I was stand in coach for the boys under 19 Team that toured to Namibia and came forth in this prestige event. Since then I was the coach of the Men's Veterans Team and have been appointed as the coach of the boys Under 16 SA –A Coach during the SA Junior Championships. Currently I am also the coach of the Gauteng boys under 19 team. What a privilege to work with these talented individuals.

I am very privileged and proud to say that none of my National Teams have lost an International match to date, something that we hope to achieve for many years to come.

We have also introduced Jukskei at the Primary School that my kids attend, and we are now in our third year of competing in the Gauteng North Schools League where 16 schools and between 60 – 70 teams participate, what an honor to be part of this event.

Referee - I am a qualified Jukskei referee and have upgraded to the Provincial level successfully in 2014.

Administrator - I served on the club committees of various clubs during my time in Pretoria, Kimberley and Bloemfontein in different capacities.

I also served on the Union Committees of Griekwas, Southern Free State and Gauteng North, where I was chairman for two consecutive seasons. Currently I am the Director of the Gauteng North Academy which means that I am responsible for managing the coaches and referee's in the Union.

I served on the International Jukskei Federation for one year where I held the position of Director Communication in 2010

I served as the chairperson of the Gauteng Jukskei Federation for one season.

Clubs that I played for;

1974-1979 *Kroonstad Correctional Services Club*
1980-1981 *Voorslag Club in Windhoek*
1982-1987 *Pretoria Correctional Services Jukskei Club*
1988-1991 *Jakaranda Jukskei Clubs – Pretoria*
1992-1998 *Hoffe Park Jukskei Club Kimberley*
1999-2001 *West End Jukskei Club Kimberley*
2002-2003 *Bainsvlei Jukskei Club in Bloemfontein*
2003-2004 *West End Jukskei Club Bloemfontein*
2005-2006 *Garstfontein Jukskei Club Pretoria*
2007-2008 *Voortrekker Jukskei Club Pretoria*
2008-2009 *Garstfontein Jukskei Club*
2009 - *Magalies Jukskei Club*

🚩 **What are your favorite words (or expression)?**

(Thomas) Make the most of every second of every day; you only get it only once.

🚩 **What is your favorite drink?**

(Thomas) Savanna Light or a good red wine with friends

🚩 **What is your favorite sport to watch?**

(Thomas) Rugby

🚩 *What is your favorite holiday place to visit?*

(Thomas) Dikhololo game reserve

🚩 *What has been one of your greatest accomplishments as a person?*

(Thomas) To be satisfied with whom I am

🚩 *Who is a hero in your life and why?*

(Thomas) My late father Bertie Venter. He always achieved what he set out to do with integrity and hard work

🚩 *What other sport would you like to compete in if not playing jukskei?*

(Thomas) Squash

🚩 *What is something that is unique about jukskei?*

(Thomas) That you start at 0 again if you get more than 23 points. Because of this rule the strongest team does not always win.....evening out the playing field.....

🚩 *If you could change one rule about jukskei, what would it be?*

(Thomas) That one point should be allocated for your scorecard when you burst. (Get more than 23 points)

🚩 *How would you give away \$50,000-00?*

(Thomas) Very difficultly

🚩 *If you could ask God 1 question, what would it be?*

(Thomas) When will Jesus Come?

8. Joke of the Quarter:

A magician was working on a cruise ship in the Caribbean. The audience was different each week so he did same tricks over and over.

The problem was, the captain's parrot saw all the shows and began to understand how the magician did every trick.

He started shouting in the middle of the show: 'Look, it's not the same hat. Look, he's hiding the flowers under the table. Hey, why are all the cards the ace of spades?' The magician was furious but, as it was the captain's parrot, he could do nothing. Then one day the ship sank and the magician found himself floating on a piece of wood with the parrot.

They glared at each other but said nothing. Finally, after a week, the parrot said: 'OK, I give up. Where's the boat?'

9. Motivational Quote:

“If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader.”

— [Dolly Parton](#)

10. Sport Injuries



Treatment for sport injuries:

- **Massage**

Some sports therapists and coaches believe that massage may speed up the recovery process. Supporters of massage argue that it helps to:

- encourage the flow of blood into the affected body part and the nutrients in blood can help repair any damaged tissue
- increase flexibility in the affected body part

Massage is not recommended if you have a serious soft-tissue injury, such as a torn ligament, as it could make the injury worse.

Despite being a very popular treatment, there is little hard evidence that massage aids recovery. However, it can reduce stress levels and make you feel more relaxed, which may be important benefits themselves.

- **Heat treatment and ultrasound therapy**

Some sport therapists argue that using heat therapy (heat pads or lamps) and ultrasound therapy (high-energy sound waves) may work in a similar way to massage by stimulating blood flow to the affected body part. However, as with massage, the evidence for both these treatments is not conclusive.

Ultrasound seems to speed up the healing process of fractured bones. However, there is little evidence that it speeds up the healing process in other types of sports injury.

Heat treatment seems to help relieve pain, but again, there is little evidence that it can speed up the healing process.

- **Surgery**

Most sports injuries do not require surgery but very severe injuries, such as badly broken bones, may require corrective surgery. In some cases it may be possible to use a non-surgical technique, known as closed reduction, to realign broken bones.

During surgery for a broken bone it may be necessary to fix the bones with wires, plates, screws or rods, known as open reduction and internal fixation (ORIF).

A torn knee ligament can also require reconstructive surgery.

Read more information about:

- [knee ligament surgery](#)
- [a broken arm or wrist](#)
- [a broken ankle](#)
- [a broken leg](#)

- **Rehabilitation**

Rehabilitation is an important part of treating sports injuries. A rehabilitation program aims to return the injured body part to normal function by gradually introducing it to movement and exercise.

With most sports injuries, after the initial recovery, it helps to move the injured part as soon as possible to help speed up the healing process. Gentle exercises should help improve the area's range of motion. As movement becomes easier and the pain decreases, stretching and strengthening exercises can be introduced.

During the rehabilitation process, you should not attempt to do too much too quickly. Start by doing frequent repetitions of a few simple exercises before gradually increasing the amount that you do. Avoid painful activities and do not return to your sport until you have no pain, and full strength and flexibility have returned to the injured area.

A healthcare professional, such as a physiotherapist or sports injury specialist, can help you design a suitable rehabilitation program and advise you about which exercises you should do and the number of repetitions.

11. TAFISA:

11.1 TAFISA Dates:

- 1st TAFISA Material Arts Games : 3-7 September 2014, Richmond, Canada
- TAFISA CLC's: September 2014, India, Denmark, Guam
- World Walking Day : 4-5 October 2014, Worldwide
- 6th TAFISA World Sport for All Games, Jakarta, Indonesia : 6-12 October 2016

12. Junior Jukskei Personality:



Jurie Engelbrecht
Talk straight forward with Erik

- Tell me about your horseshoe and jukskei career

(Jurie) It started when I was 5 years old when I joined my dad to go to the jukskei pitch in Swakopmund. I got my national colors when I was 7 years old and every year since then. The last 2 years I really tried to get into the senior national team which requires a lot of practice. I have made a lot of friends in my jukskei career and my main objective is to play with my dad (Francois Boshoff) for the Namibian senior team.

- One word to describe you would be?

(Jurie) Enthusiastic

- What do you like to do for fun?

(Jurie) I love to “braai” with friends, swim, and dance

- What is your favorite thing to do? Why?

(Jurie) Rugby, the physical aspect of it.

- Who are your Hero and why?

(Jurie) My Dad. He work very hard and if he set a goal for him he will never give up until he reached it.

- What was the nicest thing you did for someone?

(Jurie) I took my birthday money and paid one of my friend's debts at our athletic club.

- Give me an example of how you worked effectively in a team

(Jurie) I am a positive person and I motivate the people in my team to get them and myself on track and to focus on the task at hand.

- What advice would you give your parents?

(Jurie) Everything happens for a reason

- Name two things we should do as a family on the weekend

(Jurie) Fishing, playing board games and camping. We are a big family and it is very nice to do something together.

- What do you think you will be doing 10 years from now?

(Jurie) I see myself in a professional rugby team playing in a sport I really love and representing my country at a regular basis and helping them to achieve greater things. To be a sport administrator. First one is a dream. Second one is definitely a possibility.

13. Word from IJF President: Gieliana Boshoff

Thank you for the opportunity to greet all our Jukskei and horseshoe friends. I hope that everyone is well and that the sport we love is still part of our daily plan.

I want to congratulate each and every one that was and is elected to represent our sport on a management level.

The effectiveness of our leadership and management in Jukskei is mentionable in a positive and negative way. You can only be a leader if you have passion.

- The subject leader has a comprehensive understanding of the strengths and weaknesses in our sports, reflected in accurate self-evaluation and identification of areas for improvement. Everyone must be very well informed of current initiatives and the implementation of that. Each and every member must have delegated responsibilities. Exploring ways to assess younger players in progress for the future leaders in our sport.

- The results will bring improvements at pace and that will be the success on international level.

- Monitoring, evaluation and lesson observations must be undertaken by senior leaders and the academic leader as part of performance management procedures. Good opportunities and very good suggestions exist out there.

■ We must be the leaders that can take initiative to implement and maintain it. That will help the indefinite communication between our countries and the knowledge of understanding and development in each country. IJF can only develop in full if everybody takes ownership of our sports and the development of it. The success starts at our management of the sport and management between countries.

I know that you have so much on your plate at this frantic time of year and where does jukskei and horseshoe fits in? But please help us to make it our goal in our sport to provide the foundation for everybody, country interested to be part of our sport.

Gieliana Boshoff
IJF: PRESIDENT

14. Namibia Exco Members: 2014/2015

President: Gert Aggenbach
Vice President and Director Tournaments: Bully Thorburn
Director Marketing & Development: Erik Strauss
Director Administration: Dicker Gudde
Finance: Tina Coetzee

15. South Africa Exco Members: 2014/2017

President: Nico Nel (Nico is the youngest person to be elected as president of Jukskei SA in the 74 years of existence.)
Vice president 1: Tinus Barnard
Vice President 2: Dirk Brits

17. Congratulations

The following umpires qualified as International Jukskei Umpires during March 2014 in Kroonstad. Their qualification will be valid until March 2017.

- Danie Stoltz
- Anna Stoltz
- Buks Van Der Berg
- Anien Heydenrych

The candidates had to complete a theoretical paper (set up by the Chairman of the IJUC (Dirk Brits) and moderated by the COO) and were tested practically by two members of the IJUC (Reinette vd Berg and Gerhard Coetzee)). The time taken to complete the practical test correctly was taken into account, and was scored.

The above four umpires are now qualified as International Jukskei Umpires and may officiate at International Jukskei Matches.

Congratulations to everybody and keep up with the good work.

18. Conclusion

Kindly forward all your Countries event dates, results, photos or any other interesting news to me.

E Mail: pro@jukskei-nam.com

Visit the following web pages for more info:

www.jukskei-nam.com

www.jukskei.co.za

www.horseshoepitching.com

Jukskei & Horseshoe Greetings

Erik Strauss