

THE STORY OF THE FIRE LILY



A call for reflection and action



Ruan Schlebusch

The South African Fire Lily



Table Mountain - Cape Town, South Africa

The South African Fire Lily



Table Bay - Cape Town, South Africa



The South African Fire Lily



Lion's Head - Cape Town, South Africa



The South African Fire Lily

Fire destroys...



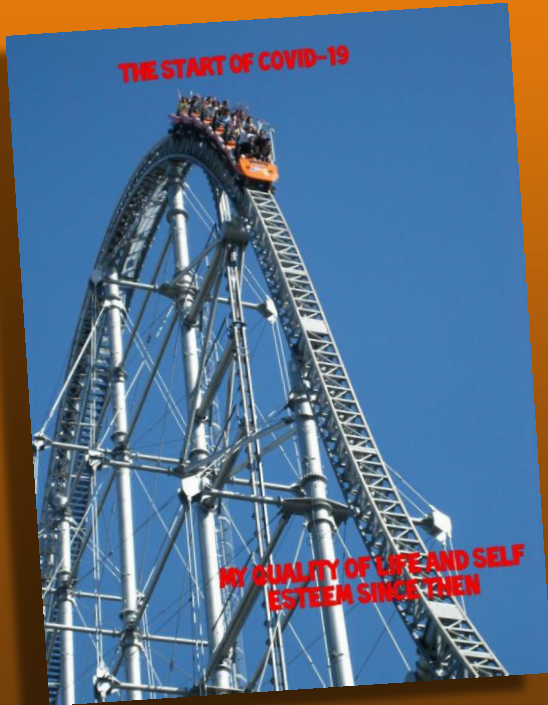
The South African Fire Lily

...but also offers an opportunity for a fresh start



PART 1

“THRIVING IN THE SHADOW OF COVID” PROJECT



- Unpacking the highs and lows of the COVID roller-coaster ride
- Exploring the concept of “Resilience” in young athletes
- A personal plan to guarantee success?



PART 1

“THRIVING IN THE SHADOW OF COVID” PROJECT

2 IMPORTANT QUESTIONS

- What remained important in the world of student athlete support?
- Roles and responsibilities – who is ultimately responsible?



PART 1

“THRIVING IN THE SHADOW OF COVID” PROJECT

Some thoughts from the athletes themselves



**Herschel Girls Preparatory School -
Cape Town, South Africa**



PART 1

“THRIVING IN THE SHADOW OF COVID” PROJECT

**“You can set and achieve your own goals,
even without structured sport” - Jessica**

(12 yrs old - Swimming, Water Polo, Running and Field Hockey)



PART 1

“THRIVING IN THE SHADOW OF COVID” PROJECT

“new understanding of sport”

“not everything is about winning”

“be in the moment”

“appreciate the experience” - Camryn

(12 yrs old - Netball and Tennis)



PART 1

“THRIVING IN THE SHADOW OF COVID” PROJECT



**“prepare mentally and prepare
for the unexpected” - Kira**

(13 yrs old - Tennis & Field Hockey)



PART 1

“THRIVING IN THE SHADOW OF COVID” PROJECT



**“lost motivation...better mentality
and got my priorities straight” - Nina**

(13 yrs old - Field Hockey, Netball, Swimming and Water Polo)



PART 1

“THRIVING IN THE SHADOW OF COVID” PROJECT



“Set my own individual goals”

“Connection” - Sarah

(13 yrs old - Field Hockey, Netball, and Water Polo)



PART 1

“THRIVING IN THE SHADOW OF COVID” PROJECT

What remained important in the world of student athlete support?

- **Motivation**
- **Connections**
- **Appreciate the experience**
- **Joy of achieving goals**
- **Preparing for the future**



PART 2

A CHANCE TO REFLECT!

At the individual level

Who is responsible for the long term well being and development of each individual student athlete?

- **Parent**
- **Coach**
- **Sports head / school head?**



PART 2

A CHANCE TO REFLECT!

At the programme level

What factors affect when and how we provide support?

- **Capacity**
- **Budget**
- **Know-how?**



PART 2

A CHANCE TO REFLECT!

At the organisational level



What are the minimum standards that we need to provide in terms of student athlete support?

- **Who monitors this?**
- **How do we provide this support?**



PART 2

A CHANCE TO REFLECT!

4 IMPORTANT QUESTIONS

- How often do we review and evaluate our programme offering?
- What is the bigger picture for student athlete support in our setting?



PART 2

A CHANCE TO REFLECT!

4 IMPORTANT QUESTIONS

- What is the bigger picture for the student athletes that we are supporting?
- Do our actions support *both* of these bigger pictures?



PART 3

THE FIRE LILY REVISITED

- New growth is inevitable
- This is (hopefully) a once in a lifetime opportunity
- You need to give your “Fire Lily” the best chance of success
- Tomorrow might be too late



LET'S CONNECT

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