



THE POWER OF RUGBY TO EMPOWER GREAT WOMEN

Women's rugby is one of the world's fastest growing sports. It is a sport that depends on discipline, team work, support and strength. We caught up with one of our great role models, Benele 'Zizo' Makwezela who spoke about her rugby journey, playing for South Africa and why what she learned on the field is also a strength in her daily life.

Zizo was born in Nqamakwe, in the Eastern Cape. She completed her secondary schooling in Butterworth and her tertiary education in Queenstown where her accidental passion for rugby began. Zizo was a sporty child however on arrival at WSU, realised she had missed the netball and softball tryouts. Her disappointment was short lived as several days later she saw on a notice seeking players for the womens rugby team.

Zizo had always loved watching rugby but had no idea that women could play. She recalls being scolded for coming home from school on sports days late as rugby was always the last event and she wanted to stay and watch it.

Zizo was a natural and in 2006 was chosen to represent Border in the 7s tournament but could not play as she was writing exams. In 2009 she was selected again and the following year was chosen to play in the 15s tournament. In 2012 Zizo moved to Cape Town and joined the Busy Bee RFC in Langa. She was also selected for the WP team and later in the year she was invited to join the SA 7 a side team and went on to represent South Africa in the 2013 7s World Cup. In 2014 Zizo represented SA 15s at the World Cup in France. Her love for rugby continues.

Take a peek into the life of Benele 'Zizo' Makwezela and her rugby journey.

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Discipline

Zizo describes rugby as a game of discipline. A support system in rugby is necessary as this is the way of always protecting the ball as well as your TEAMMATES. This is much the same as in real life, where having a good support system in your life gives you the strength to move forward.

A message to young women

"Never give up on what you believe in and never let anyone ever tell you you cannot do it - let that be your motivation to strive to do better. Playing rugby can take you out of the streets and prevent you from making poor decisions like taking drugs."

"VUSA has made every difference that they can in each and every child possible. It is a really good programme that also teaches us about how to take care of our children and the people around us."

