Maurice Aronstam

Registered Counselling and Sport Psychologist (HPCSA No.: PS0112259)

16 Clyde Street, Murrayfield, Pretoria, 0184, South Africa

+27 83 456 6954   aronstammaurice@gmail.com

25 October 2018

Letter of recommendation - Shadowmatch

To whom it may concern,

This letter serves as a letter of recommendation of my use of Shadowmatch in the sporting context in South Africa.

The Multiply Titans is a professional cricket Franchise playing in our domestic professional leagues in South Africa. They participate in all three formats, namely; the First-Class competition, the Limited Overs competition, as well as the T20 competition. They have enjoyed great success in recent years, achieving the status as the dominant team in South Africa currently.

I was involved in their High Performance Program in 2013-2014, which had the aim of developing the up and coming young players so that they are better equipped to handle the Titans team environment and playing at professional level. Players were approximately aged 20 – 23 years old. We used Shadowmatch with these identified players as a player development tool and as a man-management tool for the coach.

I worked closely with the coach, where we engaged the Shadowmatch information to inform his coach-player relationships and how he would interact with each player, as well as how to use the identified sub-groups based on the team function in Shadowmatch to our advantage.

We had access to the then top performers in the Multiply Titans, as well as some National side players who had come through the Titans set-up. We created separate profiles for the

various cricket skills (batting and bowling), and the identified players were matched to these two benchmarks based on their specific skill. This was used as a development tool where efforts were then made to develop the habits of these young players where shortfalls were identified.

The coach and I had used Shadowmatch for a third non-scientific purpose. To cut a long explanation short, in playing around on the Shadowmatch system using our National Players database and using my own playing experience of facing bowlers for many years, I had identified 2 distinct categories of bowlers. I experienced them as aggressive (interactional) and non-aggressive (skill-focussed) bowlers. I admittedly did this completely based on my subjective experience and there was no scientific thinking behind this. We compared our identified players to these categories with surprising accuracy. This was not the intended use of Shadowmatch, but as our players were all striving towards National honours, we just used this as a conversation starter to discuss their further development and success.

I can fully recommend the use of Shadowmatch as a tool, and even more so endorse the service you will receive from a dedicated group of people.

All the best for your endeavours.

Kind regards

Maurice Aronstam