



Ethan Bester

Flyhalf / Fullback

About Me

I'm a hardworking and coachable player on and off the field. I'm always eager to learn and sharpen my rugby skills to become a better player. I strongly believe that with patience and hardwork I can become the best rugby player and achieve great things in life. To be the best, you gotta beat the best everyday, that's what i believe in

Contact

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📍 South Africa

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Education Qualifications

National Matric Certificate
2020

Vredenburg High School

National Certificate: Sport
Management
2022

National Certificate: Coaching
Science
2023

**Health & Fitness
Professionals Academy**

Rugby Skills

- Quick Decision making
- Playmaking
- Game Management
- Strong Passing
- Great kicking (tactical & conversions)
- Clear Communication & Vision

Testing Results

Weight: 72.8kg
Length: 178cm
Bronco time: 4: 52
1RM Bench Press: 80kg

3RM Squat: 90kg
Reapted Sprint: 715m
Pulls up: 12
Vertical Jump: 50m

Playing History

2016:
Vredenburg High School u14A
Rugby Team

2017:
Vredenburg High School u15A
Rugby Team

2018:
Vredenburg High School u16A
Rugby Team

2019:
Vredenburg High School 2ND XV
Rugby Team

2020:
Vredenburg High School 1ST XV
Rugby Team

2021:
Vredenburg Rugby Club U20 Rugby
Team at Exodus Community CUP

2022:
Western Province Rugby Academy

Union Milnerton RFC U20A Rugby
Team

2023:
Griquas Rugby Insitute

Griquas U21 Shield Currie Cup
Team

2024:
Saldanha Bay RFC 2ND & 3RD
Rugby Team

2025:
Currently playing for Union
Milnerton RFC

Rugby Achievements

- 2019:
• Man of the Match Award during Interschool (VHS 2ND XV
Rugby Team
- 2022:
• Best U20 Backline Player (Union Milnerton U20A Rugby Team)
• Top Point Scorer U20 (Union Milnerton U20A Rugby Team)

References:

Jacquin Marthinus

Strength & Conditiong Coach

Phone: 084 593 8959

Brendell Brandt

HEAD COACH (Griquas)

Phone: 064 280 7029

Nolene Oosthuizen

Club Manager (Unimill RFC)

Phone: 083 416 2732