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MEDIA RELEASE

09 September 2022

For Immediate Release

FORMER ALL BLACKS FLY HALF DAN CARTER ADDRESSES YOUTH IN ATHLONE

[MOT South Africa](#) had the privilege of hosting former All Blacks Fly half, Dan Carter for an hour, when he deviated from his tour schedule and visited the College of Cape Town Crawford campus shortly after landing in Cape Town on Friday 09 September. The detour was to take some time to encourage local youth off the field with a message of resilience.

Carter, born and raised in Southbridge New Zealand is respected globally as one of the best rugby players of all time and arguably the world's best fly half. His reputation and fame transcends both hemispheres and his return to South Africa after an 8-year absence comes much to the delight of local youngsters who dream of reaching the accolades he has achieved.

Youth from various MOT SA programme partner schools had the opportunity to hear from Carter about how he has overcome various obstacles and some key life lessons he has learnt along the way. Additionally the youngsters had the opportunity to address their questions one-on-one to Carter who didn't disappoint as he inspired these aspiring young minds to be the best they can be.

He shared a very personal story about his injury during the 2011 Rugby World Cup in New Zealand, where his dream of captaining his country for the first time was shattered when he injured himself during the captain's run practice the day before a game.

Said Dan: "In my last shot at goal, I fell to the ground and I started screaming. I knew it was a serious injury, and I had torn my adductor muscles off the bone. I had to go to hospital and have the scans, and I asked the doctor, 'Is that my World Cup over?' and she said yes."

Carter continued: "I went straight to my hotel room and I started crying ... It was a really challenging moment, and that was going to be my last World Cup before I went to play overseas.

But after a day or so, I felt that the team still needs me. So, I could've stayed in my room and kept crying, or helped my team. The guy who replaced me got injured, and then the next guy in my position got injured.

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So, we were down to the third or fourth-string, and I helped the team and changed my mindset as well. I set myself new goals, to give myself one more crack at the World Cup, and I did that."

Carter added: "So, in terms of resilience, you will have setbacks and disappointments, and you need to grieve and express yourself – that's actually normal.

But then after 24 hours, you need to flick the switch. I reset and set new goals, and need to change to a positive mindset.

Fast-forward four years, and I am 33 years old and had one of the best World Cups of my career. That shows you the power of dealing with setbacks and showing resilience. Its part of life – life is not supposed to be perfect."

He concluded..."You are going to have good and bad days, but when things are tough, just deal with it, and it will make you stronger."

ENDS...

About MOT:

MOT was started by Norwegian top athletes after the Winter Olympics in 1994 with the objective to prevent social problems in society. The MOT concept is based on the purpose of creating a safer society by strengthening youth's robustness, awareness and courage - courage to live, courage to care and courage to say no.

MOT promotes safe class environments where all are included. Our programmes prevent exclusion, bullying, violence, alcohol and drug abuse, crime and mental problems.

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