



Van der Stel Gymnastics Club

Club of opportunity since 1975

Van der Stel Sports Grounds

Corner Bergzicht & Du Toit st
Stellenbosch

Welcome at the van der Stel Gymnastics Club.

The aim of the club is to provide professional training for children from the age of 4, giving them the opportunity to develop their skills and a love for the sport. Also providing a platform where those that choose to make it their sport can develop and enjoy and compete in a friendly and disciplined context.

Gymnastics is grounding for all sports. A child who has participated in gymnastics has been proven to reach higher levels of co-ordination, muscle strength, balance and general body awareness.

All gymnasts are registered with the SAGF and without obligation can compete in any competition organized through the SAGF from the age of 7.

CONTACT DETAILS

Annette Nel

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EEmail: davidn1@telkomsa.net

website: <https://vdstelgim.wordpress.com/>

OUR COACHES

Annette Nel

SAGF Level 2 coach and FIG level 1 (Rhythmic). FIG level 1 (SAGF level 3) WAG coach, International Brevet 4 Judge (Rhythmic), Physical Education degree, Teachers Diploma, Home Economics Degree and a Honours degree, over 40 years coaching experience

Additional artistic coaches:

Esme Skinner

SAGF WAG Level 1 coach, SAGF level 1 Tumbling Judge, BA Human Movement Science and HED, over 4 years coaching experience

Mamre Prinsloo

SAGF WAG level 1 coach, SAGF level 1 Tumbling judge, over 6 years coaching experience.

Leoné Verster

SAGF WAG GL coach, SAGF MAG Level 1 Judge, BSc: Honours Sport Science: Kinderkinetics and is a registered Kinderkineticist. Over 4 years coaching experience.

Bernice Isaacs

SAGF WAG level 1 judge, ex-Protea WAG gymnast, over 3 years coaching experience.

Additional rhythmic coaches

Caroline van Heerden

SAGF level 1 coach, SAGF level 3 judge, BSc Engineering (Mechatronics), over 4 years coaching experience.

Pinkie Yolisa

SAGF GL coach, SAGF Level 1 Judge in Artistic and rope-skipping gymnastics, over 10 years coaching experience.

Natasha Haasbroek (Dance instructor)

Qualified Dance Instructor – Modern Jazz.

Michelle Kleu (Beginners)

Michele Klue was the first SA gymnast to be chosen for the Olympics (2000). BSc Medical Science, Post Grad Dip: Business Administration. Very strong ballet and dance background, over 10 years coaching experience all levels up till Olympic.

Stephanie Sandler (Chirography)

FIG level 1 (SAGF level 3) (Rhythmic) Stephanie Sandler was the first South African rhythmic gymnast to participate at an Olympic Games (2004). Choreographer for gymnast in the whole of Western and Eastern Cape. Student of Commerce, over 4 years coaching experience

TRAINING TIMES

Our terms correspond with the public school term. No training on public holidays or during school holidays.

4 – 5 yrs artistic gymnastics (boys & girls)

Mondays 13:00 – 13:45

Wednesdays 13:00 – 13:45

6-7 yrs artistic gymnastics

Mondays 14:30 – 15:30

Wednesdays 14:30 – 15:30

Thursdays 14:30 – 15:30

WAG Competition group (7yrs and up)

Mondays 15:00 – 17:00

Wednesdays 15:00 – 17:00

Thursdays 15:00 – 16:30 (Extra class, only 10 gymnasts)

WAG Advanced group (level 3+)

Thursdays 17:00 – 19:00

WAG Advanced group (level 4+)

Tuesdays 17:00 – 19:00 (to be confirmed)

Homeschool group

Tuesdays 9:00 – 10:30

Thursdays 9:00 – 10:30

Rhythmic gymnastics (7yrs and up)

AF Louw School hall

Mondays 17:00 – 19:00/20:00

Wednesdays 17:00 – 19:00/20:00

Thursdays 17:00 – 20:00

REGISTRATION AND FEES 2018

You will only be invoiced for fees if you specifically ask to be invoiced

Van der Stel registration

Payable with registration: R500 per year (First member pay full, additional family members only pay 50% of the registration fee – R250)

Western Cape / SAGF registration

Payable before end March. This fee does not include entry into any competition. For Competitions fees see the Competition Calendar, which also shows deadlines for entries. No gymnasts will be entered into any competition without payment of competition fees in advance.

Category A - R495

- This is a gymnast who is involved in any discipline under the auspices of SAGF from Level 1 upwards (all competitive levels).
- If a gymnast is wishing to compete locally, provincially or nationally they must be registered in this category.

Category B - R100

- This is a gymnast who is involved in any program in the sport at a recreational level.
- A gymnast may not compete in a SAGF program if they are registered in this

category.

- This category is purely non-competitive

Coaching fees 2018

We do not refund/adjust fees for missed training sessions.

45min/week R660/term or R265/month

1 hr/week R770/term or R310/month

1.5 hrs/week R880/term or R350/month

2 hrs/week R1100/term or R440/month

3 hrs/week R1200/term or R480/month

4 hrs/week R1500/term or R600/month

5 hrs/week R1900/term or R760/month

6 hrs/week R2400/term or R960/month

Junior Olympic R2000/month

Senior Olympic R3000/month

If you do not give a terms **written** notice you will be liable for the terms fees.

*Rules for more than 1 child:

Oldest pays full

2nd child pays less 10%

3rd child pays less 20%

*If you are paying per term and you pay within the **first** week then there is a 5% discount from the term fees **not** the monthly fees.

*The monthly fees are seen as 10 down payments over the year. The terms fees are x 4 and divided by 10 (eg. 500pt x 4 = R2000 ÷ 10 = 200 per month from January to November. (June-July count as one month) Rounded off

Banking details

E.A. Nel

ABSA Stellenbosch

Acc no: 01 00769 1021

When paying monies into the Club's Bank account please supply the necessary reference:

e.g.
NAME+SURNAME+ACTION = SANNIE VD
MERWE REG

COMMUNICATION

Our primary means of communication is via our website -

<https://vdstelgim.wordpress.com/>

You **need to** subscribe on the website to

receive an e-mail every time new information is posted.

How to subscribe to the van der Stel website:

Go to <https://vdstelgim.wordpress.com/>
Scroll past the logo's in the right-hand sidebar to: **Follow us via Email.**

Enter your e-mail address.

Click on *follow*.

You will receive an e-mail from wordpress to confirm your subscription to the website. Only once you've responded to the e-mail will you receive an e-mail every time new information is posted on the website.

How to unsubscribe from the van der Stel website

Simply click on [Unsubscribe](#) at the bottom of any e-mail from the website and follow the instructions.

GENERAL RULES:

- Please have girls tie their hair back to avoid it getting in their way while doing activities.
- No jewellery, watches or rings are allowed during training. For safety reasons, you are advised to leave these items at home.
- No cellphones, food or drinks are allowed on the floor.
- Please refrain from coaching your child from the side-lines. Coaching from parents can undermine our efforts to improve form, flexibility, strength etc and is a distraction for all gymnasts on the floor.
- Please inform the coach if your child has any physical problems or of any changes in their general health.
- Please ensure that you arrive on time to collect your child after training.
- Gymnasts waiting for their class to begin must wait in the foyer.

COMPETITIONS

Artistic gymnasts at Van der Stel Gymnastics Club compete in Womens Artistic Gymnastics (WAG), mini-trampoline and Tumbling.

WAG consists of 4 apparatus from Level 1-10: Floor, Uneven Bars, Balance Beam and Vault. From Level 4, girls will need grips for uneven bars.

Rhythmic gymnasts use different hand apparatus for all levels: rope, clubs, ribbon, ball and hoop.

Girls compete from Level 1 in both Artistic and Rhythmic gymnastics. They attend Interprovincial Competitions (South Zone) from Level 1 – 3, and from Level 4 they compete at Nationals (SA Gym Games).

COMPETITION AGES

For Artistic and Rhythmic gymnastics the gymnast's age on the 1st of January in the year of competition is taken.

For mini-trampoline and tumbling the gymnast's age on the 31st of December in the year of competition is taken.

NB – According to SAGF rules a gymnast aged 5 years and younger cannot participate in any official event.

ENTRY INTO COMPETITIONS

All gymnasts registered as Category A (Competitive) at SAGF will automatically be entered into the relevant competitions (Artistic, tumbling and mini-trampoline) for their level and the parents will be liable for entry fees. If a gymnast, for whatever reason, wishes not to enter for a specific competition they need to inform coach Annette before the entry date deadline. Please check the Competition Calendar for closing dates of entries.

COMPETITION FORMAT

The competition format at the Artistic district trials (level 1 to 3) and South Zone will look as follows primarily is to have it be non-competitive for all athletes under 9 years old:

Under 9 Age Groups

Regardless of level all under 9 age groups will compete in their clubs with their club coaches on the floor with them. Awards will be handed out in no particular order (no acknowledgement of placings will be given – besides the gold, silver and bronze awards)

Age 9 and over Groups

All 9 and over groups will compete in their age group and as a District team with district coaches on the floor with them only. Awards will be handed out in order – bronze awards, then silver awards, then gold awards and 1st, 2nd and 3rd placed gymnasts will be

acknowledged (no additional prizes necessarily).

CLUB GEAR

Gymnasts can **only** compete (except Club competitions) in a club leotard and tracksuit. These need to be ordered in advance. Orders need to be placed before 15 March for club leotards and before 28 February for tracksuits and need to be paid when ordered. Ask for Artistic or Rhythmic leotard / tracksuit. Level 4+ (WAG) and level 8+ (Rhythmic) can compete in voluntary leotards.

Leotards

Leotards can be ordered from Matilda <http://www.topsy-turvy.co.za/>, e-mail info@topsy-turvy.co.za.

Leotard care:

Leotards with metallic fabric, sequence and rhinestones are beautiful but fragile and should be taken care of.

How to care of your Leotard:

1. After practice turn leotard inside out to allow moisture to evaporate.
2. Do not put a damp leotard in a bag.

How to wash your leotard:

1. Turn the leotard inside out.
2. Hand wash it separately in cold water (never in a washing machine).
3. Use mild liquid detergent, never fabric softer.
4. Use enough water to cover the leotard, gently press soapy water through the leotard for a few minutes. Do not rub the fabric.
5. Rinse with cool, clean water and gently squeeze the cold water out.
6. To dry lay the leotard flat, never hang or place in the sun.
7. Never tumble-dry or use a hair-dryer to dry the leotard.

Tracksuits

We need to place a bulk order of the club tracksuits by 28 February. Payment directly into Gail Brownings' account with order:

Standard Bank Helderberg, G.H. Browning, Cheque Acc: 242 63 44 78,

Branch: 033012, Ref: VdS Gym + Name

Rhythmic apparatus

Apparatus can be bought at competitions

or ordered in Stellenbosch at www.moveworklove.com, email: info@moveworklove.com

DISTRICT AND YEAR BADGES

All gymnasts, who will be representing their district, qualify for a District Badge. Badges need to be ordered through the club with entry into South Zone /Western Cape Championships. The district badge is sewn on the top left chest and the year badges to the top of the left hand sleeve of the club tracksuit.

COMPETITION DRESS CODE

Each gymnast must be informed about the CODE OF POINTS and act according to the rules as specified below.

- She must behave in a sportsmanlike, courteous manner.
 - Underwear may not be visible above or below the lines of the leotard or through clear inserts.
 - Gymnasts may not adjust their clothing / or personal equipment during their performance.
 - She must wear a correct sportive leotard
 - Gymnasts will be permitted to use facial and hair glitter provided that the use thereof is not excessive, and does not detract from aesthetic sportive values.
 - Nail polish of any color may be worn
 - No jewelry (bracelets or necklaces) may be worn.
 - Only small stud type pierced earrings are allowed.
 - Hip or other padding is not allowed. Bandages are permitted; they are to be securely fastened. Joint braces are permitted, but are required to be of flesh / black / neutral coloring.
 - Permission must be attained to use braces / supports which might not comply with the color requirement. (Director of Judging). Bandages must be beige colored.
 - Handgrips are permitted at the uneven bars.
 - The wearing of gymnastic slippers and socks is optional.
- * Any breach of the dress requirements will result in a penalty for "incorrect attire".*

AWARDING OF COLOURS:

This applies to ALL sport codes including gymnastics.

Withdrawal due to illness or injury resulting in not competing – the rules below will apply.

Level 1-3

At regional's/district level you qualify to represent the Winelands District team. No colours are awarded at this level.

Until such time that you compete in the next competition (South Zone), you have not represented Western Cape or the Winelands District and therefore do not get the clothing that goes hand in hand with such representation. You cannot advise your school that you represented as part of the Winelands team until you have competed at South Zone. If you do not compete at South Zone, you may only claim that you qualified to be part of the Winelands team and did not compete as part of the team.

Similarly:

Level 4 and up

At Winelands District trials you qualify for District colours. Please note that these colours are not provincial colours only regional.

If you do not take part in the next competition – Western Cape Championships, you have not represented Winelands District and therefore are not awarded the colours or the clothing that go hand in hand with such representation. You cannot advise your school that you received Winelands District colours until you have competed at Western Cape Championships. If you do not compete at Western Cape Championships, you may only claim that you qualified to get Winelands District colours, as you did not compete, the awarding of colours falls away.

At Western Cape Championships you qualify for the Western Cape Team. *Provincial colours are only awarded for level 8 and up (and no longer for level 1 – 7).*

If you do not take part in the next competition – Nationals (SA Gym Games), you have not represented Western Cape and therefore have not represented the team. You cannot advise your school that you represented the

WC team until you have competed at Nationals. If you do not compete at Nationals, you may only claim that you qualified to compete.

At Nationals – if you come first in your section, you are the SA champion for that section for that year.

You DO NOT receive SA colours and are not in the SA gymnastics Team.

This can only happen after you have completed Olympic Level or are chosen by SAGF to represent South Africa internationally. There are 3 SA Teams you can be chosen for:

- Protea Colours
- Federation Colours
- Zone 5 Colours

PLEASE COMPLETE THE REGISTRATION FORM AND RETURN IT WITH THE REGISTRATION FEES R500 (R250 for a second child) on THE 17th JANUARY 2018

Besonderhede van Gimnas / Particulars of gymnast

NAME.....D.O.B.....

ID NO.....PASSPORT NO.....

ADDRESS.....

.....CODE.....

SCHOOL.....TEL.....GRADE.....

ANY OTHER RELEVANT INFO eg: ALLERGIES ETC.

Besonderhede van ouers/voogde / Particulars of parents / guardians

	FATHER	MOTHER
NAME		
TEL		
E-MAIL		
OCCUPATION		

FAMILY DOCTOR.....TEL.....

MEDICAL AID

MEDICAL AID NO.....

INDEMNITY

I.....parent/guardian hereby agree that my son/daughter
.....takes part in the sport of gymnastics and that I indemnify
the Van der Stel Gymnastic Club and the Van der Stel Sport Club and their coaches from
all blame for injuries incurred if all due precautions were met.

In case my son/daughter no longer wishes to continue with the sport. I,

....., will give a terms notice and be responsible for the term fees.

Signature of parent/guardian.....Date

Please return the completed form including your first term or monthly payment.
Receipts will be issued on request for all monies received.