

# Van Der Stel gimnastieklub

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## NUUSBRIEF 2018

For English please read further

Liewe Ouers en Gimnaste

'n Geseënde en Voorspoedige jaar vir almal. Baie dankie vir al die lekker geskenkies elkeen word uit ons harte waardeer. Ons het 2017 afgesluit met vele vreugdes en ook hartseer, maar vir sommige het die sirkel voltooi. Mamre se mamma, Lael se pappa, Annette se skoonsus klein Amey se oupa. Nikola se ouma is maar 'n paar van die hartseer stories waarvan ek weet maar ons wens almal wat ons verlaat het 'n rus in vrede toe sonder pyn en lyding.

Ek kan amper nie glo dat ek hierbo al 2018 geskryf het nie. Maar ons is in die nuwe jaar. Ek hoop almal is heerlik uitgerus en reg vir die uitdagings wat voorle. Ons wens vir coach Bernice alles wat goed is toe vir die laaste skof voor die dogtertjie haar verskyning maak.

Hierdie is slegs 'n inligtings nuusbrieff. Nuusbrieff 2 bevat al die inligting oor fooie, klasgelde en registrasies.

Ons registreer weer soos gewoonlik vir Ritmies en Artisties'n week voor ons begin, die **17de Jan. 14:30 – 16.30 nm by Van der Stel.** Dit gee vir ons en julle tyd om die skoolprogramme uit te sorteer. Voltooi asseblief die registrasievorm in Nuusbrieff 2 2018 en dit is reeds op die webtuiste, en bring dit asseblief saam op 17 Januarie 2018 as u, u gimnas kom registreer. Die ou gimnaste kan dit ook per epos doen. Ons moet die vrywaringsvorm van elke gimnas ontvang aangesien die SAGF dit ver wag.

Die gimnastiek begin amptelik op Maandag, 22 Januarie 2018, vir artisties sowel as ritmies.

Tuisskoliere begin Dinsdag, 23 Januarie 2018 om 09:00 – 10:30 vir artisties by Van der Stel.

Ritmies vir die skoolgaande kinders sal soos altyd Maandae en Woensdae wees en Donderdae vir die gevorderde gimnaste altyd 17.00 – 20.00 by AF Louw.

Omdat die artisitiese gevorderde gimnaste eintlik 4x per week moet oefen gaan ons kyk of Dinsdae 17.00 tot 19.00 gaan moontlik wees, hierdie is nie 'n of klas nie. Gimnaste kies hulle dae en dit is dan vir die jaar.

Hou asseblief ons webtuiste asook facebook dop vir verdere inligting:  
<https://www.facebook.com/Van-Der-Stel-Rhythmic-Gymnastics-589169577797978/>

<https://vdstelgim.wordpress.com/home/>  
<https://web.facebook.com/vdstelgim/>

Ons het baie talentvolle klein opkomende gymnaste en die afrigters wil die moontlikheid ondersoek om hulle in meer gespesialiseerde groepe te sit. Dit is egter dissipline en volharding en koste. Nadat die afrigters die gymnaste getoets het sal verder inligting deurgegee word

Die doel hiervan is dat die gymnaste nog steeds hulle level sal doen, maar voorberei word vir moeiliker werk. Ons praat nie van High Performance nie, want dan praat ons van ten minste 3 ure per dag vir ten minste 3 dae 'n week vir 6-8 jarige gymnaste en 4 ure per dag vir ten minste 4 dae 'n week of meer vir ouer gymnaste. Ons gaan dus begin met elite groepe in artisties en ritmies en kyk hoe dit van daar gaan ontwikkel.

Ons sien uit om julle almal weer te sien!

Vriendelike groete

*Annette, Mamré, Esmé, Leone, Bernice, Christelle, Caroline Anda en*

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### **Club and training ware for all gymnasts**

Please the hair MUST be done up/pony tail/ plaits/ and clipped

- 1, Kabouters/.little ones : T-shirt and shorts in the summer and tracksuit pants and top for the winter. PLEASE no fairy or superman outfits it is dangerous
- 2 The 6/7 year olds: black ski pant and tight fitting top
- 3 The 7 and up: ski pants and a leotard or tight fitting top ( no T-shirts)

All competitive gymnasts must have a club leotard ( more information to follow as we have a new club leotard) and a club tracksuit. NB these must be order at least 6 weeks before the competitions

Competition dates to follow in Newsletter 3

Club leotard: Mrs Taylor Please look for Topsy Turvy ons our website and facebook  
Approx.. cost R300-R400

Track suit: Mrs Gail Browning tel, no 083 230 4600 Ask for Van der Stel tracksuit  
Approx. cost R450 and up

Dear gymnasts and parents.

'n Blessed and Happy New Year for all. Thank you for all the lovely gifts we appreciate them all from the bottom of our hearts. We ended the year 2017 with many joys and also tragedies, but for some the circle was completed Mamre's mother, Lael's pappa, Annette's sister in law, little Amey's oupa. Nikola's ouma is but a few of the heart sore stories of which I know but we wish all of those that have left us to RIP with no more pain .

I cannot believe I am already writing 2018, But we are into the New Year.

I hope you are all well rested and prepared for the challenges of 2018. I wish you all a blessed and successful 2017. We wish coach Bernice all the best in the last hot weeks before she delivers her new little girl

This is only a welcoming and information newsletter. Newsletter 2 has all the information about fees and registration.

We register as usual a week before we start, the 17<sup>th</sup> Jan., 14:30 – 16:30 pm at Van der Stel, just to give us time to organize everything and for you to sort out the school programmes. I know school sports take lot of time now but please try to fit all in as best you can. Please complete and bring the registration form with on registration day. The registration form is added to Newsletter 2 2018, It has already been added to the website. The Existing gymnasts can do the registration by email but we need the indemnity form of each gymnast per year as the SAGF requires it

We will start officially on Monday the 22th for artistic and rhythmic.

Home schoolers start Tuesday 23rd, 09:00 to 10:30 for artistic at Van der Stel.

Rhythmic for school children will as always be on Mondays and Wednesdays and Thursday for the advanced girls, always 5:00 p.m. to 8:00 p.m. at AF Louw.

The advanced artistic girls need to train 4x per week, so we are looking to include Tuesdays 17.00 – 19.00 if it is viable but this is not a either class. Gymnasts choose their classes and that is for the year

Please use our website and Facebook for tracking information

<https://www.facebook.com/Van-Der-Stel-Rhythmic-Gymnastics-589169577797978/>

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

<https://web.facebook.com/vdstelgim/>

WE have quite a few talented gymnasts in the younger classes and the coaches are looking at the possibility of putting them into more specialised classes. But this involves time and discipline and cost. After selection the coaches will forward more information

The idea is that the gymnasts still do their level but will also prepare for more difficult work. I am not talking about High Performance because then we need at least 3 hours per day for three days for gymnasts 6-8 old and 4 hours for four days for older gymnasts. So we start off with selected elite groups and see how it develops.

We look forward to seeing you all again!

Kind regards

*Annette, Mamré, Esmé, Leone, Bernice, Christelle, Caroline Anda &*

