

Van Der Stel gimnastieklub

Eienaar: Annette Nel

Barrystraat 15
Stellenbosch
7600

Tel & faks: 021 883 3503
Sel: 082 499 0860
E: davidn1@telkomsa.net

NUUSBRIEF 2019

English follows Afrikaans

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 2018 afgesluit met vele vreugdes. Ons gimnaste het in al hulle kompetisies vir ons as afrigters heelwat vreugdes besorg. Ek weet daar was ook hartseer in sommige huise en in ons klub neem ons swaar van juffrou Leone afskeid, maar wens haar alle voorspoed toe met haar nuwe wederverings. Maar ons kyk vorentoe en sien met nuwe moed en krag uit na 'n baie voorspoedige 2019!

Ek kan amper nie glo dat ek hierbo al 2019 geskryf het nie. Maar die ou jaar is verby en die nuwe lê voor. Ek hoop almal het 'n heerlike rustyd gehad. 'n Wonderlike Kerstyd met familie en vriende en reg is vir die uitdagings wat voorlê.

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

Ons registreer weer soos gewoonlik vir Ritmies en Artisties 'n week voor ons begin, die 17de Januarie, 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 2019. Dit is ook reeds op die webtuiste, en bring dit asseblief saam op 17 Januarie 2019 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 vereis.**

Die gimnastiek begin amptelik op Maandag, 21 Januarie 2019, vir artisties sowel as ritmies.

Tuisskoliere begin Dinsdag, 22 Januarie 2019 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 artistiese gevorderde gimnaste (level 4 en op) eintlik 4x per week moet oefen gaan ons kyk of die volgende gaan moontlik wees:

Maandae 16.00 - 18.00
Dinsdae 17.00 - 19.00
Woensdae 16.00 - 18.00
Donderdae 17.00 - 19.00

Die level 4 en op gimnaste MOET ten minste 3 klasse bywoon. Gimnaste kies hulle dae en dit is dan vas vir die jaar.

Hou asseblief ons webtuiste asook facebook dop vir verdere inligting:

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

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

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

Ons sien uit om julle almal weer te sien!

Vriendelike groete

Annette, Mamré, Suzette, Jodie, Jason, Kimbi, Anda en Pienki

Club and training-wear 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 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 <http://www.topsy-turvy.co.za> or look for Topsy Turvy on facebook

Approx. cost R480

Tracksuit: we are busy outsourcing a new design and supplier

Please continue reading for English:

Dear gymnasts and parents.

A 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 2018 with many joys. Our competition gymnasts did very well and made our coaches proud. There was also tragedies in some homes and it is with great sadness that our club say goodbye to coach Leone and wish her all the best in her new venture. We look forward to a very successful 2019!

I cannot believe I am already writing 2019, But 2018 has passed and we are looking forward to the New Year. I hope you and yours all had a wonderful rest and a Christmas time with family and friends and prepared for the challenges of 2019.

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 **17th of January, 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 2019, It has also already been added to the website. Our existing gymnasts can do the registration by email, **we however need the indemnity form of each gymnast per year as the SAGF requires it**

We will start officially on Monday the 21st for artistic and rhythmic.

Homeschoolers start Tuesday 22nd, 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 pm. to 8:00 pm. at AF Louw.

The advanced artistic girls need to train 4x per week, so we are looking to include the following times

Monday 16.00 - 18.00

Tuesdays 17.00 - 19.00

Wednesday 16.00 - 18.00

Thursday 17.00 - 19.00

The level 4 and up gymnasts **MUST** attend at least 3 classes. Gymnasts choose their classes and that is fixed for the year

Please use our website and Facebook to stay informed

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

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

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

We look forward to seeing you all again!

Kind regards

Annette, Mamré, Suzette, Jodie, Jason, Kimbi, Anda and Pienki