



Western Cape Gymnastics Association

For all the latest info, please visit our website on
www.westerncapegymnastics.com

Western Cape's very own Ben Van Duivenbooden (**Mega**) and Coach Warren Buchanan (**Mega**), will be representing South Africa this weekend at the Memorial Competition in Serbia in the Men's Artistic Gymnastic competition. All the best boys!



The Western Cape has 27 gymnasts who will be representing South Africa at
Zone 6, Dec 7 – 13 in Walvis Bay, Namibia

The team comprises the following gymnasts:

Rhythmic Gymnastics: Shannon Hochfelden, Adrienne Clyncik, Bethany Peterson, Margaux Herholdt, Joneve de Villiers. (all from **Dynamic Rhythmic Gymnastics**)

Women's Artistic Gymnastics: Nicolene Roussouw Alice Schmidt (**Excel**), Amy Kedzior (**ACS**), Caitlyn Hoedmaker (**Giants**).

Trampoline: Stefan Gouws, Frans van der Merwe, Anika Wiehahn, Alex Stewart (**Wynland**), Lilly Kupper, Emma Thomas (**Gym Wizards**), Karli Olivier, Carmen Swiegers,

Gillian Young (**SKAT**), Anna (Lize) Dreyer (**Spectrum**), Bianca Nienaber, Eliana Burger (Eversdal/E-sports)

Tumbling: Nicholas Philbrick, James Philbrick, (**Gym Wizards**), Chelsea Apples (**ACS**), Chloe de Apprecida, Tanya Brits, Nadia van Wyk (Eversdal/E-Sports)

Team Manager: Robyn Austin (**SAGF/Cape Olympia**), Riaan Swanepoel, (**Coach/SKAT**), Charlynn Fourie (**Wynland**), Elizma Hawskeley (**Coach/Eversdal**), Lyla Young (**Judge/SKAT**), Andre van der Merwe (**Judge/Eversdal**)

Dates for the diary.....

Good Luck to Everyone!!

24 January 2015

Western & Eastern Cape High Performance Meeting with Tseko

Location: Cape Town

31 January 2015

Young Leaders Conference: selected attendees will be advised shortly

Location: Cape Town

19 & 20 June 2015

Artistic Level 1 - 3 District Trials for Cape Town, Cape Winelands, Overberg and West Coast Districts

Location: Cape Town



Congratulations to Overberg Gymnastics for being officially recognized as an Affiliated Member of the Overberg Sport Council



Congratulations

The 2014 WP Sports Council awards dinners was held on Friday 28 November at the Lord Charles Hotel in Somerset West. The event was delivered in conjunction with The Department of Culture and Sport. Winners from the Gymnastics were:
Lifetime Sports Achievers: Dave Pease and Dave Roberts (pictured above)
Recognition for Technical Excellence : Arianne Milton and Warren Buchanan. Cape Town Gymnastics was a finalist in the **Federation of the the Year Award.**

Schools National Championships in Pretoria – Dec 10

We are extremely proud of our school sport gymnasts who have been selected to represent the Western Cape Province at their upcoming National Championships.

We wish them all the best!

The team comprises the following:

Sports Aerobics: Amy Felix, Khanyisile Kotsi ,Nasley Losper (Wavecrest Primary), Kayleen Simpson (Parkwood Primary)

Coach: Salaamah Davids (Parkwood Primary)

Rope Skipping: Nicole Abrahams, Miche Salie , Mogamat Zakeer Salie, Shaun Brown, Giofranko Recto (Parkwood Primary), Reece Lewis, Bejamin Gubb (St Anne’s Primary), Lisa van Staden (Southfield Primary) **Coach:** Sadicka Isaacs & Nicolas Harper (**Perivale Primary**)

Women’s Artistic Gymnastics:

Nicole Abrahams (Parkwood Primary) , Nikita Zimmerhout, Michaela Simmers (Zeekoevlei Primary), Samantha Smith (Wavecrest Primary) **Coach:** Miriam Talmakkies (Diazville Primary)

Men’s Artistic Gymnastics:

Giofranko Recto (Parkwood Primary), Bongani Mpongwana (Zeekoevlei Primary), Dillon Isaacs (Diazville Primary), Dwayne Williams (Saldanha Primary)

Coach: Wayne Samuels (Zeekoevlei Primary)

Team Manager: Sabina Swartz (Wavecrest Primary)

Officials: Willie Myburgh (MAG), Kelly van Tonder (WAG), Daphne September (Aerobics), Thozamile Peter & Masixoli Felani (Rope Skipping)

Surrounding Schools Project

DCAS has embarked on a new program in addition to the MOD centres. For now it is referred to as the SURROUNDING SCHOOLS PROJECT. The Sports/Arts programme is extended to a further 360 MOD centre neighbouring schools . This new project is in its infancy and we will provide more details when they become available.



From everyone at Western Cape Gymnastics, **THANK YOU** very much to each and everyone of you for your patience, support and understanding throughout the year. We wish you all a relaxing festive season and everything of the best for 2015!