

**Tsumeb Gymnastics Club  
Newsletter**

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# Newsletter

of the Tsumeb Gymnastics Club

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## 2003 National & Zone VI Competitions - Walvis Bay

Beginning of November last year Walvis Bay was host to the Namibian National Competitions. The Walvis Bay Municipality must be applauded for their continuous inputs and active support in making international participation a reality. The Sports Complex is a visible commitment of their dedication to their community and region.

The Tsumeb gymnasts fared exceptionally well in these competition. The following gymnasts received their National Colours and joined Namibia's National Team:

Devon Bolleurs, Griet-Marie Coetzee, Nelius Burger and Martin van der Merwe.

The gymnast in level 1 achieving the overall highest points in this 2-day competition was Austin Deite. Since level 1 will not compete in Zone VI, he was unable to join the National Team.

A month later the Zone VI Competitions took place also in Walvis Bay.

Namibia participated in all disciplines. Here are the overall results:

South Africa - First Place

Namibia - Second Place

Zimbabwe - Third Place

Tsumeb members of the Namibian National Team scored very well:

Devon Bolleurs helped achieve Namibia's second place in the Pre-Junior Women Competition.

Nelius Burger helped achieve Namibia's second place in the Junior Men Competition and

Griet-Marie Coetzee helped achieve Namibia's first place in the Senior Women Competition.

## The First Edition

It has finally happened... here is the first edition of our newsletter. I feel it is important that we as a club keep you as the parents of our gymnasts well informed of what is happening. We also like to provide more insight to what your children are in fact going through while they are at the gym. In the "Trainer's Corner" you will find important hints for your children to read. It will improve their performance in the long run.

Being now on the Internet also puts our club in front of the eyes of the world. The official Tsumeb web site is an excellent promotional vehicle which we should all make extensive use of. Visit our own club site often, to keep fully informed on the latest happenings. Here we will post all news and events as they are happening.

Suggestions or comments for our newsletter and the web site must be directed to Klaus, our editor, who is more than happy to listen. Should you have any contributions to the newsletter, please, send them also to the editor.

See you at the Gym  
Awie Coetzee  
Chairman

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## Notice to Parents of Artistic Gymnasts Payment of Gym Fees

1. Artistic gymnasts (gymnasts trained by Djamel) must pay every month of the year - from January to December.
2. If you do not pay your fees, the club can't pay Djamel. So please pay your fees every month **before the end of the Month**. It is not fair to let Djamel do a whole month of training for 20 children and then only pay him the fees of five children!
3. Training will continue throughout the holidays. It might be on different times, but you will be notified well in advance.
4. If you are not going to be here during the holiday, you must please pay your fees for May before the school closes.

## Off to Germany ...



Griet-Marié Coetzee and Martin van der Merwe, both from our club, are part of a group of gymnasts travelling to Germany during the May school vacation attending a training camp. Both are members of the newly established NGF Development Squad. During 2003 most of the girls in the junior and senior teams for the national squad stopped with

gymnastics. The Women's Technical Committee of NGF, therefore, identified 10 girls who they think have potential, to start working towards a place in one of the national teams. These girls come together on a regular basis to be tested for conditioning, strength, flexibility, etc. Their first testing for 2004 took place over the Independence weekend in Walvis Bay and the next testing will be in June in Otjiwarongo. The Men's Technical Committee has started the same concept and will be taking a few boys to Germany. Some of them qualifying, may be going to the African Championships in Senegal in October.

## Change in Competition Rules

Gymnasts will not be allowed to participate in the National Championships if they did not take part in the Qualifying Competitions without a valid excuse, which will be at the discretion of the NGF Committee. Groups will be allowed to participate in the National Championships without a qualifying mark. All doctor's certificates or letters of apology must be forwarded to the committee at least one day before the Qualifying Competition, for evaluation by the Committee and, NO exception in this regard will be made.

## We are on the Net

Now, you can find the Tsumeb Gymnastics Club on the Internet.

<http://tsumeb.info/gymnastics> will get you there, being part of the official Tsumeb web site.

Here you find a wealth of information about the club, events (international and domestic), results from competitions, and even a copy of the newsletter.

A link to the Olympics in Athens gives you all you need to know in case you would like to travel to Greece this year.

The official Tsumeb web site at <http://tsumeb.info> was recently launched in cooperation with the Municipality and the Tsumeb Council of the Namibia Chamber of Commerce. It promotes Tsumeb in the world as a an excellent place for investments and as a top tourist destination. Interested in getting your own web site included, contact Klaus at 067-22 2175 for info.

## Gymnasts from Germany to visit in October

A group of 8 German gymnasts are to visit our club in October. They will practice with our gymnasts and a competition for them against the rest of Namibia will be hosted here at our club. This major event for Tsumeb will require a lot of helping hands.

In particular parents must please take note, when the time comes, we will ask you to help host gymnasts in your homes. More about this nearer to the time.



## The Trainer's Corner Square Up

Shown here are two front splits. Well, the one on the right is, but the one on the left is really more of a straddle split. Which way do you practice your front splits?

If you want to learn a proper split, you need to keep your shoulders and hips at right angles to your legs. Also, try to keep your legs and feet straight, like the gymnast on the right. If you turn your upper body to the side, your hips will turn too, and so will your feet. This may enable you to go lower in your split, but it's the wrong kind of split.

So square up your body the next time you work on a front split. It will pay off in the long run!

