

# Michael Oak Waldorf School

## 2022 Sports Programme - TERM 3



**Dear Michael Oak Parents & Guardians,**

We hope you and your family had a good break and are looking forward to the new term. Here is the Sports Programme for Term 3, which commences on Monday, 25 July.

### **Registration**

With COVID restrictions lifted, the College of Teachers has reintroduced the requirement of 1 sport per term as compulsory. Look through the options in the programmes on the next few pages. Then **REGISTER YOUR CHILD** by filling in the online form for either the [PRIMARY SCHOOL](#) or [HIGH SCHOOL](#). (The hyperlink will take you to the correct online form.) Make sure to only choose sports allocated to your specific class.

For a smooth-running programme, for the best results and in the interests of security, please advise your child to choose a sport and commit to it for the whole term. If you have more than one child at school, then you will need to fill in a separate form for each child. **Please complete the form by Thursday, 21 July at 6PM.**

### **Coaches**

You will find the list of coaches and their qualifications further down in this document after the programmes. Please note that Wesley Pillay will be substituting for Theo Cogill in table tennis while Theo is away representing SA in an international competition from until the 11<sup>th</sup> of August.

### **Billing**

It is possible to participate in multiple sports. The first sport is INCLUDED in school fees. Any additional sports will be billed accordingly (see School Fee Sheet 2022, available on our website).

### **Collection of your child**

Please collect children from practice promptly after each session. Should the sport be off-campus, then in case of an emergency or by prior specific arrangement, the coach will walk the child back to school after the session.

### **Absent or inability to attend sport**

In the event of your child not being able to attend a sport session please inform the School office by 8:30 am (Phone 021 797 9728, WhatsApp 084 915 4415 or [info@michaeloak.org.za](mailto:info@michaeloak.org.za)) for the attention of Andrew September. Alternatively, you can email [aseptember@michaeloak.org.za](mailto:aseptember@michaeloak.org.za) or send a written note with your child.

### **Uniform**

The School sports uniform is comprised of the Michael Oak t-shirt or any plain (no large logos, character prints or stripes) t-shirt (short or long sleeved) and tracksuit pants, leggings or shorts in navy blue, dark green, black or white. Takkies or proper sports shoes are required. Hoodies and light jackets are allowed, but jerseys are not. Please also note that only white, blue or black t-shirts may be worn for Table Tennis.

### **Changes or Cancellation (Weather)**

If any changes or cancellations need to happen – such as in the case of significant rain – parents/guardians will be informed as soon as possible via an SMS. Please ensure that your cell number is updated with the office. Any parent who doesn't want their child playing outside on a cold damp day, may come and collect them at the normal school-end time. This is your decision. Please let the school office or Mr. September know.

### **Indemnity**

An Indemnity Form needs to be completed for all sports played off-campus. These forms will be handed out to learners directly, and are also available from Reception.




















### **Questions?**

For any queries or suggestions, please contact Andrew September, Sports Coordinator, on 082 830 5174 or email [aseptember@michaeloak.org.za](mailto:aseptember@michaeloak.org.za).

# PRIMARY SCHOOL - SPORTS PROGRAMME FOR TERM 3

[CLICK HERE TO OPEN THE PRIMARY SCHOOL REGISTRATION FORM](#)












*Note: Items marked in red are changes from last term.*

Day	Sport Activity	Class	Time	Venue
Monday	 Tennis	Class 3 & 4	14:10 – 14:55	Wynberg Lawn Tennis Club
	 Netball	Class 5, 6 & 7	14:40 – 15:25	Side Court
	 Dance (African)	Class 3 & 4 Class 5, 6 & 7	13:50 – 14:35 14:40 – 15:25	Class 4 Classroom Small Hall
Tuesday	 Dance (Flamenco)	Class 5, 6 & 7	13:45 – 14:30	Big Hall
	 Tennis	Class 2	13:00 – 13:45	Wynberg Lawn Tennis Club
	 Basketball	Class 5 & 6	13:45 – 14:30	Basketball Court
	 Table Tennis	Class 4	14:00 – 14:45	Small Hall
	 Volleyball	Class 7	13:45 – 14:30	Side Court
Wednesday	 Chess	Class 5, 6 & 7	14:45 – 15:30	Class 6 Classroom
	 Basketball	Class 7	14:45 – 15:30	Basketball Court
	 Table Tennis	Class 5 & 6	14:45 – 15:30	Small Hall
Thursday	 Volleyball	Class 5 & 6	14:45 – 15:30	Big Hall
	 Basketball	Class 3 & 4	14:00 – 14:45	Basketball Court
	 Soccer	Class 7	14:45 – 15:30	Basketball Court
	 Table Tennis	Class 7	14:45 – 15:30	Small Hall
	 Story Movement	Class 2 Class 3 & 4	12:45 – 13:30 13:45 – 14:30	Class 2 Classroom Big Hall
Friday	 Extra Gym - Koffi	Class 3	13:45 – 14:30	Oval / Hall
	 Soccer	Class 5 & 6	14:45 – 15:30	Oval
	 Volleyball	Class 4	14:00 – 14:45	Side Court

# HIGH SCHOOL - SPORTS PROGRAMME FOR TERM 3

[CLICK HERE TO OPEN THE HIGH SCHOOL REGISTRATION FORM](#)

*Note: Items marked in **red** are changes from last term.*

Day	Sport Activity	Class	Time	Venue
<b>Monday</b>	 <b>Volleyball</b>	Class 8 & 9	15:15 – 16:00	Big Hall
<b>Tuesday</b>	 <b>Basketball</b>	All	14:30 – 15:15	Basketball Court
	 <b>Dance (Flamenco)</b>	All	14:30 – 15:15	Big Hall
<b>Wednesday</b>	 <b>Soccer</b>	All	14:45 – 15:30	Oval
	 <b>Netball</b>	Class 8 & 9	14:45 – 15:30	Side Court
<b>Thursday</b>	 <b>Chess</b>	All	14:45 – 15:30	Class 8 Classroom
	 <b>Ultimate Frisbee</b>	All	14:45 – 15:30	Oval
	 <b>Tennis</b>	ALL	14:50 – 15:35	Wynberg Lawn Tennis Club
	 <b>Yoga</b>	All	14:45 – 15:30	Small Hall
<b>Friday</b>	 <b>Volleyball</b>	Class 10,11 & 12	14:45 – 15:30	Big Hall
	 <b>Table Tennis</b>	All	14:45 – 15:30	<b>Small Hall</b>

## **BASKETBALL**

### **Koffi Mvumbi**



In 2003 I was on the National Team for Angola representing the country in the World Cup Men's basketball.

In 2004 I played in the African Club Championship.

In 2014 I was in the BNL for SA playing for WC Mountaineers. For 13 years to date I am a Club basketball player for Montana Vikings. I participate in the Super League Team.

This will be my 14th year coaching basketball at Michael Oak. I have seen children developing from not knowing how to bounce the ball to becoming skilful players.

## **CHESS**

### **Ricardo Minnaar**



**SELF EMPLOYED CHESS COACHING & CHESS OFFICIAL (2018 – TO DATE)** Curriculum Chess, Online coaching CWP Match & League Coordinator, Coordinating Chess Tournaments; FIDE Arbiter – Provincial & National Level; Serving on Fair Play Commissions.

**DEPT OF CULTURAL AFFAIRS & SPORT DCAS (2016– 2018)**  
Chess Code: Chess Code Developer, Coaching coaches/educators across the Western Cape, Establishing Leagues across the metropole and rural, Facilitating coaching clinics, Strategic planning. Responsible for governance of 21 coaches, Mentoring, coaching, Cricket Coaching and Table Tennis Coaching; Organising Chess tournaments; Manager for CWP Junior/Senior team; CWP Junior Team Coach; Western Cape Administrator of the year (2015)

**CLUB CAPTAIN / COACH OF GPCA (2010 – TO DATE)**  
Founding Member of Grassy Park Chess Academy (GPCA); Coaching beginners to intermediate players; Responsible for organising tournaments; Marketing Chess in the community; Organising annual tournament; Fundraising for players that attain CWP & SA colours.

**CHESSWP MATCH & LEAGUE SECRETARY (2011 – TO DATE)**

**SCHOOL COACH (2013 – TO DATE)** Introducing / Marketing Chess in schools; Curriculum Chess (chess for change) target market Gr. R – Gr.3; Chess coaching at 6 schools, beginners – intermediate. Institutions Coached: Norman Henshilwood; Groote Schuur; Muizenberg; Fairmount; Edgemoed; Michael Oak; Fairview; Welgemoed; Panorama: Sid G. Rule; Steenberg; Kannemeyer; Blue Moon Montessori.

## CHESS

### Cecil Ohlson



Cecil James Ohlson is a past Youth Director of Chess Western Province in South Africa. As a coach, his students have excelled, achieving gold medals at the South African Junior Chess Championships (SAJCC) and several proceeding to obtain colours to represent their country in international events. (The SAJCC is quite a prestigious event and guests have included GM Hikaru Nakamura, GM Wesley So and GM Levon Aronian!)

Although his proudest achievements are of his students, it should be mentioned that South Africa has twice sent a team to the World Senior Team Chess Championships and coach Cecil is the only player to have represented the country both times!

He first coached at Kronendal Primary School in 2008. Since then he has coached various age groups at schools, ranging from preschool (3yrs old!) to high school. Not only does he offer chess as an extracurricular activity, but he has also introduced it as a curriculum activity where he coaches during school hours to entire classes.

His students do not merely perform well in their age groups but often excel in open competitions where they compete against adults as well. In fact, two prestigious tournaments (The Cape Of Good Hope 2022 and the Cape Winelands Open 2022) saw each Championship Section won by a different student of his. He remains humbled and grateful to his students for continuing to reward his passion in this manner.

## DANCE

### Jennifer Stephens



Jennifer has been a yoga teacher for over 20 years. In 2009 she began teaching children's yoga, mom and baby yoga along with running workshops for children and parents and training yoga teachers.

Over the years, Jennifer has completed additional courses and is a certified Yoga Therapist, Ayurvedic Health Counsellor and registered Biocharacteristics Clinician.

In addition, she is an Outreach Co-ordinator for 2 NPO's, co-founder of The Academy of Yoga Ayurveda and runs an Ayurvedic wellness company.

## DANCE

### Thandi Swaartbooi



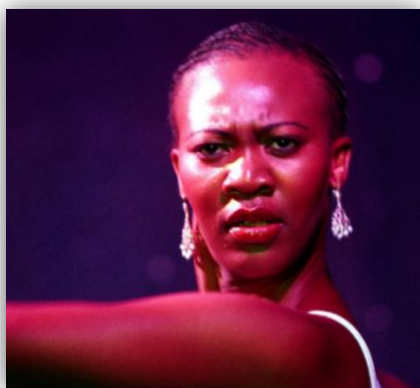
Thandi Swaartbooi specialises in indigenous dances of SA. She is a choreographer and a percussionist. She has received numerous Awards for her contribution in dance in SA and abroad. She initiated an African Dance course at UCT in 1998.

She has worked and is working with a variety of schools in the country and abroad e.g. Rosmead Primary, the German school, Rustenburg Junior Girls, Western Cape Sport School, St Cyprian's, Lehlohonolo Primary etc.

Last year she started lecturing African dance first years at UCT. She does production, musicals and festivals from scratch. She assisted WCED in writing the dance curriculum.

## DANCE

### Zethu Mtati



DANCE TEACHER DIPLOMA, UNIVERSITY OF CAPE TOWN  
Awarded the UCT entrance merit scholarship in 2001 and UCT entrance scholarship in 2002.

SPANISH DANCE MODULE LECTURER, UNIV OF CAPE TOWN  
Teaching Spanish dance to 1st and 2nd year dance students for a semester. Enhancing the theoretical aspect of the dance form.

DANCE EDUCATOR GRADE 9-12, ZONNEBLOEM NEST  
SENIOR SCHOOL AND CHRIS HANI ARTS AND CULTURE  
SCHOOL

MANAGER – BOOKKEEPER, OUTREACH TRAINING AND  
DEVELOPMENT, LA ROSA SPANISH DANCE THEATRE

DANCE TEACHER, DANCE FOR ALL  
Teaching of contemporary dance

## FRISBEE

### Justin Peach



Ultimate Frisbee is a fairly young sport, but is rapidly developing across the world. I preface this because there is little formal Ultimate training for coaching here in SA. Much of the coaching is home grown. As an Ultimate player of 5 years now, I have learnt a lot through many teams and many incredible players. I am currently coaching at Michael Oak, Westerford, and am an assistant coach at UCT for the Flying and Roaring Tigers (essentially first and second Ultimate teams at UCT). Some of the experience I have received as a coach over the years:

- I led the Stellenbosch Ultimate team as captain at the 2018 Mixed Nationals Tournament in Grahamstown. We placed 9th overall, but it was still an excellent opportunity for me to develop as a leader in this sport.
- I have played with UCT Ultimate for three years now. Last year I was the development Chair for the UCT Ultimate Committee. This year I am the Committee Chairperson and an assistant coach.
- I am currently working as an executive functioning coach at a company called Coachbit which has taught me a lot about how to motivate and engage young students to excel.

## NETBALL

### Simone Pekeur



Simone has been playing Netball since age of 9 at Primary and High school. She also represented WP as a Province player. She has been involved in coaching netball from an early age. She also coaches and played softball in schools and in clubs. Currently coaching netball in various Primary and High schools and at Club level.

## **SOCCER**

### **Charlton Brink**



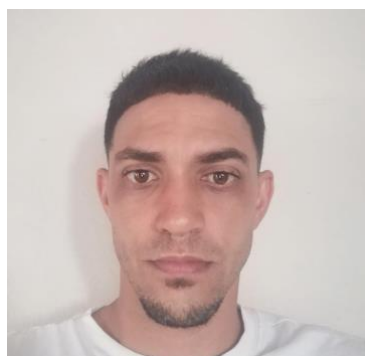
#### **Soccer coach and assistant coach for Tennis**

I am Charlton, a hardworking and dedicated coach. I was involved in sport as an athlete, rugby player & cricket player from an early age. Since 1996 I have been involved in sport at various levels: being a coach, organizer of sport events and assisting in Physical Education lessons at Lavender Hill High and Zerilda Park Primary School, and working as coach for the Department of Sport and Recreation.

I presently coach at club level and schools in soccer and athletics. I am extremely passionate and enjoy coaching young children with the aim of developing hidden talents. I thoroughly enjoy coaching at Michael Oak.

## **TABLE TENNIS**

### **Theo Cogill**



First male in SA to win African medal for South Africa.

First male in SA to get scholarship from International Table Tennis Federation.

Winner Gold at Taiwan open championships.

African championship runner up, Silver medallist.

Only SA male to qualify for Olympics and Commonwealth games in Table Tennis.

First SA male to attend numerous training camps in China, Japan, Austria, Slovenia, Ghana, Egypt, Mauritius, Algeria, Tunisia, Canada, England, Scotland, Poland.

First SA male to win African medal – in Egypt.

First SA male to represent Africa for World cadet challenge.

First SA male to receive Butterfly Table Tennis brand sponsor for 5 years

First SA male to win nationals without losing a single set in singles.

First SA male to take all titles for singles, doubles, team event, and mix doubles, first senior African Doubles Champions, World championships.

Attended high performance Centre for 5 years

Head coach in UMG for 3 years in KZN.

Head coach at Boundary Table Tennis club for 10 years.

National player for last 20 years.

## **TENNIS**

### **Denis Ford**



I have been involved in some form of tennis for over 45 years. My first introduction to tennis was at the tennis club in Meadowridge, where we as a family used to enjoy playing tennis most Saturday afternoons with family and friends. I then moved to Wynberg Lawn Tennis Club, the second oldest tennis club in the country. I have enjoyed being a member of Wynberg for almost 40 years (30 of those years having various portfolios on the committees and playing league tennis for the club.

I was approached by Mike Barwell Tennis School (currently coaching overseas), whether I could assist him with his coaching school. After completing the necessary coaching course, I started with Mike approximately 10 years ago. I have had some great experiences coaching young people from Michael Oak, SACS, Rosebank Primary and private lessons. I also coach some adults at the St James tennis court in St James as well as an adult group at Wynberg. Tennis is a great way to meet new people and enjoy an outdoor sport.

# VOLLEYBALL

## Ravi Subramoney



It was during the late 60's and early 70's I was introduced to Volleyball by my school teachers and my passion for this sport still exists till today.

I represented my High School and the district in Volleyball and in the early 80's was the founder member of Delfos Volleyball Club. In 1982 Athlone Civic Centre held bittersweet memories of the first inter-club tournament which we lost in the final. After qualifying with a PhysEd degree from UDW I went on to work as a Sport and Recreation officer in Local Government. In 1988 we started the Northern Transvaal Volleyball Association in Pretoria.

I then returned to Durban and played and coached numerous clubs as well as the Natal men's B team and the ladies team. In 1992 I was chosen as the Coach for the South African Students squad to play in the World Students Games in Buffalo New York, but due to the political situation at the time the team could not participate.

The last 24 years I was the Manager at the sports department of eThekwin municipality. Early retirement and relocation to Cape Town has seen me rekindle my love for this sport and I currently play both indoor and beach volleyball on a social level.

I am happy to be part of the Michael Oak Waldorf family and on the coaching staff responsible for Volleyball.