

**DANICA'S MATHS ACHIEVEMENTS IN 2017**

Danica Altenroxel (Grade 9 in 2017) was second runner-up in Limpopo in the second round of the Maths Olympiad in 2017. For this achievement she received a bronze medal, a certificate and a cash prize. Danica has also achieved 100% for every Maths assessment in 2017 and this includes the 1<sup>st</sup> round of the Maths Olympiad and the IEB SST. Well done, Danica, Stanford is very proud of you!

*Mrs Bridget Harman*

**RIVER GUIDES COURSE 2018**

From the 11<sup>th</sup> to the 14<sup>th</sup> January, the dad Centre staff and several Stanford students went to the Blyde Adventure Camp to do an APA (African Paddling Association) river guides course. The students were Robin Lacey, Sarah Peters, Danica Altenroxel, Casper Venter, Owen Venter, Jarred Gosling, Matthew Lunt, Stefan Otto, Rueben Middleton, Joshua Fairhead. They were accompanied by a parent, Mr. Gosling, together with dad Centre staff, Mr Haarhoff and Messrs Jandre and Tiaan Fullard.

The objective of the course was to equip prospective guides with awareness, basic skills and a sense of professional duty. The course covered practical and operational skills, as well as the legal duties of guides. The course was very practical and active, with daytime exercises on the river and night time lectures and discussions.

*Mr Neil Haarhoff*



**LIMPOPO INTER-PROVINCIAL BIATHLON**

Three Stanford students represented Limpopo at an interprovincial biathlon held in Mbombela during the holidays. Good results were achieved. Isabella Drewett obtained a gold medal and Devon Coad a bronze. All three have now completed enough events to be available for selection to the Limpopo provincial team. The Limpopo team will be announced in late February and it is expected that all three will be selected to attend the SA National Biathlon event at the end of March.



Left to right:  
Isabella  
Drewett (Gr 8),  
Devon Coad  
(Gr 8),  
Luca Wasley  
(Gr 9)

*Mrs Kym Coad*



**20<sup>TH</sup> ADVENTURE CHALLENGE  
FOR SCHOOLS™  
2<sup>ND</sup> to 7<sup>TH</sup> December 2017 @  
Stanford Lake College**

This was our 20<sup>th</sup> anniversary event and we invited some of the old boys and girls from 20 years ago to race against the competitors of this year's event. After completing a special fun challenge, the 'oldies' then left it to the fantastically keen teams from Zambia and South Africa to begin their 5-day Adventure Race event. This included many disciplines - rafting, mountain biking, trail running, swimming, obstacles, first aid, high water jumps, rock climbing, rope traverse and structure building to name a few.

The morning of day 2 was spent in George's Valley for the kloofing and climbing rotations. The teams were tested on their climbing, communication and problem solving skills during these activities.

Day 3 was spent on Ebenezer Dam with water activities as well as land navigation and problem solving. This was made a little bit more difficult with low visibility because of the mist and predictable mountain weather! In the early afternoon the teams were briefed on the next stage - the Vasbyt challenge of 90km.

This challenge started at SLC at 04h00 on Day 4. The teams took off on a 40km mountain bike stage which took them up and around the back of the Iron Crown to their first supported transition near the Wolkberg campsite. Temperatures of 10°C, misty weather and low visibility pushed the competitors to the limit!! From there the teams hiked into the Mhlapitse and Wolkberg Nature Reserve and then back towards the George's Valley road. They completed two activities at this point - one being a 25m abseil. Their mountain bikes were waiting for them at their next transition close to Magoebaskloof Canopy Tours and their route took them cycling around Ebenezer Dam. At the next transition the teams had a 10km paddle back to SLC with a Synergy and one kayak per team. At SLC they had to build their own raft with 2 drums, a tube and 8 poles. On this craft they had to paddle to the floating structure, jump 8m into the water and continue to the finish.

The Badgers from Stanford Lake College finished in 2<sup>nd</sup> place overall and Team Ubuntu – also from SLC – won the event after 5 days and 250km of racing! Congratulations to these teams!

Congratulations to each and every team and their awesome seconds and a huge thank you to all staff, officials and parents who helped to make the event possible and so memorable!

Lastly and most important, a really big thank you to our main sponsor, Trappers, Mall of the North, for all the great prizes and for their continued support of the event. Further appreciation of support goes to Trophy Toyota as our vehicle sponsor, Outdoor Medical for the medical standby, Tzaneen Pharmacy and Falconwood Beverages.

**SWYS DE BRUIN RUGBY COACHING CLINIC**

On the 12<sup>th</sup> to the 14<sup>th</sup> of January, Mr Steve Willson and Mr Avu Bekebu attended a rugby coaching clinic presented by Swys De Bruin and the Lion's coaches. This was held at Camp Discovery.



They had the opportunity to work closely with the top rugby coaches in world rugby and learnt more about aspects of the modern game. They also received training on safe supplement use presented by USN - this was also eye opening.

*Mr Avu Bekebu*

**CONGRATULATIONS TO THE  
MATRICS OF 2017!!  
PLEASE SEE THE ATTACHMENT WHICH  
WAS PROUDLY PUBLISHED IN OUR LOCAL  
PRESS.**

**D6 STANFORD LAKE COLLEGE COMMUNICATOR:**  
We encourage all parents and students to download the D6 App on their phones. Vital information regarding Sport is found under Resources, plus Daily Notices, Alert Notices, Calendar dates etc.