

TEAM STANFORD LAKE COLLEGE AT THE ABSA CAPE EPIC

From the 18th to the 25th of March, Steve Willson, staff member at SLC, and Melanie Melville, an SLC parent, competed in the Absa Cape Epic as Team Stanford Lake College. The race comprised of 8 days of riding over a total distance of 653km with 13 530m of climbing. This included four consecutive days of over 100km. As expected, the event was a real physical and mental challenge, but was thoroughly enjoyed by both riders. Team Stanford Lake College finished 38th in the mixed category with an overall time of just over 44 hours. Thank you to everyone who made the Epic adventure a possibility.



A WARM WELCOME TO TWO NEW STAFF MEMBERS

Thyron Pietersen comes from Paarl in the Western Cape and he takes up a Sports Intern post at Stanford Lake College with his main focus being to coach and develop Rugby at the College. He is a certified Rugby coach and referee and was previously involved with Western Province Rugby Union. Thyron is currently studying Sport Management through Trifocus Fitness Academy.



Tamara Nel is the Academic Deputy Head responsible for implementing a Round Square Discovery Framework curriculum structure. She previously taught at Roedeian School (SA) in Johannesburg and at St Cyprian's School in Cape Town before that. Tamara was born and raised in Zimbabwe. She stated : "I am passionate about the holistic development of teenagers, and helping them identify and reach their potential both in and out of the classroom. I'm very excited about being here and am looking forward to the adventures that await me on the mountain."



ATHLETICS ACCOLADES

Three Stanford girls participated in the S.A. Schools Athletics Championships in March. In the finals, Lia Revelas came 7th for u/17 400m hurdles; Felicia Pilusa came 14th in the u/15 javelin and Mokgadi Mangena came 12th in high jump for u/17s.

During the last weekend of the holidays, Mafanedza Maiwashe participated in the South African Club Championship in Paarl. He came 5th in the 100m as well as 4th in the 200m semi-finals for u/20 Men. The Limpopo u/20 men's relay team, of which Mafa was a member, came 8th overall in the country. (Mafa is far left in picture).

Well done to these athletes for working hard and flying the Stanford flag high at such a top level!

Mr Bernard Pretorius



TREVERTON SPORTS FESTIVAL REPORT

Stanford once again had a successful trip to Treverton College to take part in their festival. All players, coaches and parents thoroughly enjoyed the experience and we capped it off with a tour dinner at Notties Hotel to celebrate another successful trip. Thanks to the parents for organising this.

Rugby :The rugby players improved from game to game as the festival progressed,. It was tough on many of the players as they were juggling both hockey and rugby matches. The final game, although coming out on the losing side, was a good game of running rugby. Played 3, Lost 3.

Girls' Hockey : The girls struggled on day one of the festival and never jelled. They could not keep possession of the ball. From day two they clicked nicely as a team and showed some good form. They ended up playing in the main game of the day. Played 8, Won 3, Drew 1, Lost 4. Well done and a good come back girls.

Boys' Hockey : The boys lacked consistency during the four days. Although they played very good and well-structured hockey at times, they struggled to keep this up for the duration of the festival. They showed potential to improve going into the league season. Played 8, Won 3, Drew 2, Lost 3.

Netball : See full report below.

Mr Shane Friedrichs

TREVERTON NETBALL TOURNAMENT – STANFORD TRUMPS THEM ALL!

Day 1 on the court, 24 March 2018 was a lovely day, with an early start to the tournament. The girls were on a high and worked really hard. They played and won all 3 games: vs Treverton College 1st Team: 37-1; vs Dainfern 1st Team: 41-5; vs Treverton College 2nd Team: 40-0.

The second day was intense and challenging. The team started with a great mindset and, despite some tough games, they all kept on pushing until the last whistle was blown. The game against Hillcrest Curro tested all their resources and emotions, but the girls held their heads up high and fought with great heart to produce a strong finish. Once again, they won all 4 games played, making their coach, Ms Motsepe, extremely proud: vs Thomas More College: 22-3; vs Development Team: 29-0; vs Pecanwood College 1st Team: 34-1; vs Hillcrest Curro: 21-15.

The next day on court was tough as the girls were exhausted and their muscles were stiff, but they played through these issues and still managed to give their best, winning all 3 games with big scores all the way : vs Treverton A: 31-6; vs Hillcrest Curro: 29-7; vs Dainfern: 31-1.

The big final day, Stanford played Treverton B and walked away with yet another win: 31-4. Their coach said, " I am so proud of the girls. What more could a coach ask for in a team that gives their all? The girls poured out their hearts and I believe they all deserve a special mention" : Jamela Maswanganyi (Captain), Normane Mnisi (V.Captain), Lesedi Motumi (V.Captain), Mokgadi Mangena, Ledile Kgopong, Amu Monareng, Lebo Rachidi, Rirhandzu Vermeulen, Anneri Thom, Rachel Lucas and Felicity Baloyi.

Ms Koketso Motsepe

