



Western Cape Gymnastics Association

Postal Address: P.O. Box 293 Edgemead, 7407

www.westerncapegymnastics.com

NPO Registration: Pending

Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics, Eden Gymnastics and West Coast Gymnastics

21 August 2014

To All Rope Skipping Clubs

Rope Skipping Team to National Gym Games

Congratulations to the following gymnasts who met the selection criteria at the recent Trials on 15-16 August 2014.

The following Level 1 & 2 jumpers have made the team to represent **Cape Town Gymnastics Association** at the National Gym Games. These jumpers receive District colours and will wear the WP t-shirt with white shorts and their club tracksuit together with the District badge.

Level 1 8u - Female

- Bronwyn Coetzee
- Yushra Lakay
- Daniel Roosa
- Aviwe Tulwana

Level 1 12u - Females

- Luze Coetzee
- Tarron Lee Coetzee
- Verenise Prins
- Elethu Tshaka
- Sisanda Ntisana
- Athanthi Tom
- Liyema Shumana
- Ahlume Jobela
- Nasiphi Joyi
- Kamva Maphongwana
- Bongeka Mtyesini
- Sipehelele Noshauta

Level 1 13o – Female

- Courtney Solomons
- Liyema Mbiko

Level 1 8u – Male

- Iviwe Tulwana
- Sipiwo Tshamlambo
- Siphesihle Mbunye

President: Anne Vermaak, Vice President: Eugene De Villiers

Committee: Melvin Edwards, Angelique Portelli, Wayne Samuels, Karl Schneeberger, Christo Swanepoel
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)





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Level 1 12u – Male

- Bongwe Tshaka
- Simamkele Tumtumana
- Asakhe Qhali

Level 1 13o – Male

- Asemahle Dzaba

Level 2 – 14u – Female

- Jade Booysen
- Adiola Safter
- Lisa van Staden

Level 2 – 14u – Male

- Benjamin Gubb
- Wanda Dlumbini
- Khanya Phatumthi
- Aviwe Xhelithole
- Akhona Mphola
- Iviwe Joyi

Level 2 – 15o – Male

- Khanya Moiloa

The following Level 3-6 jumpers have made the team to represent **Western Cape Gymnastics Association** at the National Gym Games. These jumpers receive Provincial colours and will wear the WC t-shirt with white shorts and can purchase the Provincial tracksuit. The jumpers are also welcome to purchase their District badge for their club tracksuit should they wish.

Level 3 – 14u – Female

- Naeelah Davids

Level 3 – 14u – Male

- Kian Africa
- Matthew Cloete

Level 5 17u – Female

- Aasheeqah Lakay

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Level 5 17u – Male

- Phawu Ncaphayi
- Buyisile Hubela
- Melikhaya Tumtumana
- Malusi Tumtumana

Level 5 18o – Male

- Aphiwe Kasi
- Lindokuhle Shumi

Level 6 17u – Male

- Mkhululi Gosa

Level 6 18o – Male

- Siyamthanda Kombela
- Thozamile Peter (qualified on freestyle score – speed needs to improve)
- Sibusiso Sodo

Level 6 Team

- Sibusiso Mabele
- Masixole Felani
- Sibusiso Sodo
- Mkhululi Gosa
- Siyamthanda Kombela

Notes regarding the WC Rope Skipping Training Camp – 6 & 13 September

- All gymnasts are to please make every effort to attend the training camps
- The camp will be utilized for all the judges and coaches to assist in correcting the gymnast's routines to ensure a better performance at the National Championships.

CONGRATULATIONS TO EVERYONE ON THEIR EXCELLENT ACHIEVEMENTS!!!!

Sadicka Isaacs
Program Manager
WCGA Rope Skipping

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