

Bafokeng Sports Academy Joins in the Fight Against Cancer

By Keabetswe Diale and Tebogo Mochadibane

As part of the 80th Cancer Association of South Africa's (CANSA) birthday and 8th National Shavathon, Royal Bafokeng Sports jointly with CANSA Rustenburg hosted a Shavathon event at the Bafokeng Plaza, which took place from the 11th to the 12th of March.

The Shavathon raises awareness about cancer as well as funds for the fight against cancer. All the money generated during this event goes to CANSA prevention programmes and patient care.

To show support to cancer survivors or remember loved ones lost to cancer, people shave or spray their hair for a R50 donation. Shavathon events give everyone an opportunity to actively join in the fight against cancer.

Among the people who came to show their support were Mmemogolo Semane and Princess Motswana Molotlegi, RBS and Platinum Stars staff, as well as community members around Phokeng.

To help drive the messages of support to cancer survivors and the fight against this dreadful disease, Bafokeng Sports Academy pledged to display the cancer logo on all their kits and get involved in all the CANSA campaigns amongst others.

As a non-profit organisation, CANSA does not only lead the fight against cancer in South Africa, but also educates the public and provides support to all people affected by cancer.



Princess Motswana Molotlegi came to show her support to the cancer survivors

Picture: Theron Rapoo

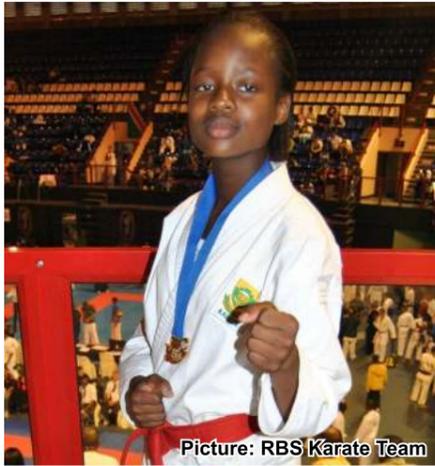


Mmemogolo Semane Molotlegi with the CANSA staff, Platinum Stars staff and the boys from the Sports Academy

Picture: Theron Rapoo

Young Karateka on the move

By Keabetswe Diale



Picture: RBS Karate Team

Lerato Puswe in her Protea colours karate Gi

Growing up in Mogono-Luka, Lerato Puswe, started training in karate at a very young age and earned her purple belt at fifteen. Before she graduated to train with the senior class at the Fitness Quest Dojo in Tlhabane, she trained at the Mogono Dojo under the instruction of Sensei Gee Lenkwe.

She is the Junior National Champion after competing in the 5th Commonwealth games and also the Zone 6 Champion, a title she was awarded after participating in karate games held in Zimbabwe last year.

Puswe is a grade 10 student at President Mangope Technical High School in Tlhabane. Her instructor, Shihan Chris Seabelo, Regional Head for the East North West Karate, describes her as "a young, dedicated

and committed fighter who also loves karate very much. What's special about her is that she specialises in both fighting and demonstration, with the strength she has, the future looks good for her, and I see her as the future World Champion".

Keabetswe Diale had a chance to speak with the Junior National Champion, Lerato Puswe, and this is what she had to say about her career.

KD: How did you get started in karate and at what age?

LP: In 2008 when RBS was doing Karate road shows, I was 14 yrs at the time.

KD: When did you start competing at karate tournaments?

LP: I started in 2009, at the provincial trials in Bloemfontein.

KD: How did your first competitions go?

LP: Not so good, I lost in the first round, but I was lucky to be recalled as an extra and I finally got selected

KD: Would you advise people to learn martial arts and why?

LP: Yes, especially because it teaches people a lot of things, among them self defense and

discipline. People also benefit by keeping their bodies healthy from all the exercises they do.

KD: What difficulties have you encountered so far with regards to training in martial arts and how did you overcome them?

LP: At times when you do Kata or simulations, you forget some moves and it becomes costly because time is critical. Also there are times when you find yourself in the wrong division and you find that you are way too light to be competing in that division.

KD: How does your family feel about your participation in this sport?

LP: When I started my father had a big problem with it, but now he seems to be more understanding and supportive, with my mom it's a different story, she has always been there, at times she travels with me.

KD: What advice can you give anyone who wants to pursue their interest in martial arts?

LP: Do not give up, because in the initial stages it's frightening, and it demotivates you when you lose against experienced competitors, but with more chances to fight, one gains a lot of confidence, and from there on it's easy.

KD: What can you tell us about your instructor?

LP: Sensei Gee Lenkwe my first instructor, he was patient and always told us that improvement and success is a given when you work hard. My current Instructor is Shihan Chris Seabelo, with the wealth of experience that he has; there is no turning back, because we know that he has played the sport at the highest level.

KD: In your opinion, what does it take for one to become a good fighter?

LP: Strength, speed, agility and a lot of focus.

KD: How do you balance your studies and karate practices?

LP: When it is time for books I limit my time for training because education is key for me.

Upcoming Karate Events

- The South Africa Japan Karate Association (SAJKA) nationals will be held on 06 May 2011 at the Standard Bank Arena.

A Call to Join the Bafokeng Rugby Team

By Keabetswe Diale

Royal Bafokeng Sport's Senior Rugby team has been in existence for three years. In its short life, the team has produced players like, Lawrence Molefe, who is currently playing for the Harlequins Rugby team.

The game has grown rapidly among the Bafokeng, and our performances are showing it!

The team has since joined forces with Impala Rugby Club and is now participating in the Jaap Steyn X League. The Jaap Steyn X league is in the 3rd tier of the Platinum Leopards Union.

Before being promoted to the higher league, the team used to take part in the Arthur Breakfast League, the 4th category within the Platinum Leopards Union.

The management of the team is inviting anyone with interest and experience in rugby to join the team.

For more information, please contact: Gerald McPherson on

072 808 4363 or e-mail
Gerald@bafokengsports.com



Picture: RBS Rugby Team
Gerald McPherson, Head Rugby Coach

Upcoming Rugby Events

Date	Home team	Visitors	Competition	Venue
Sat. 2 Apr.	RBS	Ventersdorp	JAAP STEYN X	RBS- Bafokeng Sports Campus
Sat 9 Apr	Koster	RBS	JAAP STEYN X	Koster

Royal Bafokeng Sports Palace Hospitality Suite Sales

There are 16, 26 and 44 seater suites (B level) available on short and long term lease for both individuals and companies.

For more information on rates, terms and conditions, please contact Amu on 079 173 8963, or amu@bafokengsports.com

Athlete Profile:

By Eugene Thipe



Picture: From the web

Simon Magakwe: South African 100m Champion

Age:

26yrs

Previous Clubs:

Royal Bafokeng Athletics Club

Position / Events:

Sprinter

Hometown:

Itsoseng

Achievements:

3x South African 100m champion
3 National Caps in:
2009 World championships (Berlin)
2010 African Championships (Kenya)
Intercontinental Cup (Slovakia)

Career in sports:

Athletics is his childhood dream. Although he was a good soccer player, he chose athletics because of his love for the sport.

Interests/Hobbies:

Play station and playing and watching soccer.

Advice to other athletes:

Stay focused and hold on to your dream, remember that prayer and hard work is a key to success.

Future plans:

"Firstly, I want to be the first man to run 100m under 10 seconds and 200m under 19 seconds. Thereafter I will challenge the world record of 9.58 seconds of the Jamaican, Usain Bolt, with whom I have trained for a month in his home town of Kingston Jamaica".

Bafokeng Netball Team Shines at the Tournament

By Keabetswe Diale

The KONKA Development Netball Tournament, which recently took place at Olifantsnek, attracted teams from far as Pretoria, Johannesburg, Welkom and even Heidelberg.

The Royal Bafokeng under 12 and 13 teams took part in the tournament and our under 13 team emerged the champions of the tournament!

Tournament Results Under 12

- RBS 21, Laerskool Bryanston 3 in the first round.

- RBS 8, Laerskool Rustenburg 6 in the second round.

- RBS 20, College Park Primary school 6 in the third round

- RBS16, Laerskool Saamtrek 5 in the fourth round

Under 13

- RBS 18, Laerskool Bryanston 2 in



Picture: RBS Netball Team

Some of the Netball players during the tournament

the first round

- RBS 23, Laerskool Magalieskruin 0 in the second round.

- RBS 30, Laerskool AG Visser 3 in the final round.

Meanwhile, the Bafokeng Netball Association (BNA) trials for the Under 19 and 21 were held on Saturday, 12 March at Tsitsing sports grounds. The selected individuals are expected to take part in the final trials on 2 April in Phokeng.

To meet the requirements of the transformation policy, which states that participating teams must have a ratio of seven black people and five white people or vice versa, the trials will include players from Grenswag Hoer Skool in Rustenburg.

The selected players from these trials will represent the Bafokeng region in the under 19 and under 21 championships, to be held from the 10th to the 16th of July this year.

Let's start supporting Dikwena... Now is the time!

By Aubrey Molobi

With just two home Absa Premiership matches remaining, Platinum Stars need everyone in the province to rally behind them as the push for a top eight place this season. Platinum Stars will host Orlando Pirates at the Royal Bafokeng Stadium on 17 April and Free State Stars at the same venue on 7 May.

Tickets for the match against Pirates can be purchased from 2 April, nationwide at Computicket, Lucky's Pub and PH Network in Phokeng, Caltex Garage at Rustenburg Taxi Rank, Caltex Garage in Mogwase, Shell Garage at Swartklip Mine, Impala Mine North Shaft, Speelman in Moruleng, Madala's Place in Luka and Ivory Pot Restaurant in Northam, while tickets for the Free State Stars match will be on sale a week prior to the match at the same outlets except for the nationwide computicket.

The exciting news is that the club has introduced a new membership

scheme which offers fantastic rewards and discounts for supporters.

For as little as R100, supporters can get a 12-month membership which includes entrance to the club's members only competitions, a 50% discount on match tickets for the first six home games of the 2011/12 season, a 15% discount on replica jerseys and other merchandise at

selected outlets, as well as a Platinum Stars cup and car stickers.

Information on outlets will be made available at the beginning of the 2011/2012 season.

For more information contact Aubrey Molobi on 073 878 8764 or 014 566 0000, or via Email at Aubrey@platinumstars.com.



Timothy Matshoba, the Zeerust Supporters Branch Coordinator and Aubrey Molobi from Platinum Stars during the PSL trophy tour

Du Toit appointed as National Coach

By Annemie Bester



Picture: Annemie Bester

Philip du Toit, the new National Coach

Philip du Toit, Manager of Transformation and Referees at the Leopards Rugby Union (LRU), has been awarded with one of the top accolades that a referee can achieve by being appointed as a National Coach.

The appointment of Du Toit puts him among some of the top that our country has to offer and he now rubs shoulders with the likes of Tappe Henning, Johan Meuwesen, Marius Franken, Shaun Veldsman, JC Fortuin and even Balie Swart, who is a scrum coach for the referees.

Although the LRU did not nominate someone for this position, André Watson as Head of Referees in SA, conferred with certain key role players and thus elected to appoint Du Toit, who is the only newcomer in the group.

"It is a big honour to be recognised by SA Rugby for the work that we do. The Northern unions, like ourselves, have consistently brought through black referees close to provincial level," says Du Toit.

"I want to thank the Executive for presenting me with a very strong team in all three categories / departments (Selectors / MR's / coaching). I am looking forward to working with each and every person appointed and thank them for being available for this very important task.

The most work is in the regions and provinces and you are a valued cog in the machinery without which we will struggle at SARU level," says Watson.

Du Toit is in his tenth year with the Leopards. Like most referees he also played rugby until an injury, in his case, at the age of 31 years, forced him to take up the whistle. But he insists on blowing at least one or two games together with new recruits.

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Royal Bafokeng Sports contact details
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 014 566 0000/15
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 014 573 4100(Club House)
 014 566 0000 (Bafokeng Plaza)

Upcoming PSL games

17/04/11	Platinum Stars vs Orlando Pirates	Royal Bafokeng Stadium	15h00
30/04/11	Santos vs Platinum Stars	Bellville Stadium	20h15
07/05/11	Platinum Stars vs Free State Stars	Royal Bafokeng Sports Palace	15h00

PSL Log Standing

	Team	Pld	Pts
1	Ajax	25	52
2	Sundowns	25	50
3	Pirates	25	50
4	Chiefs	24	46
5	Celtic	25	40
6	Wits	25	36
7	Santos	25	32
8	FS Stars	24	30
9	AmaZulu	24	29
10	SuperSport	24	28
11	Arrows	25	27
12	Plat Stars	25	27
13	Vasco	25	27
14	Maritzburg	25	25
15	Swallows	25	22
16	Aces	24	11



We value your suggestions

Our role is to ensure that we maintain efficient and effective communication with all stakeholders particularly the community.

Therefore, you are encouraged to send all enquiries, queries and suggestions to Rre Keorapetse Tumagole, Public Affairs Executive, at Bafokeng Civic Centre or email, info@bafokeng.com