

Bafokeng under 13 in the 2010 Norway Cup

Eighteen boys proudly represented Bafokeng at the international youth football tournament held in Oslo, Norway at the beginning of August. The Royal Bafokeng under 13 squad took part for the first time in the Norway Cup; one of the biggest tournaments in Norway, which was hosted by Bækkelaget Sportsklub.

Our boys lost to Valeranga in the finals. The score was 1-1 after extra time and a coin toss was used to determine the winner. Lady luck was not on our side as a Norwegian team, Varelanga won the coin toss. A total of thirty two goals were scored by our boys in the six matches they played, conceding only two goals in the whole tournament.

The squad was made up of two kids from Polokwane, four from Cape Town and the rest from Bafokeng villages and Rustenburg. They were accompanied by the Managing Director of Royal Bafokeng Sports George Khunou; Community Development Director Ezzy Seabelo; Sports Director Ronnie

Carroll; the late John Lane and their coaches.

Commenting on the boys' success, Seabelo said "We are very proud of our boys. Their exceptional performance has built on our reputation as a sporting nation. We are happy that we have established new relationships with the international world".

He added that Royal Bafokeng Sports has also received a five-a-side artificial turf/pitch to the value of one million rand as a donation from Norway.

Other African countries like Ghana, Nigeria, Angola and Tanzania were among the twenty countries which took part in the 2010 Norway Cup.

Following the team's success in the Tournament, some kids have been selected to form part of the Royal Bafokeng Sports Academy which will start in January 2011.

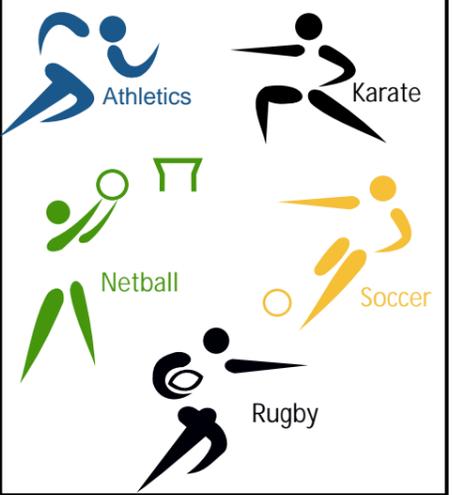
Vision Statement

We envision a vibrant, healthy and patriotic Bafokeng Community transformed through sport towards vision 2020 and beyond.

Mission Statement

To implement a holistic strategy through sport, promoting: Responsibility, Creativity, Pride, Patriotism, Sustainability, Volunteerism, Culture, Professionalism, Respect, Discipline, Ethics, Morals, Sharing, Caring and Health

OUR SPORTING CODES



Royal Bafokeng Sports contact details
 Development office:
 014 566 0000/15
 Platinum Stars office:
 014 573 4100(Club House)
 014 566 0000 (Bafokeng Plaza)



RBS management with the under 13 team that participated in the Norway Tournament

Player Profile



KGOMOTSO ITLHABANYENG

Kgomotso Itlhabanyeng is a national netball player and also a Volunteer coach for the RBS Netball U/17 team. She recently represented South Africa in the World Netball Series which was held in Liverpool, United Kingdom, in November.

Date of birth: 5th June 1989
 Place of birth: Luka village
 Place of residence: Lethabong
 Nickname: Kay-Gee
 Height: 1.76m
 Level of performance: National Player
 Playing Positions: WA/GS/GA
 Test Caps: 1
 League Representation: Unicorns
 Provincial Representation: North West
 Ambition: To assist in developing the Bafokeng children especially the netball players and to inspire them to play for Netball South Africa.

Rugby Coaches are accredited



From the left: Martha Khuduge, Bridgeman Ramoroa and Sophy Marole

Four Royal Bafokeng Sports rugby coaches have been awarded the Boksmart Certification Card. With this accreditation, the coaches can become referees, handle all administrative matters relating to rugby and to regulate the safety of the game.

RBS Karatekas at the SAJKA Tournament

On the 16 and 17 October 2010 more than hundred Bafokeng Karatekas took part in the SAJKA All Style National Tournament at the Standard Bank Arena in Johannesburg. The team brought home 111 medals in total, 35 gold, 28 silver and 48 bronze. At the same tournament, the Karatekas were awarded number one Dojo status for the second time in a row.



Kelebogile Rapoo and Kagiso Rapoo



Oscar Baseki (third from the left) with co-medalists from the Free State Province



Merry Christmas

The editorial team and all the contributors would like to extend their warmest wishes to you and your families over this holiday period. May you have a blessed Christmas and a prosperous New Year.



Bafokeng students meet Rugby and Football stars

The Royal Bafokeng Stadium was a sea of red on 19 November, when children from the Bafokeng primary schools came together to attend an advanced kicking course, organised and funded by ABSA in association with Royal Bafokeng Sports and SportsMax.

More than 300 primary school learners, their coaches and teachers participated in the kicking course. The first of its kind in Phokeng, the kicking course was aimed at teaching the local children basic and necessary skills in playing rugby and football; this all happened at the same time, on one soccer pitch.

Sam Khumalo, Branch Manager for ABSA Mogwase, said that the kicking academy was the brainchild of the bank. Khumalo said they realised as a bank, that rugby and soccer are unifying sporting codes and therefore decided to take a giant leap by investing in communities through the sporting codes, hoping that this would later produce professional sports stars.

While the Blue Bulls kicking coach, Vlok Cilliers was busy giving tips and demonstrations on how to handle the ball and the game on the one end of the pitch, former Bafana Bafana stars, Shaun Bartlett and Mark Fish, were also

hard at work, demonstrating to the youngsters how to be tomorrow's stars. Shaun Bartlett, who won top-scorer for the year 2002, whilst in the Bafana Bafana team, pointed out that there is a lot of talent in Phokeng which needs to be nurtured. Bartlett said technique, control and communication on the field are a vital combination for a successful game of football. In his comment, Mark Fish, also a former player in the national squad mentioned that children need to be developed from a young age for "the earlier they are taught, the better they develop".

When asked, of what benefit the kicking course would be to the children, Bulls kicking coach, Vlok Cilliers replied, "It's easier to teach a child the right tactics of kicking a ball than to change the wrongs of an adult kicker". He added that this might be the first of many such sporting events that will take place in Phokeng over the next few years

Jaco Barnard of SportsMax was quite impressed with the facilities at the stadium saying it was an ideal place to host the kicking course.



Shaun Bartlett with excited young Bafokeng kids



Mark Fish training kids during the ABSA Advanced Kicking course

Nutrition in Sports

Sports nutrition is applied in most sports training; however it is most dominant in strength sports (for example, weight lifting and bodybuilding) and endurance sports. The main aim is to prepare athletes for training, help them maintain the high level of performance and to recover quickly from performance or training. In some sports, nutrition is also necessary in maintaining a body aesthetic (bodybuilding) or body weight (cycling).

After weight training, there is a need to replenish glycogen stores, although they are not likely fully depleted. To compensate for this glycogen reduction, athletes will often take in a large amount of carbohydrates in the period immediately following exercise. Typically, high glycemic index carbohydrates are preferred for their ability to rapidly raise blood glucose levels. For the purpose of protein synthesis, protein or individual amino acids are ingested as well.

The Bafokeng Athletics Club

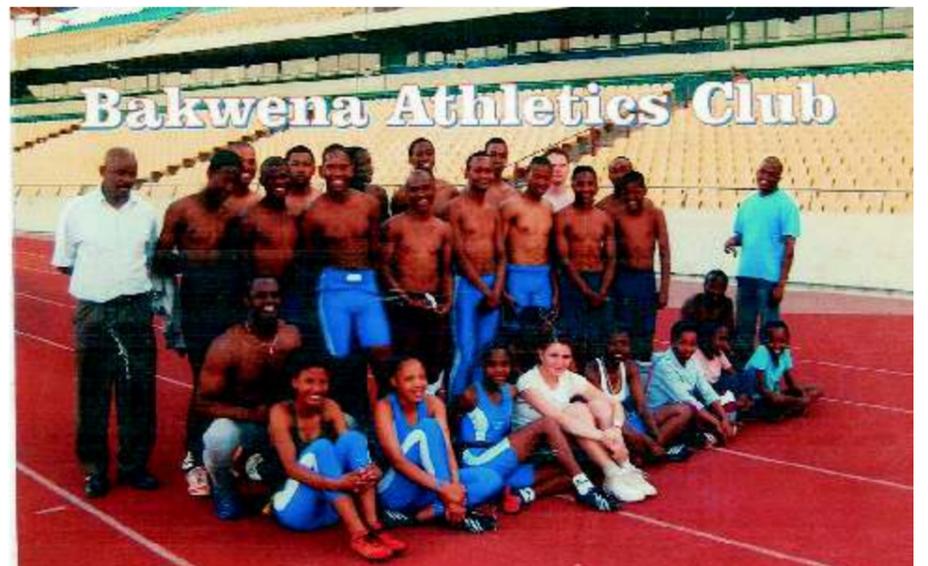
It was all just a dream six years ago, when the Bafokeng Athletics Club (BAC) was launched. It started with only few members, but today the club has about fifty registered members. The club members also make up 90% of the Athletics North West North.

The Manager, Eugene Thipe, who is also the Deputy President of the Athletics North West North Federation said they are considering a joint venture with Potchefstroom University because some of their athletes are studying at the same University. BAC and Potchefstroom University are the only two clubs in the Province.

Since its inception, BAC has proudly produced the following National Champions:

- 2005
Tumelo Raphiri
- 2006
Tsholofelo Thipe and
Tshegofatso Meshoe

- 2007
Tsholofelo Thipe and
Rapula Sefanyetso
 - 2008
Tsholofelo Thipe and
Rorisang Ramonnye
 - 2009
Tshegofatso Meshoe (200m),
Tsholofelo Thipe (100m) & (400m),
Ofentse Mogawane (400m),
Simon Magakwe (100m) and
 - Jacob Ramokoka (2nd 400m)
 - 2010
Ofentse Mogawane (400m),
Simon Magakwe (100m) and
Rorisang Ramonnye (400m National student)
- The club is currently preparing its members for the 2012 Olympics which will be held in London, England.



Bafokeng Athletics Club Members



Platinum Stars visits prisoners

The prisoners at Ramotshana Correctional Service in Rustenburg were excited to see the Platinum Stars Players. As part of their social responsibility, Dikwena took the time out of their busy schedule to spend the day with the prisoners. The club donated a soccer kit to the prisoners who expressed their love for soccer.

Their next trip will be on 14 December when they will be handing out donations to the Diocese of Rustenburg in partnership with Three-Star Cash & Carry and Radio Mafisa.



2010 - Platinum Stars fixtures - ABSA PSL

NO.	DATE	OPPONENTS	VENUE	KICK-OFF	SCORE
1.	29/08/10	Platinum Stars vs Mpumalanga Black Aces	Puma Rugby Stadium	15h00	3-2 W
2.	08/09/10	Platinum Stars vs Mamelodi Sundowns	Royal Bafokeng Sports Palace	19h30	2-0 L
3.	17/09/10	Platinum Stars vs Ajax Cape Town	Cape Town Stadium	20h00	2-0 L
4.	22/09/10	Platinum Stars vs AmaZulu	Royal Bafokeng Sports Palace	19h30	2-2 D
5.	16/10/10	Platinum Stars vs Kaizer Chiefs	Rand Stadium	20h15	0-0 D
6.	30/10/10	Platinum Stars vs Maritzburg United	Royal Bafokeng Sports Palace	15h30	0-0 D
7.	10/11/10	Platinum Stars vs Bloemfontein Celtic	Seisa Ramabodu	19h30	1-2 L
8.	13/11/10	Platinum Stars vs Moroka Swallows	Moruleng Stadium	15h30	2-0 W
9.	28/11/10	Platinum Stars vs Lamontville Golden Arrows	Royal Bafokeng Stadium	15h30	0-0 D
10.	11/12/10	Platinum Stars vs SuperSport United	Super Stadium	20h15	
11.	18/12/10	Platinum Stars vs Santos	Royal Bafokeng Stadium	15h30	
12.	22/12/10	Platinum Stars vs Orlando Pirates	Orlando Stadium	20h00	

Log Standings

	Team	Pld	Pts
1	Sundowns	9	21
2	Chiefs	9	17
3	Arrows	9	17
4	Ajax	9	17
5	Celtic	9	16
6	Pirates	9	15
7	Wits	9	14
8	Santos	9	13
9	SuperSport	9	12
10	Vasco	9	11
11	Plat Stars	9	10
12	FS Stars	9	10
13	AmaZulu	9	8
14	Maritzburg	9	7
15	Aces	9	5
16	Swallows	9	2