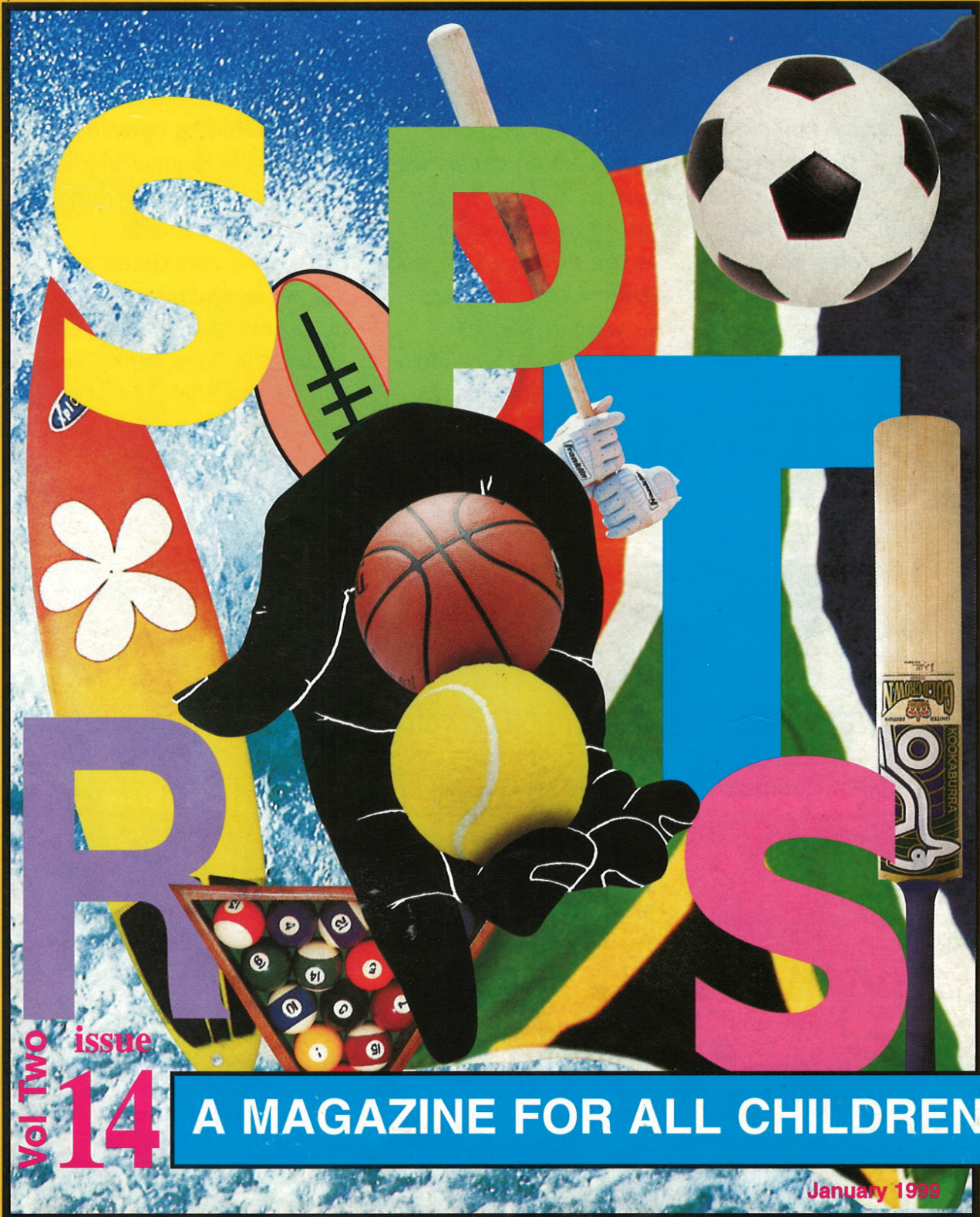


# MOLLO

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Vol Two issue  
**14**

A MAGAZINE FOR ALL CHILDREN 50c

January 1999



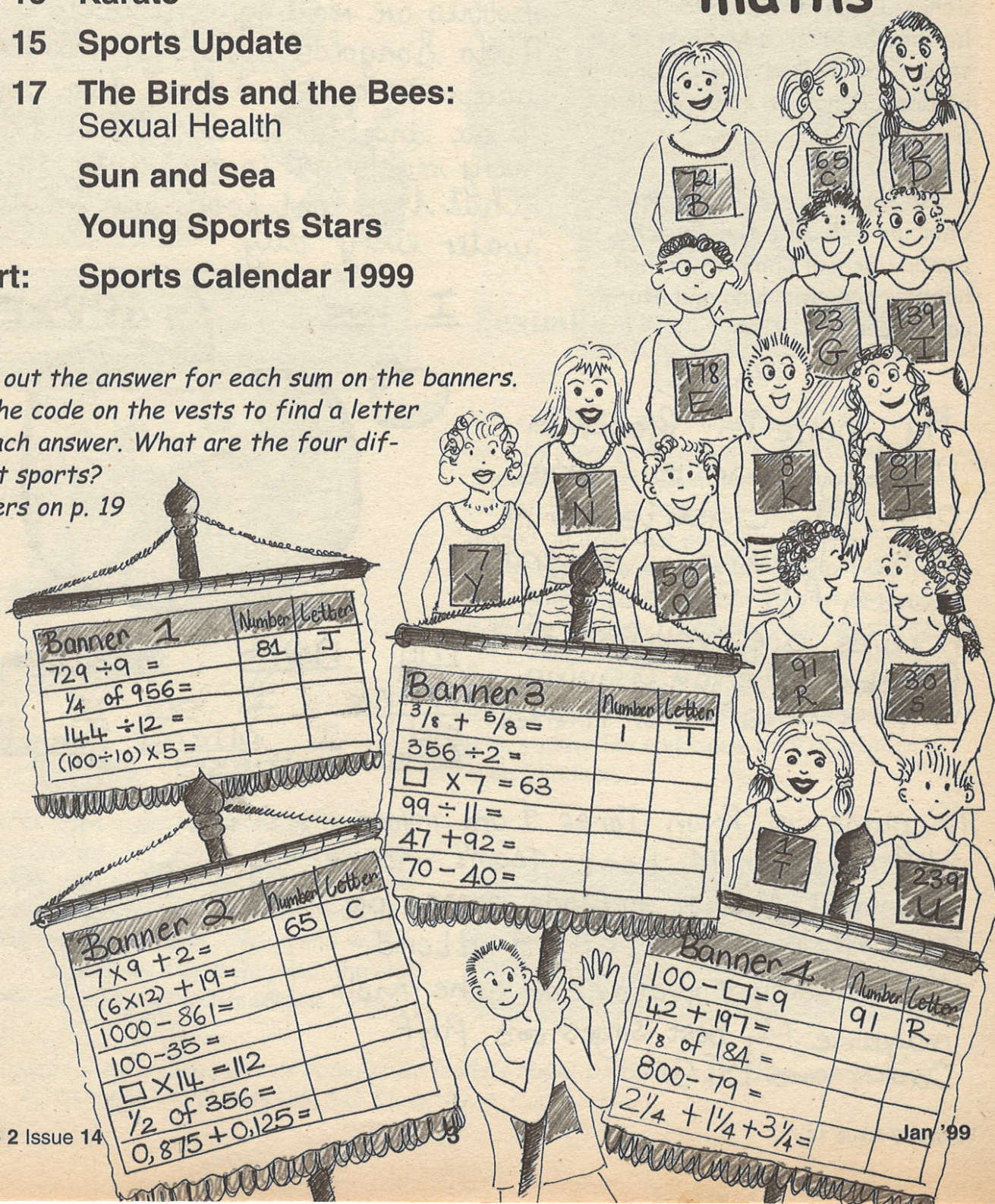
# Contents

- 4 & 5 Letters and Pen Pals
- 6 & 7 Rugby
- 8 & 9 Masifunde isiXhosa
- 10 & 11 Athletics – Run, Throw, Jump
- 12 & 13 Karate
- 14 & 15 Sports Update
- 16 & 17 The Birds and the Bees: Sexual Health
- 18 Sun and Sea
- 19 Young Sports Stars
- Insert: Sports Calendar 1999

## Sporting maths

Work out the answer for each sum on the banners.  
Use the code on the vests to find a letter for each answer. What are the four different sports?

Answers on p. 19



| Banner 1                   | Number | Letter |
|----------------------------|--------|--------|
| $729 \div 9 =$             | 81     | J      |
| $\frac{1}{4}$ of 956 =     |        |        |
| $14.4 \div 12 =$           |        |        |
| $(100 \div 10) \times 5 =$ |        |        |

| Banner 2                  | Number | Letter |
|---------------------------|--------|--------|
| $7 \times 9 + 2 =$        | 65     | C      |
| $(6 \times 12) + 19 =$    |        |        |
| $1000 - 861 =$            |        |        |
| $100 - 35 =$              |        |        |
| $\square \times 14 = 112$ |        |        |
| $\frac{1}{2}$ of 356 =    |        |        |
| $0,875 + 0,125 =$         |        |        |

| Banner 3                      | Number | Letter |
|-------------------------------|--------|--------|
| $\frac{3}{8} + \frac{5}{8} =$ | 1      | T      |
| $356 \div 2 =$                |        |        |
| $\square \times 7 = 63$       |        |        |
| $99 \div 11 =$                |        |        |
| $47 + 92 =$                   |        |        |
| $70 - 40 =$                   |        |        |

| Banner 4                                       | Number | Letter |
|--|--------|--------|
| $100 - \square = 9$                            | 91     | R      |
| $42 + 197 =$                                   |        |        |
| $\frac{1}{8}$ of 184 =                         |        |        |
| $800 - 79 =$                                   |        |        |
| $2\frac{1}{4} + 1\frac{1}{4} + 3\frac{3}{4} =$ |        |        |



# children's

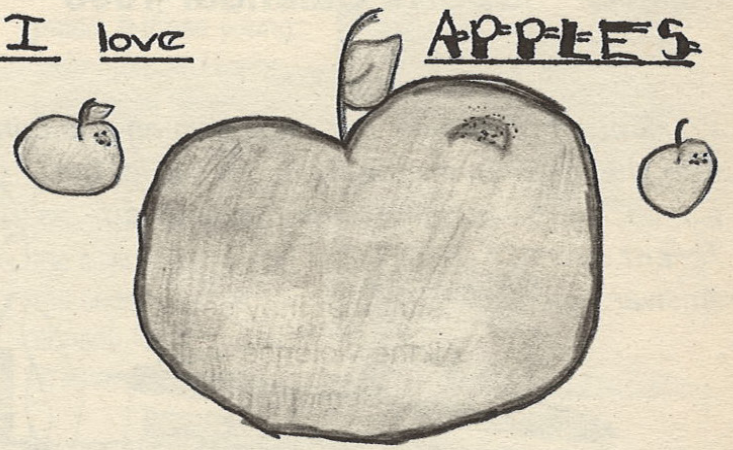
My name is Leaverne Legolie. I am 11 years old. I am in Grade 6 at Blackheath Primary.

I am very fond of athletics. My heroine and role model is American and World sprint star, Marion Jones. I want to be a star like her and have already started to train with my Dad, who is sprint National Coach of Athletics in South Africa.

I also sing in our School's Senior Choir as well as in the Church's Sunday School Choir. My other hobbies are swimming and liturgical dancing.

Hi, My name is Celeste Idas. I am 10 years old. I live in Mitchell's Plain. My birthday is on the 1st of December. I attend Alpine Primary. I think school is cool. My hobbies are reading especially Molo Songololo, singing, rollerblading and outdoor life. I have two dogs Max and Sheila and I love them very much. It is my duty to see that they get food and fresh water every day.

I love APPLES

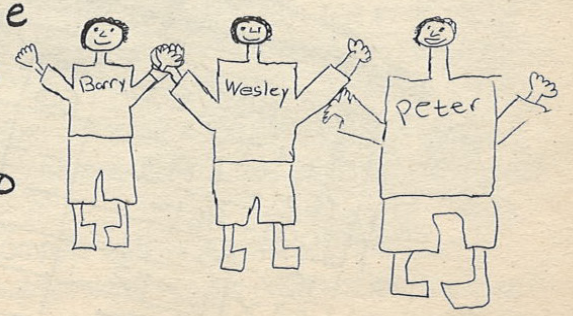


My name is Phakama Mapeyi. I am 15 years old. My class teacher is Miss Tshaka. I attend Luteka P.P. School. My hobbies are volleyball and football. I enjoy playing your games and rhymes.

My Name is Megan  
McKie I am 10 years  
old I attend Zonnebloem  
Girls Primary School.

My name is Ryan Jones. I am 11 years old. I like soccer. My best Team's name is Liverpool. My best friends names are Barry, Wesley and Peter. I attend Alpine Primary. I love to read the molo magazine. My best singers are Puff Daddy and B.I.G.

And this is my Friends



# Letters!



My name is Nawaal Petersen and I'm 12 years old. I attend Monenberg Primary School. I'm in Standard 5 and I like every bit of it. Although I've never attended any other school in my life I think Monenberg Primary's the best school ever.

I play netball for my school and our team is really good. My best friend's name is Geraldine Jack. I like reading Molo Songololo because it's very educational and it provides a lot of information that can help a lot of youngsters and I also like the Pen Pals pages and the Puzzles.

my naam is Yolanda van Rooyen ek is in stads, my skool se naam is Tuscany Glen ek is baie trots op my skool ek hou graag van atletiek, ek is 'n atleet ons het 'n Groenpunt stadium gaan hardloop en ek het 'n gawe medal gewen.

nnolo

!



LOVE

you

## PEN PALS



Melissa Bull (Girl), 12  
14 Calissta Road,  
Ocean View, 7945  
**South Africa**

"I would like pen pals from all over the world."

Anne Banda (Girl), 16  
P.O.Box 893,  
Sun Valley, 7985

**South Africa**

"My hobbies are singing, going out and making friends."

Christopher Jacobs (Boy),  
15 Malin Street, Graceland  
Khayelitsha, 7784

**South Africa**

"I would like pen pals from all over the world, between the ages 16 - 19"

Rifqa Slarmie (Girl), 9  
2A Pickerall Street,  
Retreat, 7945

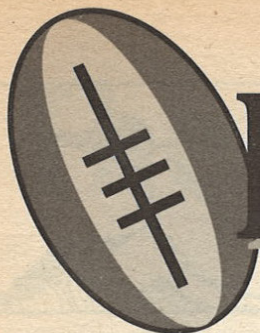
**South Africa**

"My hobbies are visiting friends, rollerblading and hockey."

Gabriel De Swart (Boy),  
63 5th Avenue,  
Kensington, 7405

**South Africa**

"I would like to have pen pals from Brazil, Spain and Mexico, between the ages of 15 - 19."



# Rugby



Rugby is a very big sport in South Africa – Remember how the whole country cheered when we won the World Cup? At last we can see that it is not a sport for white males only. All South Africans have been playing rugby all along and now more and more children from all over want to play rugby.

## Apartheid in rugby

Under the apartheid system black athletes and players could not do any sport with whites. Black schools also did not have rugby fields and equipment. Because this was not fair, the world had a sport boycott against South Africa. That meant that South Africa could not play against other countries and other countries would not play against us.

All that is in the past now and things are slowly changing. The Rugby World Cup in 1995 showed that rugby can bring people of all races together to play and watch sport. Children in townships are learning to play rugby. There are even some women who coach rugby in the townships.



Children taking part in a development coaching session in Port Elizabeth

## A pig's bladder!

It's weird, but a pig's bladder is the cause of the funny shape of the ball. In the early days of football a real pig's bladder was inflated and used as the ball. The bladder looked like a balloon and was not very strong. A shoemaker in Rugby, a village in Warwickshire, England, then covered a bladder with four strips of leather. Can you see where the name came from?



Breyton Paule

## Chester Williams

Chester Williams, Western Province and Springbok star wing, is one of South Africa's best players. He proved this in the 1995 World Cup and inspired a new generation of rugby players. Breyton Paule is another great player who also plays for Western Province. He played very well in the 1998 Currie Cup final against the Blue Bulls and may well be chosen for the Springboks. That would be another big step for South African Rugby.

### All you want to know about Chester Mornay Williams:

**Date of birth:** 8 August 1970

**Place of birth:** Paarl

**School:** Klein

Nederburg High

**Education:** Western Province University

**Position:** Wing

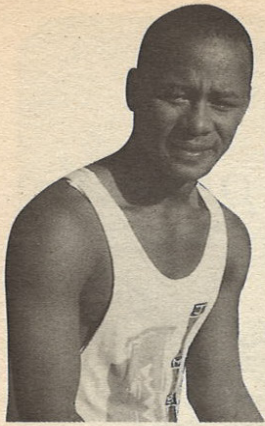
**Era:** 1993-1998

**1st Test:** 11th of November 1993 at the age of 23 years

**Springbok matches:** 31 caps, tests included

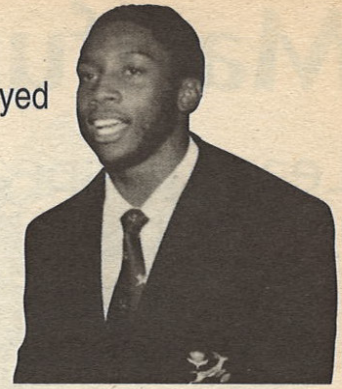
**Points scored:** 120  
Chester Williams has scored the second most tries altogether for South Africa in test matches – 13 tries





## Young Movers

Two young players from the Western Province first played for national school teams – **Gcobani Bobo (19)**, right, now plays for the University of Cape Town and **Johannes Conradie (left)** for the Springbok under-21 team. These youngsters have rugby as their careers, for the next 10 years or more. Their skills and talents are already worth a lot of money.



## 'Groot' rugby at small school

These young players from Groote Schuur Primary are playing in the Western Province league. This season their team won five of seven games. All of them started to play mini-rugby when they were about 7 or 8 years old.



From left: Jacques Venter (12), Chris Tennyson (14), Gavin Parker (12) and Klaus Kotzé (12)

Now they practise twice a week and compete against other schools once a week.

## Rugby safety

The game of rugby can get very rough. The rules are not always enough to protect players from getting hurt. Injuries to the neck are the most common. This can be very serious – Young people end up paralysed for the rest of their lives. If you choose to play rugby, make sure that you play as safely as possible. A good coach can teach children how to play to protect themselves from injury.

*Below: Warming-up helps the Western Province team prevent injuries*



South Africa won the 1995 World Cup and qualified for the 1999 World Cup

## Rugby Facts

Test your general knowledge on rugby and its history

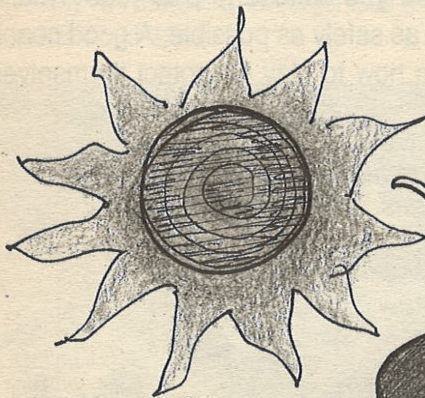
1. Rugby can be traced back to \_\_\_\_\_ times.
2. The first international rugby match was between England and New Zealand in 1905. Who won? \_\_\_\_\_
3. How many players are there in a modern rugby team? \_\_\_\_\_
4. Points are scored when the ball is touched to the ground behind the opponent's goal line. What is this called? \_\_\_\_\_ How many points is it worth? \_\_\_\_\_
5. A conversion is worth 2 points, a penalty goal 3 points. How much is a drop goal? \_\_\_\_\_
6. Who is the player who scored most points altogether for the South African team? \_\_\_\_\_ Which position did he play? \_\_\_\_\_
7. Which country did South Africa play against in the final of the 1995 World Cup? \_\_\_\_\_

# Masifunde isiXhosa

Learn to speak Xhosa. *Leer om Xhosa te praat.*

**Molweni Bahlobo!  
Ninjani?**

**Mna, ndiphilile enkosi  
Ndonwabile, kuba sisehlotyeni ngoku!**  
*I'm happy, because we're in summer now.  
Ek is baie gelukkig, omdat dit somer is.*



**Yhu! Ihlobo lixesha elihle.  
Ilanga liyakhanya, kushushu  
kakhulu.**

*Wow! Summer is a beautiful time.  
The sun shines, it is very hot.*

*Sjoe! Somer is 'n wonderlike tyd.  
Die son skyn, dis baie warm.*

**Yhu kumnandi ukudlala ngaphandle!  
Abanye abantwana badlala intenetya,  
okanye iqakamba.**

*Wow, it is wonderful to play outside  
Some children play tennis, or cricket.*

*Sjoe! Dis wonderlik om buite te speel.  
Party kinders speel tennis of krieket.*





# Athletics Run, jump and throw

Athletics is a sport that most school children take part in. It is fun and good exercise. Some good athletes make a career out of athletics - they are paid for taking part. Children with talent can develop their skills and follow in the footsteps of some very famous athletes.



*Melody Marcus (left), cross-country athlete from Cape Town. "After 8 years I fulfilled my dream to run for South Africa. It took guts and patience." Her message to you is*  
**"Challenge yourself in whatever you do."**

*Rita Toto (right) is a Cape Town marathon runner who was part of the South African team at the World Athletics Championships in Athens. She did not give up, even when life was very tough. This year she will be training hard to qualify for the Olympic Games 2000.*



## The story of Sydney Maree: 'The Rabbit Star'

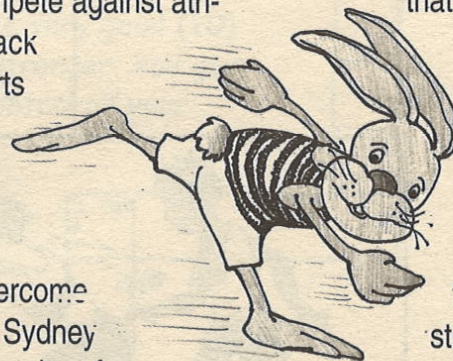
It is 1976... South African school children are protesting against the white apartheid government. Because of apartheid our athletes cannot compete against athletes from other countries. Black schools do not have proper sports fields or equipment. This means that black athletes have no chance to get good training.

One black athlete works hard to overcome these problems. It is the 17-year-old Sydney Maree. He loves running and has a talent for middle-distances.

Young Sydney is asked to help a well-known South African athlete, Clive Dale, to break the record in the mile-race. This means Sydney has to be the 'rabbit' - he has to set the pace for the first 2 laps.

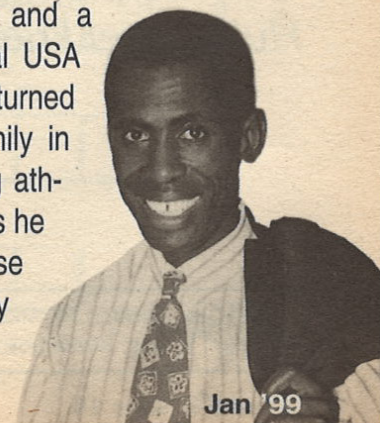
### The rabbit outruns the big star!

Sydney runs the first mile-race of his life and something amazing happens. Sydney decides that rabbits are for pets and cooking! He keeps on running. The crowd cheers and shouts. Sydney wins by far! He raced the mile in 3 min, 57 seconds. He says that he will never, ever, forget this night.



### Back home

Sydney Maree lived in America for 18 years. During this time he competed with the best in the world. He broke the world record in the 1 500 m and a string of national USA records. Sydney returned to South Africa with his family in 1995. He tries to help young athletes to get the same chances he had. He wants them to realise that the sky is the limit if they put their minds to it.



**Ehlotyeni kumnandi ukudlala ngaphandle.  
Mininzi imidlalo edlalwa ehlotyeni.**

In summer it is nice to play outside. There are many games / sports which are played in summer.

*Dit is lekker om in die somer buite te speel. Daar is baie sport wat in somer gespeel word.*

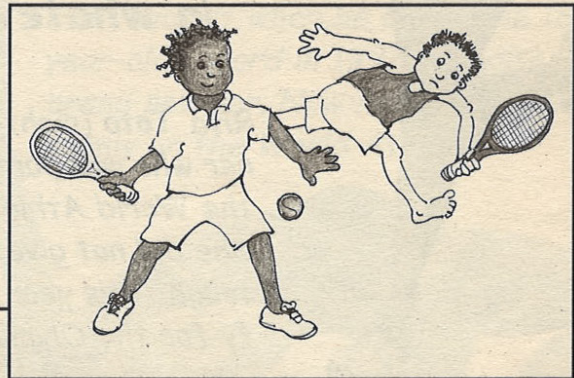


## Tshatisa imifanekiso namagama.

**Bayaqubha.**

They are swimming.

*Hulle swem.*



**Badlala intenetya.**

They are playing tennis.

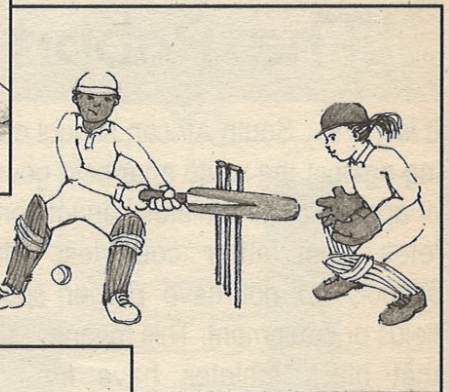
*Hulle speel tennis.*



**Bayabaleka.**

They are running.

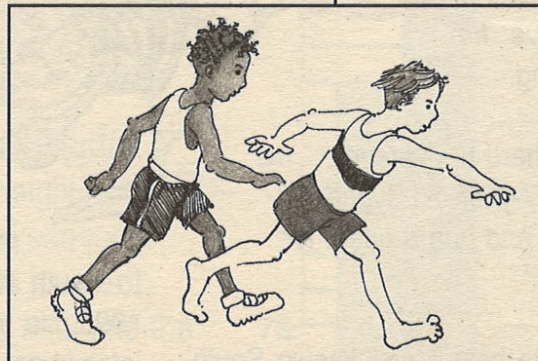
*Hulle hardloop.*



**Badlala iqakamba.**

They are playing cricket.

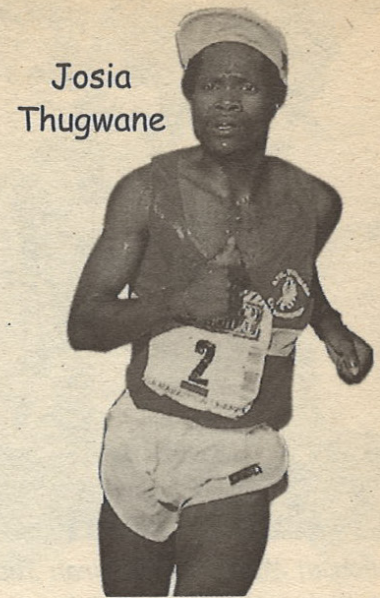
*Hulle speel krieket.*



Written by Andrew Kruger from Teaching and Learning Resources Centre (TLRC), University of Cape Town, Private Bag, Rondebosch, 7700, Tel 650 3276 (copyright)

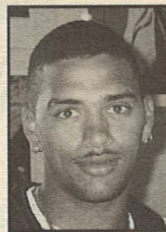
# Josia Thugwane Olympic Champion!

Josia Thugwane was the first black South African athlete to win a gold medal at the Olympic Games. He won the marathon, the last event at the 1996 Olympics in Atlanta. Josia clocked a time of **2 hr 12 min 36 sec**. This was **3 seconds faster** than Bong-Ju Lee from Korea who came second. Eric Wainaina from Kenya was third with a time of **2 hr 12 min 44 sec**. The last South African Gold Medal for the marathon was won by Kenneth McArthur in **1912**.



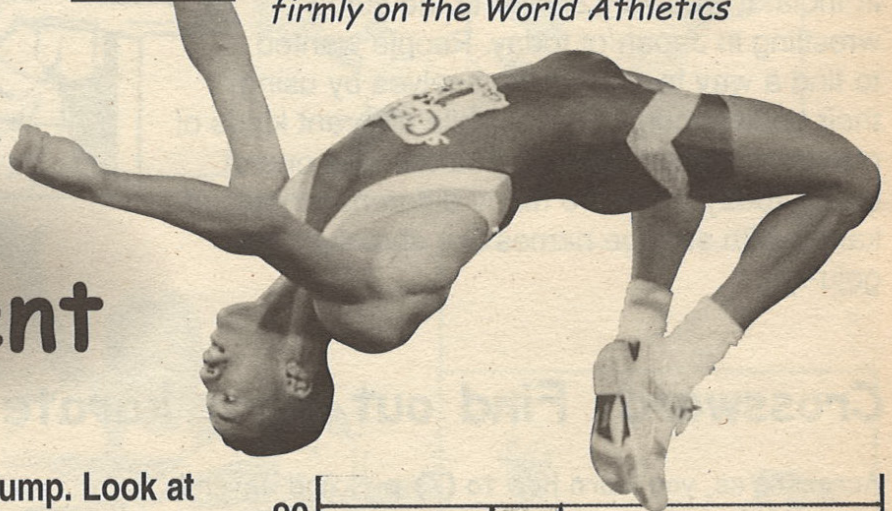
## Now, can you answer these?

1. How much faster was Thugwane's time than Wainaina's?
2. How much is Thugwane's time in:  
a) minutes and b) seconds?
3. How many years ago was a gold medal last won by a South African for the Marathon?



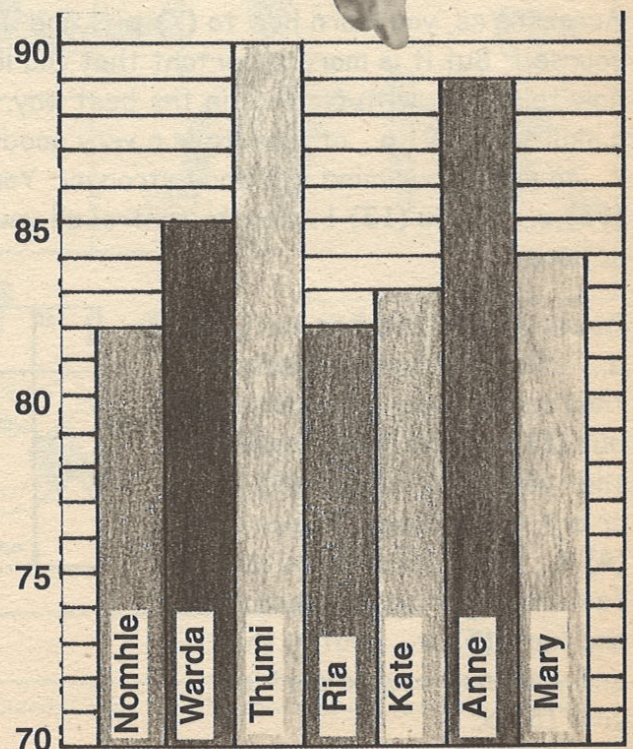
*Gavin Lendis (left), holds the SA record in the high jump. He surprised even himself when he broke the 18-year-old record in 1997, and also won a brand new car. Now he has his eye firmly on the World Athletics*

# High Jump Event



Seven girls took part in the high jump. Look at this graph of their results, and answer the questions

1. Write down the names of the girls and the heights they jumped, from the highest to lowest jump.
2. Who jumped the highest?
3. How much higher did she jump than Warda?
4. Which two girls jumped the same height?
5. Who came fourth, and how high did she jump?
6. What was the total of all the heights jumped?
7. What is the difference between this total and the height of a tree that is 8 m 14 cm tall?
8. What was the average height jumped by the seven girls?





# Karate

Punch, kick and block - Ouch! it sounds and looks sore, but karate can really help people NOT to get hurt. It also teaches you not to hurt others. And there's a lot more to it!

*Nishaat Masoet, Thaakirah Jacobs, Aneegah Mallick and Muneera Salie are all 10 years old. They dream about being world class champions one day*

## Where from?

A very long time ago people were wrestling in India. It was very similar to the sumo-wrestling in Japan of today. People wanted to find a way to protect themselves by using their bodies more. After a while different kinds of martial arts developed and karate was one of them. Today there are many different schools of karate with strange names like shotokan and goju-ryu.

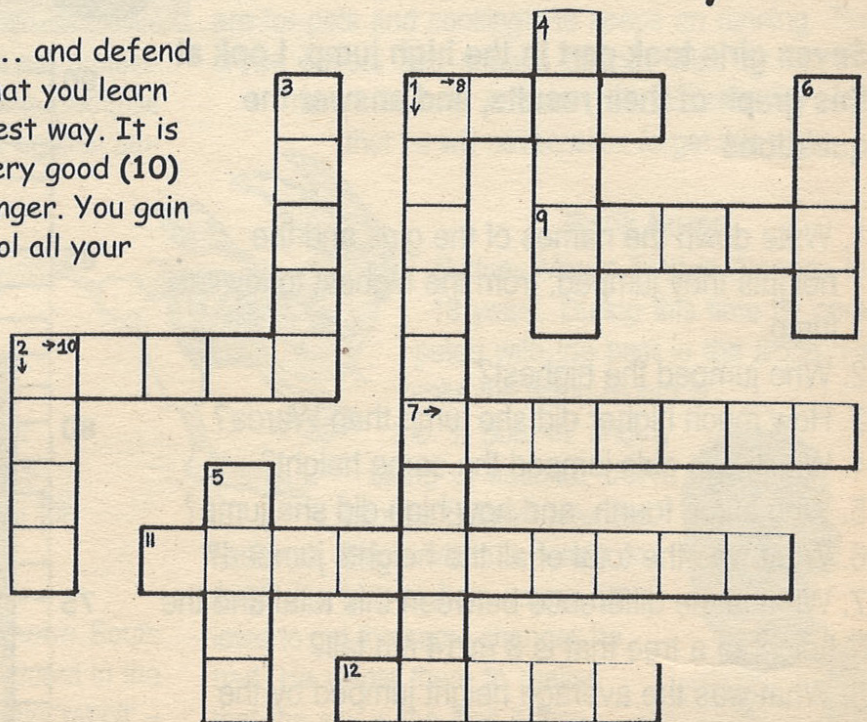


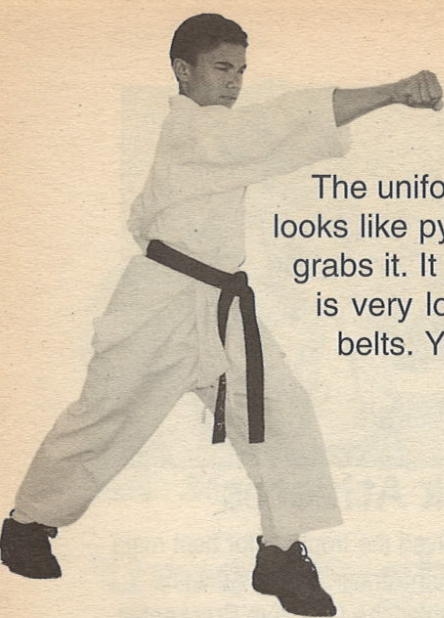
Karate looks so easy when some stars do it in the movies - Just think of Bruce Lee (in the 80s) and Steven Seagal (in the 90s). Whack! They are always beating up someone! In REAL life karate is different.

## Crossword: Find out what karate can do for you...

**Across:** Yes, you learn how to (7) p... and defend yourself. But it is more important that you learn how to (8) d... with conflict in the best way. It is a skill to be (9) p... of. Karate is a very good (10) s... to make your mind and body stronger. You gain (11) c... as you (12) l... how to control all your actions.

**Down:** Karate teaches you (1) d... - Not the type of discipline that comes from someone else, but (2) s... -discipline. You learn that you don't have to (3) f... or act in a bad way. If you are (4) h... with yourself you do not feel like fighting. It takes time and hard (5) w... , but in the end you know how to control your (6) b... .





# White PJs?

The uniform that karate students wear is called a gij, gi (say ghee) in Japanese. It looks like pyjamas, but is made out of strong cloth so that it won't tear if somebody grabs it. It is usually white. The colour of the belt shows your karate rank. The belt is very long and must be tied in a certain way. All students start out with white belts. You have to pass a test to get to the next belt-rank.

## Karate terms

**Kata:** A demonstration of what you can do, different movements.

**Unison kata:** Three people doing kata.

**Komate:** Two achievers compete against each other.

**Sensei:** The trainer and teacher.

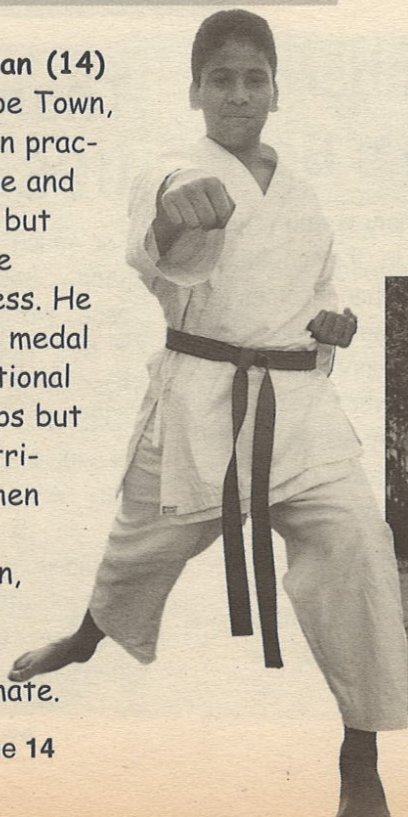
**Belt:** You start with white and then the yellow, green, blue, purple, brown and black follows.

**Dan:** There are 10 different dans once you have the black belt. The top is 1st Dan.

**Weight class:** They compete in light, medium and heavy weight.

### Zaahir Booran (14)

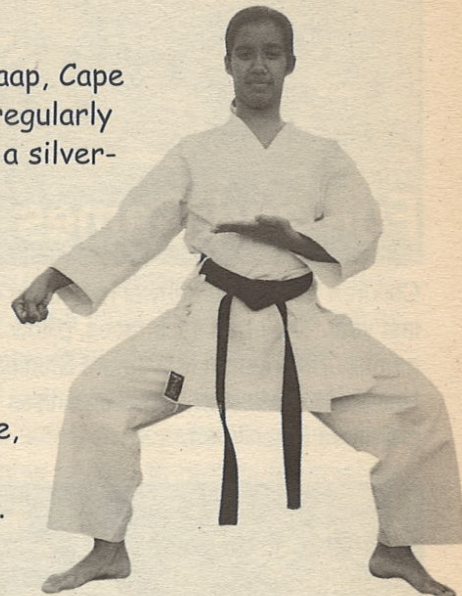
Bo-Kaap, Cape Town, has only been practising for one and a half years but already made great progress. He has one gold medal from the national championships but his biggest triumph was when he went to Osaka, Japan, and won the silver medal in komate.



**Samira Davids (17)** of Bo-Kaap, Cape Town, started doing karate regularly from ten years old. She won a silver-medal at the World Championships in Japan.

Samira says there is more to karate than winning. It keeps up her discipline and she feels more independent.

"If my friends argue with me, I just leave it. That's what discipline is about", she says.



She thinks that it's good for a female to know how to protect herself. Girls are mugged and raped so often.



**Shu-Aib Benjamin (14)** of Bo-Kaap, Cape Town, is the World Champion in Karate. He has been doing komate for eight years and got his black belt two years ago. In August 1998 he went to Osaka in Japan for the World Championships. He won the gold medal at the World Championship in komate. For keeping his skill he trains four times per week and competes every Saturday. His karate heroes are Jean Claude Van Damme and Steven Seagal.



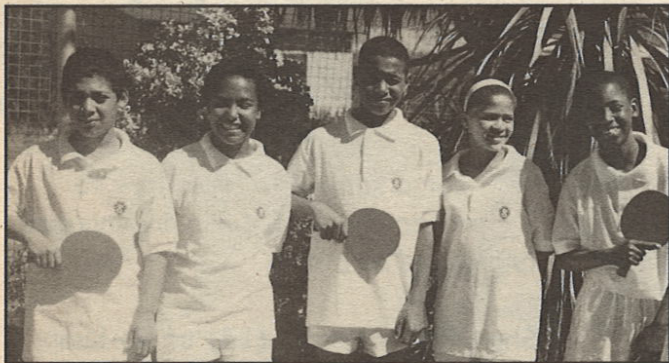
Boorhaanol Senshin Kai School of Karate

# Sports Update!



## Fun and Games

Children from Bonteheuwel had loads of fun on Youth Day last year. They had sack races, pillow fights, and all sorts of games. The Human Movement Studies Department at the University of Western Cape organises many such programmes for children.



Die Sonderend tafeltennis-span het goed gevaar om die halfeindronde te haal. **Hulle is van links:** Sanief Benting (12), Candice Grosch (13), Marvin Adams (13), Rolene Haai (13) en Naziem Syms (13)



## Steenberg Soccer's Best

Steenberg Primary is one of the best schools in the southern township areas when it comes to soccer. Their team started the 1998 season as runners up in the provincial finals when they drew with Impendulo Primary. They also won the under-13 section in their league.

**Above left:** Steenberg Primary's under-13 soccer team

**Left:** Ashraf Alexander, Quinton Prince and Hilton Klein, are three Steenberg Primary soccer players who were selected for the Western Province team



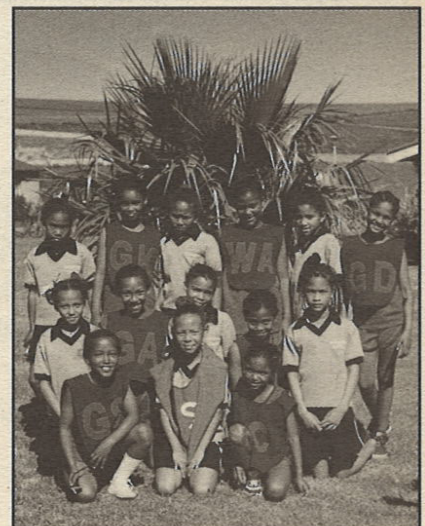
## Best Track Athletes

Two Cape Town athletes received the trophies for best male and female athletes at the South African Junior Athletics Championships. Chantelle Terblanche (13) from Brackenfell Primary set up a new SA record in the 80 m hurdles. She also plays netball for the Western Province B-team. Mhlangabezi Dingalibala (13) is from Nolungile Primary in Khayelitsha. He was first in the 100 m and 150 m at the championships.

## Glorie Sonderend

Sonderend Primêre netbalspanne het weggestap met baie van die glorie by die feesviering om Suurbraak Primêre 10de verjaarsdag te vier. Beide die onder-9 en onder-11spanne het eerste gekom.

**Regs:** Sonderend se onder-9 netbalspannetjie



## Thank USSASA!

For much of the good sports news on these pages we can say thanks to the United School Sport Association of South Africa (USSASA). This is a group of people who are working very hard to give children in all communities a chance to play sport. They give children with talent opportunities to develop their skills.



## Netball Champions

The under-13 Western Province Netball team can feel very proud! They were the 1998 National Netball Champions and gold medal winners at the Winter Games tournament last year. Four of the girls were selected for the 'All Stars' team, a national squad.

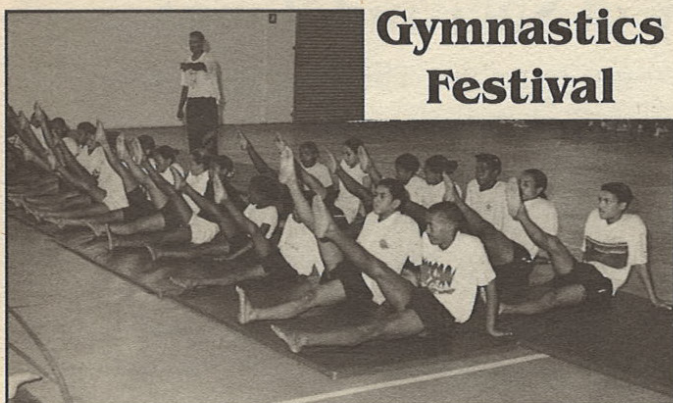
## Gym Drummies

Meet the smart and proud drummies of Sunlands Primary in Kenwyn, showing off their new uniforms. With Tanya Webb as the leader they won the Prestige Championships. They were also 3rd in the Western Province Championships.



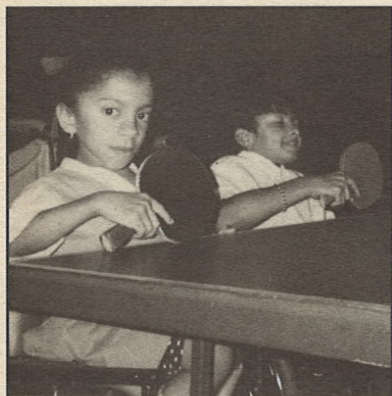
## Tops at Table Tennis

The Western Province under-13 table tennis team won the national primary schools tournament two years in a row! The players are Yazeed Kasu, Bradley Benting, Abubaker Lakay, Allen Shubitz, Lwando Lefele, Megan Momberg, Jesnay Benjamin, Haniem Fester, Nicole Lesch, and Melissa Jacobs. Megan and Abubaker were chosen to play for the South African team.



## Gymnastics Festival

Western Province gymnasts are working hard to prepare for a festival in Sweden. Their group will be part of the South African team to travel to Gottenberg in Sweden for the 1999 International Gymnaestrada Festival. They will perform in front of gymnasts from all over the world, doing many different forms of gymnastics. This will include Cape Town Jazz movements and all forms of dance. Their themes are 'Cape Land of Grapes and Wine' and 'Cape of Storms', and will give an idea of life at the Cape.



## From wheelchairs and crutches

Children with disabilities have many abilities – That means there are many things they CAN do. They do not watch from the sideline but take part in many different

sports. Some of the rules are different to allow for the use of wheelchairs, crutches and other aids. **Above:** Suaad Hendricks and friend play across the width of the table tennis top. Some players cannot hold a bat and then it is strapped to their hands.

Another programme of the Department of Human Movement Studies is a **Street Children's Project**. Children in shelters and homes are finding that sport and games are a healthy, clean and fun way to spend their time. Children go on camps and have even spent some time on Robben Island.

The **Western Cape Street Children's Day** is another big event that is held every year. Hundreds of street children forget about hard life on the street for a while. They play soccer, volleyball, basket ball, and even do karate.

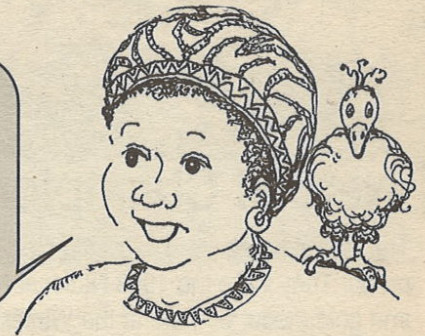


Soapy slippery fun! Street children enjoying themselves

# The Birds and the Bees

for pre-teens (10–13 years)

This time we talk about **SEXUAL HEALTH**. Let's find out what can happen if you have sex or sleep together. And what's more, how do you deal with those sexual feelings in a clever way?



## Look at the story of Suki and Bongani:

They like each other and have fun together. They are very young but cannot help touching and thinking about sex. Now, before they go any further, there are some things they should think about first. Let's see ... Do you know what can happen if they have sex? Look at these statements and answer **true** or **false**.

1. Suki can fall pregnant, even from the very first time .....
2. Chances are they will be good parents .....
3. If they break up, the hurt and heartache will be more .....
4. If Suki or Bongani had sex with someone else before, a sexual disease can be passed on to the other one .....
5. Such diseases can damage their bodies and even kill them .....
6. There are ways to prevent a pregnancy or a sexual disease .....
7. This is one hundred per cent safe .....
8. The only safe way is for Suki and Bongani not to have sex until they are mature/fully grown up .....

Wow! I never knew there were so many things to think about before you decide to have sex. Let's talk to our friends about it!

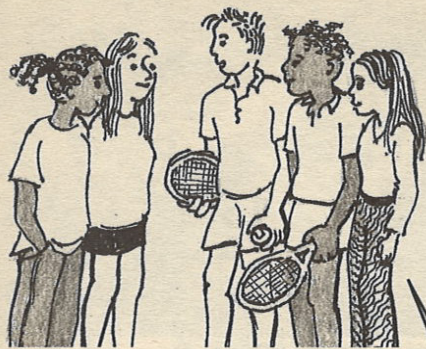
So, Suki and Bongani have decided to wait. Millions of teenagers all over the world have made the same choice.



Good Idea!

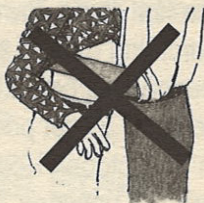


Now they have to make plans to keep away from sex, and stick to them. What can they do?



**Paul and Thandi:** We try not to be alone together. We always go out in a group

**Tshepo and Anne:** We do not put our hands under each other's clothes



**Linda and Kwezi:** We do sport, go on hikes, listen to music, and do many other things with friends



## Infections

Any boy or girl can get infections of the sexual parts that are not very serious. Germs get into sexual parts and it will be red and sore. These infections can mostly be avoided by keeping the sexual parts very clean – Wipe and wash from front to back, so that germs from the anus do not get in touch with other private parts.

Talk to your parents, guardians or community leaders about problems. Get the correct answers, write to **sisi Nomhle**, PO Box 43326, Salt River, 7924, Cape Town.

What if you can't wait, if the feeling is so strong that you want sex? There are safe choices for a couple who do decide to have sex. Find out what these choices are, before the time! **Do not take chances.**

**Omar:** According to most religions sex or even touching is meant for marriage only.



## Activity:

### Get answers to these questions:

What is contraception/birth control/family planning? What is a condom? What are the other forms of contraception? What does your church and community believe about contraception?

## Sexually Transmitted Diseases (STDs)

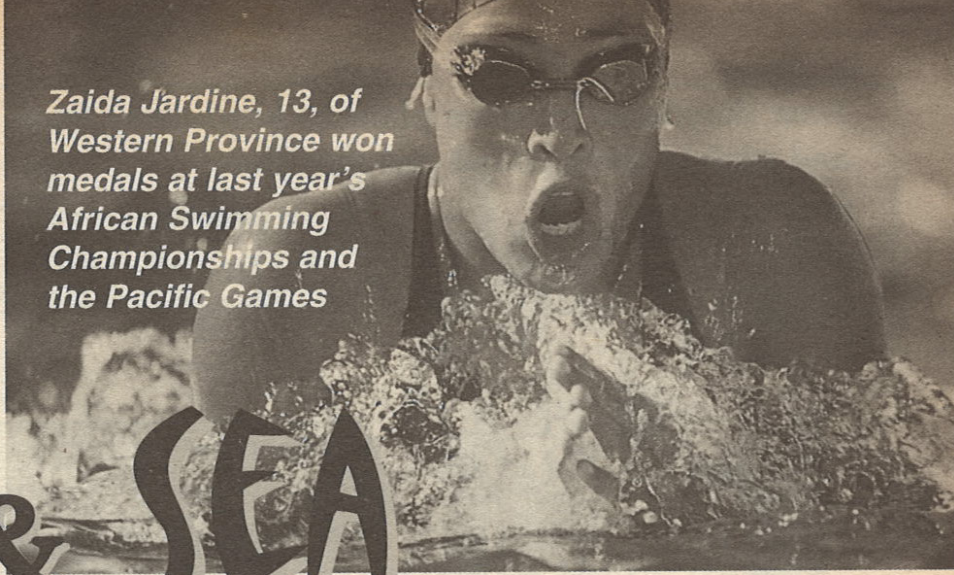
You can ONLY get bad diseases of the sexual parts by having sex/sleeping with someone. These are called sexually transmitted diseases (STDs). STDs are 'catchy' – The 'germs' are passed on from one person who already has the disease to another. Many, many people have it. Many STDs cannot be seen because it is inside the body. Anybody who has sex can get it, men and women, rich or poor, teenager or grown-up. Some STDs can be treated fairly easily with the right medicine. Others stay with you for life and cause a lot of problems, even blindness.



AIDS is an STD that kills. Anyone who gets AIDS will die from it. There is no cure yet. In the next magazine you will find out more about HIV, the virus that causes AIDS.

Swimming is such fun. It's also great exercise because you use all the important muscles in your body.

*Zaida Jardine, 13, of Western Province won medals at last year's African Swimming Championships and the Pacific Games*



# SUN & SEA

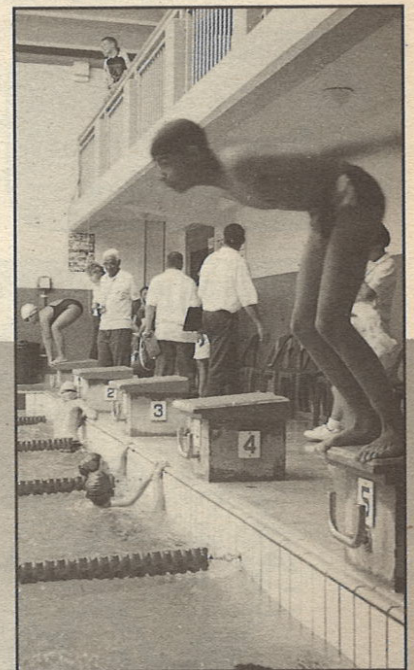


## Not enough Pools!

It is hard for most South African children to get to a swimming pool. Most primary schools do not have pools and there are very few municipal pools. So swimming as a sport has not really been open to children. Now, the people who plan sport in SA are spending more money to help children who want to do swimming as a sport.

## The First Gala

The first Cape Town swimming gala of the season was held at the Long Street pool on 17 October 1998. Children between 7 and 13 years old competed. If these young swimmers are lucky they might have the chance to compete for South Africa one day. The swimmers with the best times during the season will be chosen for the Western Province.



**Below: Life-savers from the False Bay Life-Saving Club, under-12 team, are: Kelly Bevan, Meg Goedhals, Bryan Davids, Greg Cawood, Bridget Gersie, Anesh Kalan, Kate Mcleod. Coach at back: Flack Mcleod**



## Life-Saving, it's no 'Baywatch'

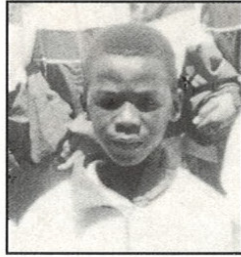
A good life-saver has to do more than look pretty. Your task would be

to save someone from drowning without getting into trouble yourself. For this you need to be a strong swimmer and practise a great deal. Life-saving clubs compete with each other and the sport is growing. The biggest problem is to get children from the townships involved. It will take some time for this to change.

# Young Sports Stars



**Brandon Beukes** van Avondale Primêr in Atlantis is 'n top vespring-atleet. Hy het die USSASA nasionale rekord van 4,63 m verbeter tot 4,86 m. Brandon is ook die Wes-Boland onder-10 kampioen in die 80 m.



**Bulelani Makhawula**, a former pupil at Vusumoya Primary in Khayelitsha and number 1 tennis player for the Western Province under-14 team. He received a scholarship to study at the tennis school of excellence in Johannesburg.



**Tamaryn Tesselaar** from Wynberg Girls Junior is the top ranking under-13 squash player in South Africa. In August last year she was the captain of the South African team to Zimbabwe. There she was ranked 3rd in Africa.



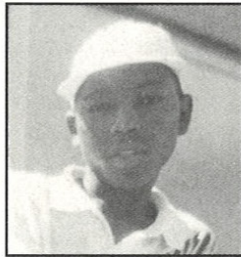
**Claudia Basson van Somerset-wes** Primêr is onderkaptein van die Westelike Provinsie onder-13 netbalspan. Sy speel in doelposisie en is gekies vir die 'All Stars'-span, 'n nasionale span.



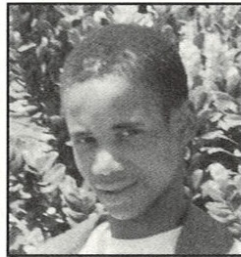
**Sinazo Yantola** from Nomsa Mapongwana Primary School in Khayelitsha. She plays netball for the Western Province under-13 team, the national 1998 champions. Sinazo was selected for the All Stars Team, a national squad.



**Kyle Tong**, a pupil at St George's Grammar School is the number one player for the Western Province under-13 squash team. Kyle is seeded 9th best player for his age group in the country.



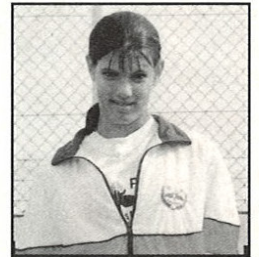
**Luvuyo Jongile** from Vusomoya Primary is the number 2 player for the Western Province under-14 team and plans to take his tennis much further.



**Phindile Tali (14)** from Siyazaka Primary in Phillipi was selected for the Western Province Volleyball team. The team made it into the semi-finals at an inter-provincial meeting.



**Chenelle Greyvenstein** van Belville-noord Primêr speel netbal vir die Westelike Provinsie en is gekies vir die 'All Stars'-span. Sy vaar ook baie goed in atletiek.



**Evette Kotze** van Laerskool Saffier in Parow-vallei is 'n baie toegewyde netballspeler vir die Westelike Provinsie onder-13 span. Sy is ook gekies vir die 'All Stars'-span.

answers • answers • answers • answers • answers • answers • answers

### Maths p. 3

Banner 1 = **Judo**  
Banner 2 = **Cricket**  
Banner 3 = **Tennis**  
Banner 4 = **Rugby**

### J. Thugwane p.11

1. 8 seconds  
2. a) 132  $\frac{1}{2}$  min  
b) 7 956 seconds  
3. 87 years

### Rugby Facts p. 7

1. Roman  
2. New Zealand  
3. 15 players  
4. a) A try b) 5 points  
5. 3 points  
6. a) Naas Botha – 485 points  
b) fly-half  
7. New Zealand

### High Jump Answers p. 11

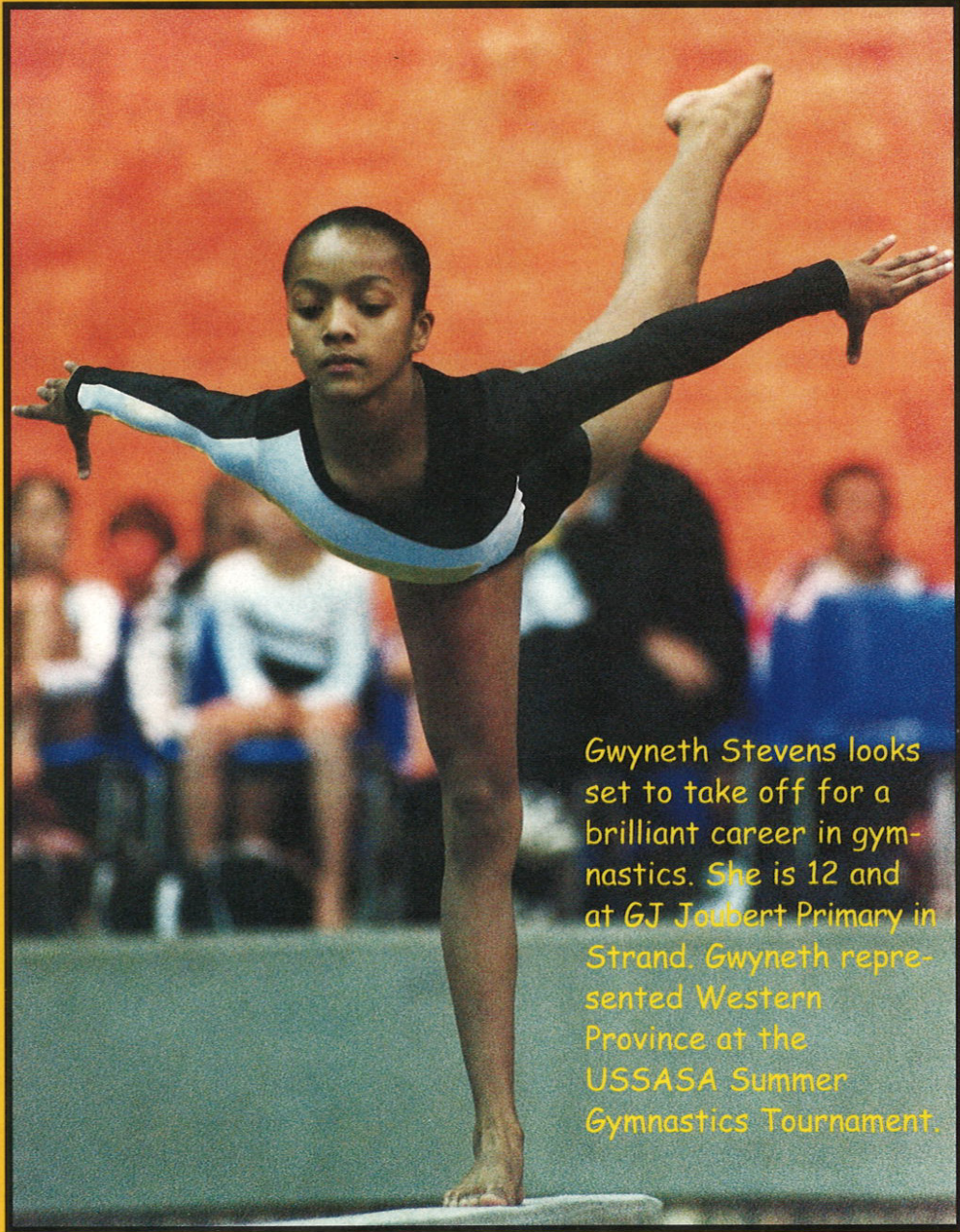
1. Intombi 90 cm    3. 5 cm  
Anne 89 cm    4. Ria and Nomhle  
Warda 85 cm  
Mary 84 cm    5. Mary 84 cm  
Kate 83 cm    6. 595 cm  
Nomhle 82 cm    7. 219 cm or 2 m 19 cm  
Ria 82 cm  
2. Intombi    8. 85 cm

### Karate Cross-word p. 12

1. discipline    7. protect  
2. self    8. deal  
3. fight    9. proud  
4. happy    10. sport  
5. work    11. confidence  
6. body    12. learn

### Birds and Bees p. 16

1. True  
2. False  
3. True  
4. True  
5. True  
6. True  
7. False  
8. True



Gwyneth Stevens looks set to take off for a brilliant career in gymnastics. She is 12 and at GJ Joubert Primary in Strand. Gwyneth represented Western Province at the USSASA Summer Gymnastics Tournament.

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