

## Michelin series without Affies

The runner-up in last year's Michelin series has withdrawn to join the Cape and English schools who will not be playing in any of the organised league games. This does not really come as a surprise after their withdrawal from the Beeld Trophy for 2007. Affies will now compete in arranged friendly matches to include all their rugby teams where possible. It was believed that Affies had 29 rugby teams last year which left their lower teams without opportunities to play.

Medium school Merensky from Tzaneen will be taking their place in the Michelin series; not a

bad candidate considering their draw in the Beeld Trophy final for Medium schools. One must think that Merensky will have its toughest opening match when they meet Waterkloof, last year's winner, on 17 March in group 1.

Waterkloof is a team that plays well all year round and will most probably be favourites to win again. Eldoraigine was the surprise last year, but Monument is the unknown factor as many of their 1st team players of last year have left school; however, they are a force in school rugby.

## Gerhard Brand elected at Lions

Gerhard Brand from Alberton Hoërskool has been elected as vice-chairman of the Lions high school rugby union. Gerhard was the coach of the Alberton 1st team that reached the semi-finals in the Beeld Trophy during 2006. Many believe that he is an excellent candidate for the job as his experience in the school rugby system stretches over many years.



## Athletics start in all earnest

Those schools who have not completed the first part of their athletics last year, will have a rather full program to attend to this 1st quarter. After the initial colour or team competitions, schools will have to select their teams for Inter schools and other National events later in the year.

Many of the children playing other sport are of the opinion that they should not participate in the Athletics portion of school sports. Big mistake! Athletics is one of the best methods to prepare for other sports. Fitness comprises 60% of the requirements of any sport. What better way than to participate in athletics to improve speed and endurance, the key factors to be successful in any other sports.

## Free programs for Rugby players

The decision to assist schools with the preparation and conditioning of their rugby players was welcomed by most. This effort has been seen as the way any player will have access to proper fitness training. It will enhance the role of coaches so they may pay more attention to their strategy. There will be programs for some of the other sports as well at [www.skolerugby.co.za](http://www.skolerugby.co.za) soon.

My advice to especially rugby players is to visit the [www.skolerugby.co.za](http://www.skolerugby.co.za) website to collect their free conditioning program and use the exercises alongside the athletics to improve their stamina.

**Michelin** has been sponsoring the Super-16 for large schools the passed 3 years. It is uncertain whether they will extend their contract that expired last year. We have become used to them and are anxious to hear the outcome of their decision. However, for now the series continues and is still called Michelin Super-16.

