



ST JOHN'S COLLEGE

NEWSLETTER

EASTER TERM

No 2/2008

Dear Parents



This term has been a long and very busy one with much success and some heartache. Our memorable successes were the 1st Cricket XI winning the Johnnie Waite Limited Over's competition; the 1st Water Polo team winning the KES National Tournament; the 1st Golf Team winning the Dainfern Schools Competition (for the third time in a row) and the Open Rowing Four who won their event at the SA Junior Rowing Championships. Well done to all the boys involved, their coaches, and their parents who provide support in many ways! These "firsts" represent hours of dedication and the whole College shares in the pride and joy of these "big" successes. Another huge success was the Rugby Festival, and I thank Ferdi Bezuidenhout and the Rugby Festival Committee for their organisation of this superb event. In Luke 12:48 NIV we are told that for those whom much is given, much is expected, and it is wonderful to see St John's as a community focus where so many people are involved in giving so much. A highlight of the festival was the excellent performance of our 1st Rugby Team who beat Maritzburg College 24 – 8.

The heartache we experience is connected with events outside the school, but which penetrate the heart of our community. The crime in South Africa has become a scourge and deeply affects us when our families are involved.

The good news regarding Julian Lap and his mom, Marilyn, is that Julian has made a full recovery and will be returning to school next term. Marilyn has also made remarkable progress. Yesterday she moved from the intensive care unit; she is off the ventilator, has spoken to Julian and others and has even taken some food. All these are good signs of recovery which is very encouraging. We praise God for His healing and we continue to pray for strength and healing for Julian and his mom.

Our new Chairman of Council, Mr Vuyo Kahla and I were privileged to attend the installation of the new Archbishop of Cape Town on Sunday 30 March. Archbishop Thabo Makgoba previously served on the St John's College Council as the Bishop's Representative, and his son, Nyakallo attended the Pre Prep. He challenged us to be men and women of peace:

"The world is full of change and challenge, and we cannot take refuge in "my church, my parish, my pew". From local community issues to questions about the global environment and our own carbon footprints, Christ calls us to join his Spirit-led mission of peace and reconciliation, of empowering and transforming grace.

This is what I pledge myself to pursue today. I believe myself called to 'sekgo sa metse': a vessel for peace with justice and reconciliation, and for cultivating a "yeast" for healing the bruised, crushed and broken in God's world.

"First, Jesus brought peace to those paralysed with fear behind locked doors. The world around knows such fear – from Zimbabwe to Darfur, from Iraq to Tibet. Yet from one end of Scripture to the other, God speaks this same message: "Do not fear." As Paul writes to Timothy: "God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline" (2 Tim 1:7).

So we dare to participate in the mission of God to the world, even as we recognise this is always a risky business. We are to usher in peace, and actively bring to bear the healing presence of the crucified and resurrected Christ across all the nations of our Province. He has a message of shalom

wholeness wherever there is conflict, fear, crime, ill-health, violence – especially against women and children – HIV and AIDS, landlessness, unemployment, under-development, poor educational provision, maternal deaths, impoverishment or any other burden of brokenness or oppression.

“And we dare to participate as we are – aware of our own inadequacies, frailties and weaknesses – because Jesus breathes the Holy Spirit of God into us, the living water that flows through all the baptized. This is the second important characteristic of God’s channel of mission.”

Jennifer Boulton Memorial Feast

This same theme of being men and women of peace was picked up at the Jennifer Boulton Memorial Feast on the 5th of April when we honoured several staff who have served St John’s for more than 15 years. This memorial feast was set up by Mr Noel Hobbs, OJ, in memory of his wife, Jennifer Boulton. The toast which was presented by Head of School, Lorne Hallendorff, was – *“To those who fight for peace”*. The following staff received long service awards:

Mick	Badham	College	40 years
Joy	De Souza	College	25 years
Julie	Rigby	Pre Prep School	25 years
William	Raphulu	College	25 years
Solly	Christian	Administration	20 years
David	Odgers	Preparatory School	20 years
Helen	Popplewell	Preparatory School	20 years
Susan	Estill	Pre Prep School	15 years
Kevin	Hawksworth	College	15 years
Lorraine	Tandy	College	15 years
Toni	Williams	Administration	15 years

We also said farewell to three members of staff:

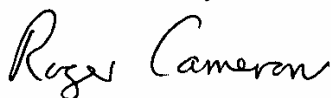
- Mr Solly Christian who has worked at St John’s as a Cabinet Maker/Carpenter for 20 years. Mr Cliff Midgley spoke about his service to St John’s mentioning that there was not a part of the school which had not benefited from his craftsmanship. The pews in the Crypt Chapel – the display cabinets in Darragh Hall and the Ronnie Grieveson Pavilion – the Church Notice Board and many other areas of repair and maintenance. He is a gentleman – gracious and gentle, and he is a superb craftsman. We thank him for his service and wish him all the best in this retirement.
- Mrs Janet Simmonds is also retiring after 12 years of service in the Prep as the Art teacher. Janet spoke about her 40 year association with St John’s College where she met her husband Frank, and started her family. Mr Mike Workman spoke of her contribution to the Prep and her ability to inspire all boys to be artists. She believed every boy was an artist and her annual art exhibitions were magnificent displays of colour and creativity. We thank her and wish her all the best in her retirement.
- Mrs Erika Lion-Cachet leaves as Director of the Foundation to take up a post as an Afrikaans teacher at St Andrew’s School for Girls. Her contribution to St John’s as an Afrikaans teacher; as Head of Life Orientation and Career Guidance and as Director of the Foundation has been immense. Mr Martin Huysamer spoke eloquently about her excellent organisational skills and her dedication and hard work for St John’s. We will miss her, but I am sure we will see much of her because her two sons and her husband remain at St John’s.

Finally let me wish all the boys and masters who are going on overseas tours these holidays all the very best. May you travel safely and have a superb experience. The 1st Team Rugby are going to Argentina; the 1st Hockey, Tennis and Squash are going to Australia and there are a group of boys travelling to Europe on an Art tour.

Included in the newsletter you will find a letter from all the Heads of the Gauteng Boys' Schools voicing their concern over the excessive consumption of alcohol by teenage boys and girls. Please take note of their recommendations.

I wish you a very happy holiday with much rest, and I thank the staff and the boys for all their hard work, passion and commitment this past term – enjoy the holidays.

Yours sincerely



Roger Cameron
Headmaster

Statement from the Heads of Gauteng Boys' High Schools on the issue of Alcohol and our children

We, the under-mentioned, wish to express our concern, both in our personal capacities and as Heads of the boys' schools in Gauteng, regarding the abuse of alcohol by teenagers in our society.

Essentially this concern revolves around three issues: - under age drinking; excessive drinking with the aim of becoming drunk i.e. binge drinking and the resultant anti-social and often violent behaviour.

We recognise that this has been a perennial problem but we sense that the situation in Gauteng is becoming worse, as children are exposed to alcohol at an increasingly young age. Children are increasingly at risk as new "cool drink-type" alcohol products come onto the market, as the implementation of the law becomes increasingly lax and as our society becomes more and more confused around this issue.

We also recognise that there is a wide range of opinion on the matter and, also, that teenagers are under tremendous peer pressure to participate in activities where the consumption of alcohol is encouraged, such as clubbing.

Schools can play an important educational and facilitative role in correcting this situation but it remains the primary responsibility of parents and guardians to protect and educate their children.

We would point out that recent medical research has highlighted the negative impact of alcohol on the developing teenage brain. This has further increased our concern.

We, therefore, urge the following:-

1. that parents, schools and teenagers themselves recognise the law and why it is there;
2. that the dangers of underage (i.e. illegal) alcohol consumption and abuse be recognised by all parties;
3. that all parties take this matter seriously;
4. that parents interact with each other and present a united front by drawing up a pact, or charter, in each school, facilitated by the school;
5. that, whilst we recognise the right of parents to raise and educate their own children in their own way, we remind parents that they do not have the right to impose those beliefs on other children: such as serving alcohol to other minors at parties, or taking groups of children to clubs where the alcohol laws are not enforced;
6. that each school, here undersigned, agrees to facilitate discussion in their own community, to provide information to parents and move towards a parents' pact or charter;
7. that there will be collaborative action between schools when incidents between pupils of different schools occur
8. that alcohol companies and related industries be contacted to help in this effort.

Yours sincerely

Roger Cameron

Mr P Edwards (Afrikaans Seuns Hoerskool), Mr J Connell (CBC Boksburg), Mr T Hamilton (St Alban's College), Mr A Dempsey (Jeppe Boys High School), Mr A Oosthuysen (St Benedict's College), Mr M Fennell (King Edward VII School), Mr M Williams (St David's Inanda), Mr T Clarke (Parktown Boys High School), Mr R Cameron (St John's College), Mr W Schroder (Pretoria Boys High School), Mr D Knowles (St Stithians Boys' College)

CONFIRMATION 2008

The following boys were Confirmed on Sunday 30 March 2008:

Max Alletzhauser	Nicholas Hock	James Nevin
Ben Baggott	Max Hubbe	Huw Newton-Hill
Matthew Becker	Michael Irvine	Andrew Nocton-Smith
Hein Bezuidenhout	Bryan Joubert	Thomas Padi
Bryan Blair	Reabetswe Khumbane	Andrew Petersen
Roland Claven	Matteo Kotch	Thato Pooe
Carl Coetzee	Jaco Kritzinger	Ian Potgieter
Ben Da Silva	Julian Lap	Barry Povey
Max de la Fargue	Justin Laurens	Matthew Pulford
Bevan Dell	Oliver Lawson-Turnbull	Jamil Randera-Rees
Caspar Durandt	Greg Laxton	Chris Roberts
Andrew Fisher	Ferdi Le Grange	Magnus Rowbotham
Richard Fisher	Simon Lee	Jerry Sam
Steffan Forbes	Brendon Levendig	Brent Streeter
Bennett Forsyth	Finn MacKinnon	Robert Stuart-Thompson
Leslie Frewen	William Marchant	Nicholas Surgey
Nicholas Gordon	Siyanda Mayekiso	John Tattersall
Timothy Griesel	Gareth Milasinovich	Ruan Van Zyl
Nicholas Hale	Tokollo Mokaba	Jonathan Van Der Bijl
Siphesihle Hato	Sam Mokgalong	James Verhagen
Jonathan Hawkins	Katlego Moanakoena	Edward Vincent
Chad Henson	Norman Morgan	Edmund Wessels
Nicholas Hale	Robert Morris	James Williamson
Nicholas Hobbs	Andrew Murray	Chris Wilton

**Cultural Awards
March 2008**

Music

Honours Jean-Emile Jammie
 Abel Selacoe

Colours Michael Channon
 Awadi Rathugamage
 Findlay Matheson

Debating

Honours Marc de Vos

Colours Lorne Hallendorff

Half-Colours Steven Gaywood
Richard Dunsford-White
Andrew Petersen
Morne Visser
James Williams
Shakeel Kalidas
Mohammad Laher
Awadi Rathugamage

Oratory

Colours Adam Earle

Half-Colours Nick Parkin

Colours Awards - Summer Sports 2008

BASKETBALL:

Present awards:

Team Blazer: Andrew Tainton Yale Nicholson Mpho Mutloane

The team played 16 games. Won 11, lost 5

New Awards:

Team Blazer: Kaigua Munyi
Sibusiso Matsini

Full Colours: Oscar Coombs

CRICKET:

Present awards:

Team Blazer: Jarryd Kuiper Thomas Savage

The team played 20 matches, Won 12, lost 4 & drew 4 - won the Johnnie Waite Competition.

New Awards:

Team Blazer: Brendan Pryke Jared Newton
Andrew Chouler

Full Colours: John Anderson Renand Pretorius
Michael Straker Murray Workman

Honours: Devon Conway Glen Huddy
Dmitri Ratnayake

GOLF:

League matches – Played 5 and won 5. Convincingly won the Dainfern tournament 3rd year in a row.

Team Blazer: Alan Collinge Antony De Gouveia

Colours: Stephen Wattrus Phillip-James Slabbert
William Whitecross Vincent Schaffler

Honours: Graham Van Der Merwe

ROWING:

Team Blazer:	Nicholas Sokolsky Danilo Queiros Andrew Badham	David Hunt Angus MacKinnon
Full Colours:	Jarred Clarke	
Honours:	Bradley Rautenbach Michael Meijers	Stephen Mattusheck Kyle Hank

SWIMMING:

Present awards:

Team Blazer:	Adam Szpytko Shaun Rudling	David Du Plessis
Honours:	St Elmo Wilken	

New Awards:

Colours:	Andrew Jones	Myles Woolford
Honours:	Kristopher Matulovich Kyle Duckitt	Brent Stevenson Matthew Grant

TENNIS:

Present awards:

Colours:	Ameesh Kalan
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New Awards:

Team Blazer:	Gregg Trollip	Nicholas Hill
Colours:	Alexander Welihockyj	

WATERPOLO:

Team results: played 28 games this season. Won 28

Present awards:

Team Blazer:	David Brooks
Honours:	Jonathan Hock

New Awards:

Team Blazer:	Nicholas Hock Anthony Szpytko Brett France	Jason Woods Ryan Sin
Full Colours:	Shaun Rudling Jason Mostert Adam Szpytko	Matthew Sully Trevor Neves
Honours:	Andrew Jones Andreas Pfeffer Myles Woolford	David Du Plessis Lorne Hallendorff

COMMUNICATION FROM SIYA

I am pleased to inform you that I have been admitted to Harvard University for the class of 2012.

This year was the most selective year of Harvard admissions in over 400 years of college admissions. A record number of 27 528 applied and only 1900 were accepted, with an admissions rate of 7.1 percent.



As competitive as the process was, St. John's provided me with the best preparation for Harvard. This was evident during an interview when a Harvard alumni, after hearing that I attended St John's, did not doubt my credentials and had an understanding of our outstanding reputation. The skills and values that I learned at the college will play a vital role in my success at Harvard and beyond. I will begin my studies there in September. I will also be cross-registering for courses at MIT, getting the best of both worlds.

I was also accepted into Stanford University, where there was also a record 25000 applicants. Only 2400 got accepted with an admissions rate of 9.8 percent, the lowest in the history of Stanford. I was also accepted into the University of Pennsylvania where they also had a record of 23000 applicants.

I will be forever grateful for the opportunity that St. John's has given me. I promise to keep you updated and I will do my best to be a good ambassador for St. John's at Harvard and MIT. I will never forget Lux, Vita, Caritas!

Thank you

Siya



ST JOHN'S COLLEGE

ST JOHN'S COLLEGE ACADEMY REPORT

6 February 2008

The St John's College Academy is for boys from disadvantaged backgrounds. These boys are in Grade 10 and attend nearby schools during school hours (Athlone Boys, St Enda's and Barnato Park). They attend the Academy every afternoon (Monday to Friday) during our school terms, during which they are given extra lessons in Mathematics, Science and English. They are provided with transport and lunch, and have been selected as they all:

1. have been identified as having an ability / potential to do well in Mathematics and Science
2. have a willingness to sacrifice time each afternoon to put them in a strong position to qualify to study top courses at universities
3. do not have the financial means to afford university courses or extra lessons without intervention.

Our hope is that with the extra help they are getting from the Academy they will excel in Mathematics, Science and English, and get good enough Matric results to qualify for courses such as engineering, medicine, law and accounting. They will attend the Academy from Grade 10 to Grade 12 (3 years), during which time we also hope to find sponsors or beneficiaries who will help them with university fees.

We also aim to help the boys outside of the curriculum. Activities will include the following:

- They will attend chapel services at St John's and have assemblies including Bible readings. Father Mike and Father Ian have agreed to assist with this.

- Outings including a weekend trip to Kloofwaters. Funds have been approved by the Foundation.
- A First Aid course, proposed by Sister Roos.
- A complete ICDL (computer) course after which they will write exams. Lorraine Tandy has agreed to help with logistics, and boys who pass will receive an ICDL certificate.
- A full assessment of their reading / comprehension / vocabulary skills by Sue De Witte. This has already been completed, with many boys having a reading age 2 to 3 years below their actual ages.
- Participation in major events at St John's such as the annual Prize Giving and Carol Service.

We are also issuing each boy with an Academy uniform – khaki trousers, black shoes, socks, belt, blue shirts, and Navy blazer with a St John's badge. Our Swop Shop lady (Rose Dryden) has been helpful in ordering these. Once the uniforms arrive, we will have an official Academy Opening Ceremony.

So far the boys have been very eager and have not missed any classes. They all have had an excellent attitude so far and have been a pleasure to work with. We started on 17 January, and boys are taught by Warwick Taylor and Craig Bosch (Science), Suzanne Mason and Vanessa Walker (English) and I teach the boys Mathematics. Each subject is allocated 3 lessons per week, as follows:

Day	Lesson 1	Lesson 2
Monday	Mathematics	Science
Tuesday	English	Mathematics
Wednesday	Science	English
Thursday	English	Science
Friday	Mathematics	Activity

The other aspect of my position is to source funding to maintain the financial viability of the Academy in the future. I have had offers from staff with marketing experience to assist in this regard. Once the Academy is running smoothly I plan to set up meetings with potential donors.

Thank you,

Simon Moore
Director St John's College Academy
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 Cell: 082 557 0800
 Email: moore@stjohnscollege.co.za

EXCHANGE EXPERIENCE

My exchange experience in Upper IV was – as the MasterCard advertisements say – priceless. The preparation, stress and costs may have been hefty, but in the end, this investment provided an incalculable return: a once-in-a lifetime experience.

Living the life of the “New Guy” was an intimidating situation which made me feel vulnerable, but this was necessary to learn the true meaning of tolerance and appreciation. Intimidation and vulnerability opened my eyes to a new point of view; one that is experienced by a person in and around unfamiliar environments and unfamiliar faces. With no option but to take a risk and take a step, I learned an appreciation of the fact that in my previous situation I had friends, family and a familiar country to fall back on. Furthermore I learned a tolerance and respect for others who have faced, or are facing, a similar situation.

Luckily for me this appreciation and tolerance already existed in a small school in Texas, USA, where I would soon become the first South African exchange student, or “the pioneer” – as they phrased it. St Mark's School of Texas (SMT) was home to some of the hospitality for which the Southern states have become legendary, and this hospitality was not only displayed by the polite staff and parents but by the students themselves. On my intimidating first day, I must have been greeted by every student in the Junior year (grade 11) and needless to say I had forgotten the majority of their names by lunch period. However, they appreciated my situation and bore with me as I learned their names and faces.

Due to this Texan hospitality I was able to experience even more of their way of life than I had expected from even past exchange students' stories of grandeur. My host family provided countless opportunities to shake important hands, see sports games and experience the “Truly Texan” way of

life. They – along with the SMT sports teams – even took my experience past the Texan border and into other parts of this gigantic country. This being said, I could not cover the complete “American” experience in five years, let alone five months!

My experience in Texas might be labelled as “studying abroad in America”, but I believe a more suitable label would be “life experience abroad – studying a foreign environment.” This experience has changed the way I think about life, others and myself. I know that it has affected my life and I hope that that can affect others around me.

Robert Passmore

Lower V – Hill House

ART

Congratulations to 2007 Leavers, Keegan Ziady, Myles Day and Dominic Gordon-Grant whose work was selected by the IEB examiners to be exhibited at the national IEB Conference Art Exhibition held on 23 February at Birchwood Conference Centre. Their works were extremely well received by all delegates, including art teachers from every IEB school in the country.

SACEE Debating Team for 2008

Marc de Vos
Lorne Hallendorff
Richard Dunsford-White
Steven Gaywood
Andy Petersen
Awadi Rathugamage
Sam Barton-Bridges

FIRST AID

Congratulations to the following pupils on qualifying as Level Three First Aiders.

Brian Joubert	- LIV	Zahra Sadruddin	- UVI
Stephan Zeller	- LIV	Aalyia Munshi	- UVI
Linda Krige	- UVI	Jarad Dusterwald	- UVI
Alice Marffy	- LVI	Terri-Ann Sawyer	- LVI
Kevin Gahan	- UVI	Jennifer Armstrong	- LVI
Nina Ainembabazi	- UVI	Brendan Gahan	- LVI
Samantha Botha	- LVI		

SPORTS NEWS

GOLF

Congratulations to Stephen Wattrus for winning the Royal Johannesburg and Kensington Junior Golf Club Championships. Stephen shot rounds of 69 and 69 to win by a substantial margin.

The St John's College A team of G van der Merwe, S Wattrus, V Schaffler and W Whitecross won the Dainfern Golf Championship by 10 shots. This is the third consecutive year that St John's has won this tournament. The B Team of A de Gouveia, PJ Slabbert, A Collinge and G van den Berg came 5th (out of 25 teams – mostly A teams). Graham van der Merwe came 3rd in the individual competition.

SWIMMING

Kris Matulovich was selected by Swimming South Africa to swim in 5 events at the *Samsung Grand Prix Series*, sponsored by Samsung to give S A Elite swimmers the opportunity to race against each other in preparation for the upcoming Olympic trials to be held in April. Only swimmers ranked in the top 8 in the country were selected. Kris came tie 1st in the 100m Butterfly event together with 24 year old George Durand, 2nd in the 100m freestyle, 3rd in the 50m butterfly, 4th in the 50m freestyle and 7th in 200m Individual Medley.

WATER POLO

SA Schools Inter-Provincial Tournament

Congratulations to the following boys who, together with over 1200 other competitors, were selected to participate in the biggest school tournament in the country from 2 to 5 December 2007 in Cape Town:

Gauteng U19A team

Jonathan Hock
Andre Lotz
Matthew Sully
Lorne Hallendorff
Chris Icely
David du Plessis

Gauteng U19B

Andreas Pfeffer
Myles Woolford
Trevor Neves
Adam Szpytko

Gauteng U16A

Shaun Rudling
Andrew Jones
Nick Hock
Anthony Szpytko
Ryan Sin

Gauteng U16B

Brett France
Jason Woods

Gauteng U14A

Murray Dryden
Travis Bradfield
James du Plessis
Michael Pfeffer
Lloyd van der Grient

Gauteng U14B

Simon Brookes
Andrew Forbes

Jonathan Hock (U5), Andrew Jones (L5) and David du Plessis (L5) are members of the OJ Eagles Water Polo Club that is currently leading the Inaugural Samsung National Water Polo League with a 100% success rate after the second leg in Durban (Friday 07 – Sunday 09 March 2008). David du Plessis scored two goals in the game vs KZN Provincial Senior Team on the Sunday and was named “Samsung Most Valuable Player”. This is an outstanding achievement for a 17-year old.

Well done to members of the OJ Eagles Water Polo Club. Jonathan Hock (U5), Andrew Jones (L5) and David du Plessis (L5) took part in the SA Water Polo Nationals held in Durban from 28-30 March 2008 and won the Currie Cup. This is OJ Eagles 5th Currie Cup gold medal in the past 6 years.

NUTRITIONAL STRATEGIES FOR RUGBY/HOCKEY

RECOMMENDATIONS FOR MATCH DAY

PRE-EVENT MEAL (\pm 4-5 hours before the match) AND TOP-UP MEAL (\pm 90 minutes before the match)

The goal of the pre-exercise meal is to ensure that you start training with adequate energy levels (both ATP and glycogen), without experiencing gastro-intestinal discomfort. There are a few scientifically based guidelines that the pre-event meal should preferably comply to. These are listed below.

The pre-event meal and supplements should contain:

- **adequate amounts of carbohydrates (slow and fast releasing carbohydrates)**
- **moderate amounts of protein**, at least 12,5-25g protein such as 4-8 tablespoons peanut butter/ 1-2 eggs/ 250-500ml yoghurt
- **small amount of fat**

It should also:

- contain no foods known to upset your system or that you are allergic to such as yoghurt (milk allergy).
- be moderate in fibre to prevent gastro-intestinal discomfort during the event such as gas forming vegetables e.g. cabbage

SAMPLE MENU

PRE-EVENT MEAL (\pm 5 hours before the match)

- Grilled chicken breast with mash potatoes OR Wrap with beef/ chicken strips and sweet Chilli sauce
- Fruit juice
- Fruit salad without cream/ custard/ ice cream

TOP-UP MEAL (\pm 90 minutes before the match)

- Muffins/ scones
- Lite margarine
- Jam
- Grated cheese
- Fruit e.g. bananas

BEFORE EVENT (\pm 30 minutes before the match)

200-500ml **OCTANE** – take a few sips every now and again

DURING THE MATCH

The guideline of intake during exercise is to provide the body with sustained energy, effective blood glucose control for optimal performance and to replace fluid and electrolytes lost during exercise. It is crucial to replenish fluids for optimal hydration and energy essential mental alertness and working muscles.

Fluid - Lost fluid (mainly through sweat-loss) must be replenished during exercise to ensure maintenance of optimal performance. Even a slight dehydration may be detrimental to performance. It is especially important in summer months, when competing in hot and humid circumstances where up to 3 litres sweat may be lost per hour of strenuous activity. The body best absorbs fluid when the solution is hypotonic or isotonic. These two terms refer to the osmolality of the sports drink which can be defined as the measure of the number of particles dissolved in a mass weight of fluid. A drink that has more or less the same osmolality as blood plasma is referred to as isotonic, and when it has a lower osmolality (more water) it is referred to as hypotonic. A **hypertonic** solution has a higher osmolality (less water) and may be dangerous to consume during training or a match, especially in the heat, as it can cause diarrhoea and dehydration.

Energy - The consumption of an effective energy source, i.e. carbohydrate, is crucial during long training sessions or a match. It becomes even more important at the end of the event when glycogen stores are also run down and the stress on the body is increased. If no external carbohydrate source is provided, the body will start breaking down muscle tissue first to provide in the energy demands placed upon it. To prevent this from happening it is recommended that you use a scientifically formulated sports drink such as **OCTANE** to provide a unique carbohydrate combination with electrolytes, vitamins and minerals, as well as a small amount of protein. The **protein peptides** in **OCTANE** is scientifically proven to have an insulinotropic effect (help stabilise blood sugar levels), assist in the repair of muscle fibres and to facilitates faster fuel absorption across the lining of the gut.

PVM RECOMMENDATION

500ml OCTANE /hour, take a few sips every 15-20 minutes.

POST-EVENT INTAKE

Post-exercise goals aims for effective recovery of muscle and liver glycogen stores and repair muscle tissue. Intakes during and after exercise will also provide the body with water and electrolytes lost during exercise.

PVM RECOMMENDATION

<u>DIRECTLY AFTER THE MATCH (within 15-20 minutes)</u>

1 portion IGNITE

<u>AN HOUR AFTER THE MATCH</u>

2 portions FUSION DRINK

If a regular meal time (lunch/ supper) follows after the hour recovery time, FUSION DRINK can be taken with that meal.

<u>JUST BEFORE BEDTIME</u>

1 portion PROTEIN BLAST

INTAKE OF ALCOHOL

Alcohol should not be consumed just prior to or during a match/serious training session (including the night before) – it may cause dehydration, poor fuel stores and impaired skills during play. It acts as a diuretic and may indirectly interfere with your ability or interest to achieve the recommended amounts of carbohydrate required for optimal glycogen restoration. The injured rugby/hockey player, especially with soft tissue injuries or bruises, should prevent alcohol intake for at least 24 hours after an event, as it may cause extra swelling and bleeding, delaying recovery, and in some cases even exacerbating the extent of the damage.

Robin van Ginkel
Sports Officer



St Mary's School

Waverley

Founded 1888

31 March 2008

Mr R Cameron
St John's College
St David Road
Houghton
2198

Dear Roger

As you may be aware, St Mary's staged a very successful and moving production of "The Sound of Music". In a world that is rather volatile and uncertain at the moment, it was very special to present a play with uncomplicated morals, uplifting songs and wholesome ideals.

The success of the play would have been impossible without the contribution from Philip Salter, who played Captain Georg von Trapp and Kendrick Walsh, as Ralph. Throughout the preparations, rehearsals and final production both young men conducted themselves superbly. Besides their incredible talent and beautiful voices they were unfailingly polite and supportive. They were a credit to St John's College in every way.

Thank you for letting them participate: they did you, their parents and the College proud and they reminded me why I love St John's so much and that it is a place that breeds young men of sound character.

Sincerely

Meg Fargher
Headmistress

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St Mary's School - Directors

Mr ND Carman (Chairman) The Rt. Rev Brian Germond - Bishop of Johannesburg Ms C Majola (Alternate)
Rev RJ Bailey Prof N Binedell Mrs T Chaane Dr G Codrington Mr R Dow Dr A Jammie Mrs RJ Janisch Mr C Jiyane
Principal - Mrs M Fargher BA (Hons) MA (Wits) H Dip Ed (PG)
Reg No 1925/008073/08

