

## RIETVLEI SOCCER SCHOOL NEWSLETTER–NOVEMBER/DECEMBER 2018

We are excited to share all Rietvlei Soccer School events, plans, dreams and goals with you in our 6<sup>th</sup> Edition of the Rietvlei Soccer School Newsletter!



**RSS would like to wish the following boys a HAPPY BIRTHDAY for November and December:**

2 Nov Corbyn Mcphail  
3 Nov Aryn Dagleish  
4 Nov Ndyabo Majola  
9 Nov Logan Cowley  
13 Nov Kiaan Govender  
17 Nov Kayden Scott-Turner  
18 Nov Kian Owgan  
23 Nov Wade Eastmure  
25 Nov Siso-Isipho Siko  
1 Dec Dylan Oosthuizen  
5 Dec Katlego Molawa  
11 Dec Aybonga Nkosi  
11 Dec David Mendes  
17 Dec Azaad Khan  
19 Dec Mason Smiles  
22 Dec Oratile Molefe  
23 Dec Rotondwa Ramokyopa  
28 Dec Shriya Ramasamy

### SOCCER BIRTHDAY PARTIES

**Book your Kids Birthday Parties with us!**

The Soccer Party includes fun soccer games, ball activities and mini-matches.

**Book with Coach Lyle – 061 486 2299.**

**BOOK YOUR SOCCER PARTY!**

SOCCER FUN @ RIETVLEI SOCCER ASTRO FIELDS

KIDDIES PARTIES | SCHOOL PARTIES | FUNDRAISERS

**Book your kids Soccer Party at Rietvlei Soccer Astro Fields.**

**Party includes:**  
Soccer Coach  
Fun Soccer Games  
Fun Ball Activities  
Fun Mini-matches  
Jungle Gym  
Jumping Castle  
Self-Catering Table provided

Bubble Soccer can be arranged at an extra cost.

**FUN YOUTH TOURNANMENT – Thank you to everyone who participated in the Rietvlei OLA Youth Futsal Tournament on Sat 20 October 2018. All players enjoyed the football festival!**





**RSS KIDS HOLIDAY CAMPOS**  
**Thurs 13 & Fri 14 December 2018**  
**Book your space with coach Lyle.**



# Holiday Campos

**Thurs 13 & Fri 14 December 2018**

Rietvlei Soccer School Campo is a fun-filled holiday programme, where each child can enhance their skills, make new friends and simply ENJOY the holiday break.

**Boys and girls ages 5 to 14 years welcome**

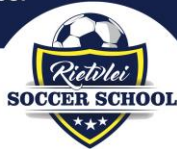
**REGISTRATION** Drop off anytime from 7am

**CAMPO KICKOFF** from 8am - 12noon

**Cost is R200 for both days or R120 per day**

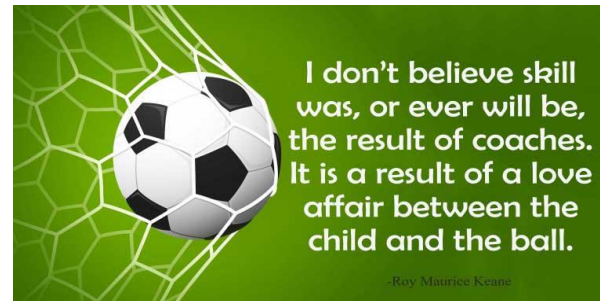
Campo includes: Soccer fun, nature walks, edu-talks, mini zipline, pony rides, tractor rides, garden games and quiz games.

**BOOK YOUR PLACE NOW**  
**Coach Lyle - 061 486 2299**  
**www.rietvleifarm.co.za**



## RIETVLEI YOUTH FUTSAL LEAGUE has started!

All players are having fun every Saturday. We encourage good sportsmanship and we will continue to help the players improve their soccer skills to play a better game of football!



### WORDS FROM HEAD COACH LYLE BENNETT:

This month we are going to talk about the importance of nutrition. The demands of the modern game have dramatically increased over the past few years and when we observe the professional leagues around the world we are seeing the rate of intensity increasing week by week. **What does this mean for the individual player?** We can confidently say that for the individual to be selected for the weekend match, he/she has maintained a peak level of fitness all year-round. It is vital for youth football players to adopt a healthy lifestyle from as early as possible, the parent plays a major role in the daily food preparation and choice of hydration (liquid) during a player's development. It is easy to fall into the trap of "bad" eating habits, because it takes less time to prepare and, well, it tastes delicious. However, it is much more difficult to break the "bad" eating habits once they have been instilled into the player.

#### Coach's Tip:

1. Decrease the intake of Sugar
2. Eat a healthy breakfast
3. Snack on healthy fats, such as, nuts, (Almonds, Macadamia, Brazil)
4. Do not eat after the sun has gone down (Research Circadian Clock)
5. Drink lots of water (depending on your daily activity level)
6. Stay physically active (Do NOT sit in front of electronic devices)
7. Develop a daily routine that you can stick to and be consistent with it

Yours in Football, Coach Lyle Bennett

### WORDS FROM OWNERS – SHAWN & TONI MACKRELL:

Rietvlei Soccer School has grown in 2018! We are so excited that our players are now participating and testing their soccer skills in the fun futsal tournaments and youth leagues. **We are looking forward to the End-of-year Youth Tournament followed by a social braai and prize-giving – please save the date - on Sat 15 December 2018!**

**We are closing from Tuesday 18<sup>th</sup> December 2018 and re-open on Saturday 6<sup>th</sup> January 2019.**

We want to thank you and your children for participating in Rietvlei Soccer School this year and we thank our soccer coaches for their hard work and commitment to your children this year. We look forward to seeing you again in the New Year.

**We wish you all a safe and happy holiday and Merry Christmas!**

**For more information, please do not hesitate to contact head coach Lyle Bennett on 061 486 2299.**

### Positively developing youth football!

RIETVLEI SOCCER SCHOOL (PTY) LTD – 2016/229187/07

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Contact Head Coach: Lyle Bennett - 061 486 2299 - lyle@rietvleisoccer.co.za

**Rietvlei Soccer School is proudly located at Rietvlei Soccer Astro Fields - Directions: [www.rietvleifarm.co.za](http://www.rietvleifarm.co.za)**

