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## Re: Amabutho Jumpers January News Letter

We as Amabutho jumpers would love to greet and welcome all of our Members, Fans, Followers and everyone in the year 2012. As one of our strategies to keep you all informed of what has been happening and what will be coming up on the next coming days we decided to introduce a monthly News Letter this year onwards.

January has come and is gone with AJs busy up and down and all activities happening left right and centre not many activities took place in January as most of us were Just coming back from the beautiful Holidays we had and just starting to grasp that it is action time again!!!!!!!!!!!!

AJs began with lessons as normal on the 6 January 2012 before even the Schools were open we had our ropes turning already at our main club in Clermont with the jumpers getting rid of all the fat from the December Holidays goodies and preparing for the year ahead.

On 13 -15 January 2012 two of our junior Jumpers (Lindani Mkhonza & Abongile Luthuli) and two of our Coaches (Sandile Sihle Hlophe & Sandile Ntombela) were part of the South African Gymnastics Federation Rope Skipping junior Squad that went to the High Performance Centre for testing at University of Pretoria. This testing was a great success and great benefit to both the Jumpers and the coaches to which we as AJs are thankful for to SAGF & SRSA who sponsored the Testing. This is an ongoing Process as SAGF and SRSA want to ensure that the Jumpers on the Squad are given the best possible Scientific and Physical Training to prepare them for the World events. A video of this testing and more photos are available on our Website and face book page.



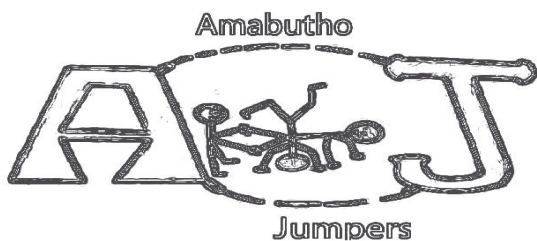
AJ Sandile teaching a Tuck back



AJ Sandile Hlophe teaching Skills



AJs flying back home to Durban, Left AJ Sandile and on the end right AJ Lindani



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On 27 -29 January 2012 two of our Coaches (Sandile Ntombela & Sihle Hlophe) attended the SAGF Future Leaders training camp which was held in Durban to which Sandile Ntombela is a program Leader. This was also very beneficial to Sihle Hlophe and other 7 Coaches from other Provinces of South Africa as they learned lots of skills from admin basic live Skill. The Programme was initiated by Sandile Ntombela and SAGF international Rope Skipping consultant from Belgium Maarten Goedeme with Sandile Ntombela remaining the Leader of the Programme. To read more on this you can go to the SAGF website and read the Article there [www.sagf.co.za](http://www.sagf.co.za) , and a video and photos will be made available on the website of AJs.



1. AJ Hlophe writing in green pants



2. AJ hlophe doing reverse tuck with a rope on a tree



3. AJ Sandile doing an AS

That about what we have been up to on the month of January.

**Up Coming Activities for AJ:**

- AJs will be introducing Rope Skipping to School starting this the upcoming first Friday of the Month **03 February 2012** we going to Inanda Township to introduce RS at a School there.
- 4 February 2012 AJs will be attending an SAGF choreography Worksop hosted By KZN Gymnastics Union at Dokkies
- 17 – 25 February 2012 AJ Sandile Ntombela our Senior Coach will be part of the group that will be doing a Follow up in Ethiopia Addis Ababa and other regions in the country on a Project that we started last year with jump for Life organisation from Belgium.

That we have been up to last month and about to undertake this starting month we wish you well this month enjoy life and jump rope.

Regards

Sandile Ntombela

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**Amabutho Jumpers Manager**