



PARENTS IN SPORT

I would like to bring to your attention some advice that has been given by Bob Campbell in an article he wrote entitled "How to treat your Superstar". I really do believe that many, if not all, his points are very relevant.

Parents are a most important factor in the development of their child's extramural activities. Parental support, however, does not mean *parental pressure* and the first thing that parents must realize is that their support can be *constructive or destructive*.

Very few, if any, parents really mean to be destructive, it more often than not comes about through a misguided knowledge of what is best for your child. Parents invariably want the best for their child, but so too does the coach, the school and everyone else involved in the sport.

What parents should NOT do

1. *Don't overemphasize winning*

This is probably the cardinal sporting fault by the parents because of today's highly competitive world. Winners comprise a very small percentage of the sporting population and there is an unfortunate tendency to classify sports people as winners or losers. Every child can be a winner in some way or another through the many additional values that a sporting experience can offer. These would include the joy of accepting and welcoming challenges, respect for self/others, and self-confidence derived from self-discipline.

2. *Don't become too emotionally involved in your child's sport*

There will always be some emotional involvement, but it should be controlled and not openly displayed. If parents expect their child to behave in a mature fashion, they must not display "childlike" behaviour themselves. The parent becomes overly emotionally involved when their child has become an extension of their ego. Their sporting career eventually revolves around keeping up with the "sporting Jones's".

3. *Don't make a public spectacle of yourself at competitions*

Some of the best known acts of compulsive misbehaviour include:

- Running up and down the sidelines of the competition area shouting advice and successfully annoying team players, coaches and other spectators
- Sitting in the stands and out-screaming all in a 'foghorn' like voice
- Running onto the field to debate a decision given against 'you know who'
- Berating your child in front of parents and coaches after he/she failed to perform well or win – regardless of the fact that he/she tried his/her best or that the opponents were obviously superior
- Openly criticizing the umpire or referee

4. *Don't expect your child to take the sport as seriously as you do.*

Most school children want a chance to measure themselves as individuals without being over pressurized by the parents, the coach or anyone else involved. They also want to be challenged by meaningful yet realistic goals. They want to have fun and enjoy their sporting experience. They want to experience friendship and team spirit from the social interaction resulting from their sporting experience.

5. *Don't develop unrealistic expectations of your child's ability or potential*

Be guided by the coach and master in charge. Many parents tend to overlook very obvious facts when it comes to looking at their own child. They see a natural talent which no one else sees and which isn't there.

6. *Don't live through your child or relive your sporting frustrations of earlier years*

Parents who were very keen on a certain sport in their younger days, but either never had the opportunity to receive good coaching, or never had the talent to succeed, often want their child to turn their unfilled hopes into reality. Be sure that your child is involved in the sport because he/she wants to and not because you want him/her to. When a child feels that he/she cannot achieve what his/her parents want, resentment and frustration often become the end result.

7. *Don't show any negative reactions to a poor performance, and any disappointment the parent feels, should be well hidden*

Leave the evaluation to the coach. That is his or her field. Nagging and other forms of criticism from the parents can never achieve any positive results. It can however create a 'fear of failure' because of anticipated disapproval.

8. *Don't move into the world of the coach*

Any intrusion by a parent into the coach/athlete relationship, is destroying to their relationship of confidence. Parents must not **criticize the coach in front of their child** or offer any conflicting advice, which counteracts what the coach is teaching. Children look to their parents for support and understanding and not so much for advice on technique or tactics. Parents should not expect the perfect coach, and no single coach is completely effective with all in his charge. If you cannot agree with the coach and his methods, talk privately with him/her.

What Parents SHOULD DO

1. *Do know why your child is participating in the sport and what he thinks and feels about everything connected with the sport*

Each individual boy/girl may have completely different reasons for competing. Many want to participate, but do not want to be involved in high-pressure competition. Many have little or no ambition. As they grow older and mature in age and experience they develop more definite aims and objectives. To excel at sport becomes a status symbol, which lifts them into the limelight. This can be a strong motivating factor.

2. Do question *your* involvement and the depth and intensity of it

All parents should be involved but in a way that is best for all concerned. For example – making sure that your child is aware of what is expected of him by the school. This would include observing the dress regulations and having the correct kit; attending all practices; informing his Housemaster if sick or off-sport, adopting the accepted ‘norms’ of sporting behaviour, showing the correct team spirit, handling losing and winning in the best manner. Good sportsmanship and a sense of fair play are still what it is all about and it is the duty of both the parents and the school to demonstrate this to your child by example.

3. Do change places with your child and think how you would act and react if you were in his situation

It will then become more obvious what your child needs from you. He/She would like you:

- a) To be involved in a ‘low key’ way, without creating undue pressure on him/her to “win-win-win”
- b) To give support and encouragement especially during his/her ‘down’ periods, such as being dropped from a team or being out of form
- c) To recognize and appreciate his/her efforts and sacrifices
- d) To accept and understand his/her accomplishments
- e) To look for things to praise, other than results

4. Do prepare for setbacks

Appreciate that loss of form is inevitable at some stage. This can be caused by parental overpressure to continually improve, lack of attention from the coach, interpersonal problems within the team or just plain mental weariness. Any of these will cause a lack of motivation. You can assist the coach by reassuring your child that progress is only around the corner. By emphasizing and showing a belief and faith that better things will come, you can provide the temporary crutch that your child needs for that moment to lean on.

5. Do see that your child has a full medical and dental check-up before the start of the season

These check-ups are essential and more often than not overlooked by parents and coach. Fitness and conditioning is a prerequisite for the sportsman. Insist on fitness even if your child is a social sportsman/sportswoman. Inactivity is fast becoming a serious illness in this modern age.

6. Do appreciate the many additional benefits that sport can provide

If all concerned play their part, sport can, amongst other things:

- Help him/her to use up some of his/ her surplus energy
- Teach him/her to compete and to handle success and failure
- Teach him/her loyalty to a team and dedication to a common cause
- Teach him/her self-reliance and to make sudden decisions and to accept the responsibilities for them
- Help him/her improve his self-image and self-esteem

There are many other points which could be added to these.

In conclusion:

The only thing that children have in common is that they are all different. Each child needs to be allowed to choose the level at which he/she wants to compete and the intensity of his/her involvement. He/She should also be allowed to choose **not to compete** and should not be coerced or intimidated into competing by his/her parents. “Pushy” parents, who exert overwhelming pressure on their child to win, can do a great deal of harm and often permanent damage. Positive parents, on the other hand, can guide their child through an experience unequalled in any other sphere of life. Sport teaches the children to know themselves and the real competition in life is with oneself.



Mauritz de Vries
Principal



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LEARNER ACHIEVEMENTS / LEERDERPRESTASIES

*If not a school event, official results must be emailed to wendy@sunridge.co.za within one week of the event.
Indien nie 'n skoolaktiwiteit nie, moet uitslae binne een week na wendy@sunridge.co.za gestuur word.*

INDOOR CRICKET: The following boys represented EP at the Inter Provincial Championships in Pretoria: **Ethan van Rooyen** (vice - captain u/10 Warriors), **Roché Kapp and Jeandré Hattingh** (u/12 Warriors - 3rd overall), **Zac Zietsman** (captain u/12 Jumbos), **Dewan Wessels** (vice - captain u/12 Jumbos), **Kyle Callaghan** (u/12 Warriors), **Jaden Landman** (captain u/14 Jumbos), **Robert Capes** (u/14 Jumbos) and **Jude Botha** (u/14 Elephants).

EQUESTRIAN: Results from the Qualifier 3 Sanesa Western Mounted Games - **Mia Ferreira** attained first place in Figure 8 Flags, Poles 2, Speedball, Big T and Speedbarrels as well as overall 1st in Level 0 lead rein 10 & under. **Hayley Ferreira** attained the following places - 1st Speedball, 2nd Figure 8 Flags and 3rd Poles 2 as well as overall 2nd place Level 0 10 & over off lead.



Music Open Evening

Date: 24 April 2018

Time: 18:30

Entrance: Free

All parents and family members are welcome to come and join in our fun music evening. Parents will also receive information about the music department.



PRICE LIST - match clothes

RUGBY JERSEYS	R365 (71—102)/ R370 (107)
GIRLS TOPS	R240
GIRLS SKIRTS	R215
COMPLETE SET	R430
BOYS SHIRTS	R255
BOYS SHORTS	R215
COMPLETE SET	R450



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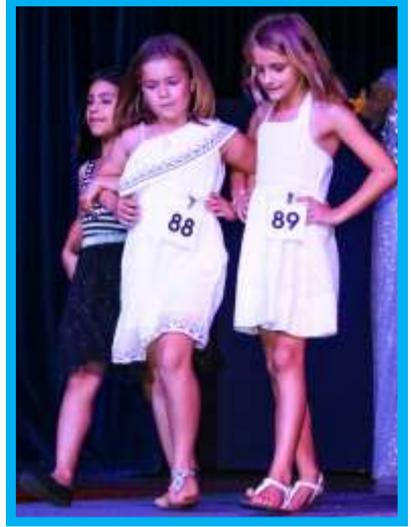
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PHOTO GALLERY / FOTOGALERI



Mr & Miss Sunshine Junior



SPORT RESULTS / UITSLAE



NETBALL			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A			
U/13B			
U/12A			
U/12B			
U/11A			
U/11B			
U/10A			
U/10B			
U/9A			
U/9B			
U/8A			
U/8B			

RUGBY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	LORRAINE	45 - 0	DAYLON MYNERS
CLARENDON PARK U/11 FESTIVAL			
U/11A	OAKHILL	40 - 0	KADIN KRETZMANN
U/11A	LILLYFONTEIN	28 - 0	DU PREEZ VERMAAK
U/11A	CAMBRIDGE	3 - 0	BRIAN CAPES



SPORT RESULTS / UITSLAE

SEUNSHOKKIE			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/14A			
O/11A			
O/11B			
O/9A			
O/9B			
O/9C			



MEISIESHOKKIE			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/14A			
O/14B			
O/14C			
O/11A			
O/10A			
O/10B			
O/9A			
O/9B			
O/9C			



SPORT FIXTURES / WEDSTRYDDATUMS
DATE/DATUM: 23 - 28 APRIL 2018

<i>MAANDAG</i>	<p>NETBALL: u/12A & B - VERKENNER (HOME) u/13A & B - VERKENNER (AWAY) u/8A & B - VERKENNER (HOME)</p>
<i>TUESDAY</i>	<p>MINI HOCKEY: GIRLS u/9A & B - u/9C u/10A & B - BOYS: u/9A & B u/9C - TENNIS: 1ST - 2ND - THIRD -</p>
<i>WOENSDAG</i>	<p>RUGBY u/9A - LORRAINE (AWAY) u/9B - GREY C (HOME) u/9C - u/11A - LORRAINE (HOME) u/11B - GREY C (HOME) u/11C - CLARENDON PARK (AWAY) u/13A u/13B - GREY C (HOME) u/13C - LORRAINE (AWAY) u/13D - BYE MEISIESHOKKIE: o/11A - o/14A - o/14B -</p>
<i>THURSDAY</i>	<p>NETBALL: u/9A & B - VERKENNER (AWAY) u/10A & B - VERKENNER (HOME) u/11A & B - VERKENNER (AWAY) HOCKEY: GIRLS HOCKEY TRIALS @ COLLEGIATE (16:15) WILDEKLAWER (KIMBERLEY) - U/13A RUGBY & NETBALL</p>
<i>VRYDAG</i>	<p>SEUNSHOKKIE: o/14A o/14B o/11A</p> <div style="border: 2px solid red; padding: 5px; text-align: center; color: red; font-weight: bold;"> PUBLIC HOLIDAY / VAKANSIEDAG </div> <p>WILDEKLAWER (KIMBERLEY) - O/13A RUGBY & NETBALL</p>
<i>SATURDAY</i>	<p>WILDEKLAWER (KIMBERLEY) - U/13A RUGBY & NETBALL</p>





JUNIE 2018 EKSAMENROOSTER

Datum	Graad 4	Graad 5	Graad 6	Graad 7
Woensdag 23 Mei	English Written Work	English Written Work	English Written Work	English Written Work
Donderdag 24 Mei	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk
Dinsdag 29 Mei	English Language	English Language	English Language	English Language
Woensdag 30 Mei	Wiskunde	Wiskunde	Wiskunde	Wiskunde
Donderdag 31 Mei	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal
Vrydag 1 Junie	SW Geskiedenis	SW Geskiedenis	SW Geskiedenis	EBW English Comprehension
Maandag 4 Junie	NW/Tegnologie	NW/Tegnologie	NW/Tegnologie	SW Geskiedenis
Dinsdag 5 Junie	SW Aardrykskunde	SW Aardrykskunde	SW Aardrykskunde	SW Aardrykskunde
Woensdag 6 Junie	English Comprehension	English Comprehension	English Comprehension	Natuurwetenskappe
Donderdag 7 Junie	PSW	PSW	PSW	Tegnologie Kreatiewe kunste
Vrydag 8 Junie	Afrikaans Begrip	Afrikaans Begrip	Afrikaans Begrip	LO Afrikaans Begrip

‘n Sterk, positiewe
selfbeeld is die
beste moontlike
voorbereiding
vir sukses.



JUNE 2018 EXAMINATION TIME TABLE

Date	Grade 4	Grade 5	Grade 6	Grade 7
Wednesday 23 May	English Written Work	English Written Work	English Written Work	English Written Work
Thursday 24 May	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk
Tuesday 29 May	English Language	English Language	English Language	English Language
Wednesday 30 May	Mathematics	Mathematics	Mathematics	Mathematics
Thursday 31 May	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal
Friday 1 June	SS History	SS History	SS History	EMS English Comprehension
Monday 4 June	NS/Technology	NS/Technology	NS/Technology	SS History
Tuesday 5 June	SS Geography	SS Geography	SS Geography	SS Geography
Wednesday 6 June	English Comprehension	English Comprehension	English Comprehension	Natural Sciences
Thursday 7 June	PSW	PSW	PSW	Technology Creative Arts
Friday 8 June	Afrikaans Begrip	Afrikaans Begrip	Afrikaans Begrip	LO Afrikaans Begrip

**A strong, positive
self-image is the
best possible
preparation
for success.**

PER PILLAR ~ R1,000.00 ~ PER PILAAR

Our aim : 200 pillars!

Ons doelwit : 200 pilare!

GRADE 1 CORNFORTH 2017	HEUGH FAMILY ANDREW & JASON	HOLLY & CLAIRE SUTTON	JOSHUA CHOWLES SHAUN FORD	NELL FAMILIE DéAN & LEAH	SMAILES FAMILY CHRISTOPHER & STEVEN
GRADE 3 VD MESCHT CLASS OF 2017	GRADE 3 HUGO CLASS OF 2016	ALCOCK FAMILY LAUREN & JAIME	JUFFROU SAAYMAN SE GRAAD 1 KLAS 2014	GR 7 2012 PETERS, SNYMAN, GROVES, POTGIETER, FRIEND, WILLIAMS & FERREIRA	GR 6 2012: ANTONIOTTI, NEETHLING, LANGENHOVEN, VOSLOO & POTGIETER
GRADE 7 BRADSHAW CLASS OF 2017	THE ELLIOTT FAMILY KEEGAN AND ANDI	LIZE-Mé OTTO HOOFDOGTER 2015	DIVAN & IZAAN LAMPRECHT	TAIT GESIN STEPHEN & MEGAN	U/11A RUGBY 2012 COACHES N SNYMAN & C DE BEER
GRADE 4 SMITH CLASS OF 2017	HARRIS FAMILY DAVID & JUDY	OTTO GESIN LIZE-Mé, MILLA & THERESE	KLAAS FAMILY HLUMELO DEPUTY HEADBOY 2014	STRYDOM FAMILY MEGAN & MINKE	STOCK FAMILY CANDICE & NICOLA
JUDE ERASMUS HEAD BOY 2017 SUNRIDGE 50TH	HARRIS FAMILY CHELSEA	INCKE VAN DER WATT	GREYLING FAMILIE JEAN-PIERRE & SHANELL	SLABBERT FAMILY JORDYN-LEE GR 7 2012	IN MEMORY OF MR R CLOTZ GR 7 2012
COETZER FAMILIE MILA & ZANIKE	HARRIS FAMILY LEXI	STAPELBERG FAMILY	LUKE WILSON GRADE 7 - 2014	SLABBERT FAMILY GABRIEL GR 3 2014	WARD FAMILY MATTHEW
Karlle Janse van Rensburg Graad 1 2017	HARRIS FAMILY AYVA	STAPELBERG FAMILY	THE TALBOT FAMILY THABISO - GR 5R	GELDENHUYS GESIN LIANCA & CHANTé	VAN HUYSTEEN FAMILY TYLA & KEEGAN
MRS HUGO CLASS OF 2017	GRAAD 7 HATTINGH 2016	STAPELBERG FAMILY	TER HERINNERING AAN SARIE MARAIS	RETIEF GESIN ANé & LIZE	MEGHAN WILLIAMS
SIMON GREYLING HOOFSEUN 2018	HEATHER GESIN LIZE	STAPELBERG FAMILY	TER HERINNERING AAN HENRY VAN HEERDEN	KLEINHANS GESIN LARA	HOFFMANN FAMILY KAYLA
CHLOé CRITCHLOW HEAD GIRL 2018	COETZER FAMILY LUKE AND JESSICA	STAPELBERG FAMILY	MRS RICHARDSON GR 2 CLASS OF 2015	ROYLE FAMILY JORDAN, DAMON & ASHTON	IBHAYI WINDSCREEN SERVICES

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