

PROGRAM

SASHOC NATIONAL u/18 HOCKEY IPT



16 June - 21 June
BLOEMFONTEIN

2024



SA SCHOOLS HOCKEY

CONTENT

Click on the page number to be redirected
to the correct page.

Content	<u>2</u>
Official Welcome letter from SASHOC	<u>3</u>
Official Welcome letter from Southern Free State Hockey	<u>4</u>
Tournament Information	<u>5</u>
Fixtures Boys	<u>6</u>
Fixtures Girls	<u>7</u>
Accommodation	<u>8</u>
Meal Schedule & Laundry Info	<u>9</u>
Officials & Emergency List	<u>10</u>
Bus Schedules (Umpires)	<u>11</u>
Trompie Workshop Invitation	<u>12</u>
SASHOC HP Camps	<u>13</u>
Rules & Astro Practice Slots	<u>13</u>
Photo Order Form	<u>14</u>
Ice Baths & Live Streaming	<u>15</u>
Map of Bloemfontein	<u>16</u>
Sponsors	<u>17</u>

Dear Hockeyites,

On behalf of the Free State Schools and the local organizing committee, it is my pleasure to welcome you all to the SASHOC National Hockey events for 2024. We are delighted to have you here, including the players, officials, parents, and sponsors. It's an honor to have such a talented and dedicated group of people gathered in the "City of Roses" to witness and celebrate the sport of hockey.

First of all, I want to congratulate all the players who have worked so hard to get here. You have dedicated your time, energy, and passion to hockey, and we are all excited to see you showcase your skills on the field. We wish you the best of luck and hope you enjoy the experience.

I also want to extend my warmest welcome to all the officials who have joined us for these events. Your dedication to hockey is commendable, and we appreciate your efforts. We wish you the best of luck as well.

I would also like to take a moment to recognize and thank the parents who have supported the players throughout their hockey journey.

Our gratitude goes to the Free State Schools Hockey and its local organizing committee for the incredible work done to organize these events over the next three weeks. We will also be entertained by our selected SA U18 Boys and Girls during our stay in Bloemfontein.

Last but not least, I want to thank our hosting schools, university, and sponsors who have generously supported these events. Your contributions have made this event a reality, and we are grateful for your commitment to hockey. Over the next few days, we will witness the best hockey talent in the country, and I am confident that the players will put on a great show for all of us.

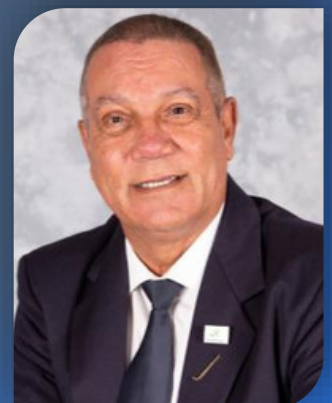
Let's make sure we cheer them on and encourage them to play their best. I hope everyone here has a wonderful time and creates memories that will be cherished for years to come.

Once again, welcome to the National Hockey events for 2024.
Let's make it a great experience.

I thank you.

Wendell Domingo
Chairperson (SASHOC)

"Hockey is more than a sport played at school –it is a sport that creates fellowship for life –teaching our children the spirit of comradery, passion and performance –It is a sport that is played for life. The lessons learnt at school will be carried forward into the future."





Welcome back,
participants of the National Hockey IPTs!

It's with great enthusiasm that we greet you for the second time, eager to witness your incredible skills and sportsmanship. As we embark on this journey together once more, let's strive to surpass our previous efforts and make 2024 a year of remarkable achievements and unforgettable moments on and off the field.

A heartfelt thank you to the committee for their unwavering dedication and hard work in making this event possible. Your commitment ensures that this tournament continues to thrive and inspire players and fans alike.

Let's give it our all, as we aim for the ultimate goal. Good luck to all teams!

Yours in hockey

Louise van der Merwe
Chairperson (SFS Schools' Hockey Association)





TOURNAMENT INFORMATION

DATES & VENUES

u/18 Boys & Girls:

Arrival Date	Saturday, 15 June 2024	
Registration	15 June 2024 from 12:00 - 16:00	Eunice Primary School
Photographs	15 June 2024 from 11:00 - 17:00	Eunice High Assembly Hall
Tournament A Section	Sunday, 16 June until Friday, 21 June	UFS Astro
Tournament B Section	Sunday, 16 June until Friday, 21 June	Boys - Grey College Girls - Eunice High

Important Meetings

Managers (Girls)	Saturday, 15 June 2024	17:45	G6, G7, G8, G9 Classrooms (Across mini Tennis Courts)
Managers (Boys)	Saturday, 15 June 2024	17:45	
Umpires	Saturday, 15 June 2024	16:45	

Functions

Opening Ceremony	Saturday, 15 June 2024	19:00 - 21:00	Grey College Primary School Eeufees Hall
Cocktail function for Officials, Dept of Education, Principals & Sponsors	Saturday, 15 June 2024	20:00	Grey College Pavillion
Closing Cermony	Friday, 21 June 2024	13:30	UFS Astro

FIXTURES

U18 BOYS

SECTION A				SECTION B			
POOL A		POOL B		POOL X		POOL Y	
A1	WESTERN PROVINCE A	B1	SOUTHERN GAUTENG A	X1	KZN INLAND B	Y1	EDEN
A2	BOLAND A	B2	KZN COASTAL A	X2	BOLAND B	Y2	NORTHERN GAUTENG B
A3	WESTERN PROVINCE B	B3	KZN INLAND A	X3	SOUTHERN FREE STATE B	Y3	EASTERN GAUTENG
A4	KZN COASTAL B	B4	NORTHERN GAUTENG A	X4	MPUMALANGA	Y4	NORTHERN CAPE A
A5	BORDER A	B5	SOUTHERN FREE STATE A	X5	NORTH WEST	Y5	NORTHERN FREE STATE
A6	SOUTHERN GAUTENG B	B6	EASTERN PROVINCE A	X6	EASTERN PROVINCE B	Y6	LIMPOPO

ALL MATCHES MUST BE PLAYED IN FOUR CHUKKAS.
15 min; 2 min break; 15min; 5min halftime; 15 min; 2 min break; 15 min

DAY 1	TIME	UFS - FIELD 1		TIME	GREY COLLEGE		DAY 1	TIME	ST ANDREWS	
Sunday, June 16, 2024	8:30	BORDER A	A BOLAND A	8:30	SOUTHERN FREE STATE B	B MPUMALANGA	Sunday, June 16, 2024			
	9:55	WESTERN PROVINCE B	A KZN COASTAL B	9:55	NORTH WEST	B BOLAND B				
	11:20	SOUTHERN GAUTENG B	A WESTERN PROVINCE A	11:20	EASTERN PROVINCE B	B KZN INLAND B				
	12:45	KZN INLAND A	A NORTHERN GAUTENG A	12:45	NORTHERN FREE STATE	B NORTHERN GAUTENG B		15:00	SOUTHERN FREE STATE B	B NORTH WEST
	14:10	EASTERN PROVINCE A	A SOUTHERN GAUTENG A	14:10	EASTERN GAUTENG	B NORTHERN CAPE A		16:25	EASTERN PROVINCE B	B BOLAND B
	15:35	SOUTHERN FREE STATE A	A KZN COASTAL A	15:35	LIMPOPO	B EDEN				
Monday, June 17, 2024	17:00	WESTERN PROVINCE B	A BORDER A				Monday, June 17, 2024			
Tuesday, June 18, 2024							Tuesday, June 18, 2024			
Wednesday, June 19, 2024							Wednesday, June 19, 2024			
Thursday, June 20, 2024							Thursday, June 20, 2024			
Friday, June 21, 2024							Friday, June 21, 2024			

DAY 6	TIME	GREY COLLEGE		TIME	FICHARDTPARK	
Friday, June 21, 2024	8:30	Sec A 7/8	L B3 v L B4	8:30	B7 B8	L B9 v L B10
	9:40	Sec A 5/6	W B3 v W B4	9:40	B5 B6	W B9 v W B10
	10:50	B3 B4	L B7 v L B8	10:50	B9 B10	W B11 v W B12
		NB! All matches except "A" Section Boys&Girls Final as well as the Promotion /Relagtion will be shortened (4x12 Minute Chukkas)		12:00	B11 B12	L B11 v L B12
				ALL MATCHES DAY 5 & DAY 6 NO extra time. Draw --> Penalty Shoot-out		

FIXTURES

U18 GIRLS

SECTION A				SECTION B			
POOL A		POOL B		POOL X		POOL Y	
A1	SOUTHERN FREE STATE A	B1	BOLAND A	X1	MPUMALANGA	Y1	EASTERN GAUTENG
A2	WESTERN PROVINCE A	B2	KZN INLAND A	X2	LIMPOPO	Y2	NORTHERN GAUTENG B
A3	SOUTHERN GAUTENG A	B3	EASTERN PROVINCE A	X3	BOLAND B	Y3	EASTERN PROVINCE B
A4	BORDER A	B4	KZN COASTAL A	X4	KZN COASTAL B	Y4	SOUTHERN FREE STATE B
A5	NORTHERN GAUTENG A	B5	SOUTHERN GAUTENG B	X5	NORTH WEST	Y5	EDEN
A6	WESTERN PROVINCE B	B6	NORTHERN FREE STATE	X6	KZN INLAND B	Y6	NORTHERN CAPE

ALL MATCHES MUST BE PLAYED IN FOUR CHUKKAS.

15 min; 2 min break; 15min; 5min haltime; 15 min; 2 min break; 15 min

DAY 1 Sunday, June 16, 2024	TIME	UFS - FIELD 2		TIME	EUNICE		DAY 1 Sunday, June 16, 2024	TIME	ST MICHAELS				
	8:45	NORTHERN GAUTENG A	A	WESTERN PROVINCE A	8:30	BOLAND B		B	KZN COASTAL B				
	10:10	SOUTHERN GAUTENG A	A	BORDER A	9:55	NORTH WEST		B	LIMPOPO				
	11:35	WESTERN PROVINCE B	A	SOUTHERN FREE STATE A	11:20	KZN INLAND B		B	MPUMALANGA				
	13:00	EASTERN PROVINCE A	A	KZN COASTAL A	12:45	EDEN		B	NORTHERN GAUTENG B				
	14:25	NORTHERN FREE STATE	A	BOLAND A	14:10	EASTERN PROVINCE B		B	SOUTHERN FREE STATE B	14:30	BOLAND B	B	NORTH WEST
	15:50	SOUTHERN GAUTENG B	A	KZN INLAND A	15:35	NORTHERN CAPE		B	EASTERN GAUTENG	15:55	KZN INLAND B	B	LIMPOPO
17:15	SOUTHERN GAUTENG A	A	NORTHERN GAUTENG A	17:00	SOUTHERN FREE STATE A	A	BORDER A						
DAY 2 Monday, June 17, 2024	TIME	UFS - FIELD 1		TIME	EUNICE		DAY 2 Monday, June 17, 2024	TIME	ST MICHAELS				
	8:30	KZN COASTAL A	A	NORTHERN FREE STATE	8:30	NORTH WEST		B	MPUMALANGA				
	9:55	SOUTHERN GAUTENG B	A	BOLAND A	9:55	KZN COASTAL B		B	KZN INLAND B				
	11:20	KZN INLAND A	A	EASTERN PROVINCE A	11:20	NORTHERN GAUTENG B		B	EASTERN PROVINCE B	11:20	LIMPOPO	B	BOLAND B
	12:45	WESTERN PROVINCE A	A	SOUTHERN GAUTENG A	12:45	SOUTHERN FREE STATE B		B	NORTHERN CAPE	12:45	EDEN	B	EASTERN GAUTENG
	14:10	NORTHERN GAUTENG A	A	SOUTHERN FREE STATE A	14:10								
	15:35	BORDER A	A	WESTERN PROVINCE B	15:00	MPUMALANGA		B	KZN COASTAL B				
17:00	NORTHERN FREE STATE	A	KZN INLAND A	16:25	BOLAND A	A	KZN COASTAL A						
DAY 3 Tuesday, June 18, 2024	TIME	UFS - FIELD 2		TIME	EUNICE		DAY 3 Tuesday, June 18, 2024	TIME	ST MICHAELS				
	8:45	SOUTHERN GAUTENG A	A	WESTERN PROVINCE B	8:30	EASTERN GAUTENG		B	NORTHERN GAUTENG B				
	10:10	SOUTHERN FREE STATE A	A	WESTERN PROVINCE A	9:55	SOUTHERN FREE STATE B		B	EDEN				
	11:35	BORDER A	A	NORTHERN GAUTENG A	11:20	EASTERN PROVINCE B		B	NORTHERN CAPE				
	13:00	KZN COASTAL A	A	SOUTHERN GAUTENG B	12:45	BOLAND B		B	KZN INLAND B	12:45	KZN COASTAL B	B	NORTH WEST
	14:25	BOLAND A	A	KZN INLAND A	14:10	MPUMALANGA		B	LIMPOPO	14:10	EASTERN GAUTENG	B	SOUTHERN FREE STATE B
	15:50	EASTERN PROVINCE A	A	NORTHERN FREE STATE	15:35	WESTERN PROVINCE B		A	WESTERN PROVINCE A				
DAY 4 Wednesday, June 19, 2024	TIME	UFS - FIELD 1		TIME	EUNICE		DAY 4 Wednesday, June 19, 2024	TIME	ST MICHAELS				
	8:30	BOLAND A	A	EASTERN PROVINCE A	8:30	EASTERN GAUTENG		B	EASTERN PROVINCE B				
	9:55	SOUTHERN GAUTENG B	A	NORTHERN FREE STATE	9:55	EDEN		B	NORTHERN CAPE				
	11:20	SOUTHERN FREE STATE A	A	SOUTHERN GAUTENG A	11:20	NORTHERN GAUTENG B		B	SOUTHERN FREE STATE B				
	12:45	WESTERN PROVINCE A	A	BORDER A	12:45	NORTH WEST		B	KZN INLAND B	12:45	MPUMALANGA	B	BOLAND B
	14:10	NORTHERN GAUTENG A	A	WESTERN PROVINCE B	14:10					14:10	LIMPOPO	B	KZN COASTAL B
	15:35	KZN INLAND A	A	KZN COASTAL A	15:00	NORTHERN CAPE		B	NORTHERN GAUTENG B				
17:00	EASTERN PROVINCE A	A	SOUTHERN GAUTENG B	16:25	EASTERN PROVINCE B	B	EDEN						
DAY 5 Thursday, June 20, 2024	TIME	UFS - FIELD 1		TIME	UFS - FIELD 2		DAY 5 Thursday, June 20, 2024	TIME	ST MICHAELS				
	8:30	4th A 3rd B		GIRLS G4	8:45	4th A 3rd B			BOYS B4	8:30	4th X 3rd Y		GIRLS G10
	9:55	3rd A 4th B		BOYS B3	10:10	3rd A 4th B			GIRLS G3	9:55	3rd X 4th Y		GIRLS G9
	11:20	2nd A 1st B		G2 BOYS SEMI FINAL	11:35	6th A 5th B			BOYS B6	11:20	2nd X 1st Y		GIRLS G8
	12:45	2nd A 1st B		G2 GIRLS SEMI FINAL	13:00	6th A 5th B			GIRLS G6	12:45	1st X 2nd Y	1	GIRLS G7
	14:10	1st A 2nd B		G1 BOYS SEMI FINAL	14:25	5th A 6th B			BOYS B5	14:10	6th X 5th Y	6	GIRLS G12
	15:35	1st A 2nd B		G1 GIRLS SEMI FINAL	15:50	5th A 6th B			GIRLS G5	15:35	5th X 6th Y	5	GIRLS G11
DAY 6 Friday, June 21, 2024	TIME	UFS - FIELD 1		TIME	UFS - FIELD 2		DAY 6 Friday, June 21, 2024	TIME	ST ANDREWS				
	8:30	Boys Sec A		3/4: L B1 v L B2	8:45	Girls Sec A			3/4: L G1 v L G2	8:30	Sec A 9/10		W B5 v W B6
	9:55	Girls Final		W G1 v W G2	10:10	Boys Sec B			Final: W B7 v W B8	9:55	Boys Sec A		Sec A 11/12 (L B5 v L B6)
	11:20	Boys Final		W B1 v W B2	11:35	Girls Sec B			Final: W G7 v W G8	11:20	Girls Sec A		Sec A 11/12 (L G5 v L G6)
	13:30	CLOSING CEREMONY		NB! All matches except "A" Section Boys&Girls Final as well as the Promotion /Relagtion will be shortened (4x12 Minute Chukkas)									

DAY 6	TIME	EUNICE		TIME	ST MICHAELS	
Friday, June 21, 2024	8:30	Sec A 9/10		8:30	B7 B8	L G9 v L G10
	9:40	Sec A 7/8		9:40	B5 B6	W G9 v W G10
	10:50	Sec A 5/6		10:50	B9 B10	W G11 v W G12
	12:00	B3 B4		12:00	B11 B12	L G11 v L G12
NB! All matches except "A" Section Boys&Girls Final as well as the Promotion /Relagtion will be shortened (4x12 Minute Chukkas)				ALL MATCHES DAY 5 & DAY 6 NO extra time. Draw --> Penalty Shoot-out		



ACCOMMODATION

CLICK on the hostel name for directions

Boys u18 IPT

<u>Brill House Grey</u>	<u>Leith House Grey</u>	<u>Murray House Grey</u>	<u>St Andrews</u>	<u>St Michaels</u>
NFS	N Blues B	SFS A	WP A	KZN Coastal A
Boland B	E Gauteng	N Cape B	S Gauteng B	KZN Coastal B
Mpumalanga	Limpopo	N West	S Gauteng A	KZN Inland A
N Cape A	Eden	SFS B	WP B	KZN Inland B
			Boland A	
			Amathole A	
			N Blues A	

Girls u18 IPT

<u>Eunice House</u>		<u>Oranje</u>	
Boland B	KZN Coastal B	WP A	NFS A
KZN Inlands B	N West	Amathole A	KZN Coastals A
Limpopo	N Blues B	Boland A	KZN Inland A
Mpumalanga	N Cape	S Gauteng A	WP B
EP B	Eden	N Blues A	S Gauteng B
E Gauteng		SFS A	

For all accommodation queries contact:

School	Hostel Head	Email	Tel nr.
Grey College	Putu Pretorius	putu@gc.co.za	082 044 4045
Oranje Meisieskool	Gerda Holtzhauzen	gerda@oranjemeisies.co.za	076 404 3348
St Micheals	Queenest Mayiyane	queenest.mayiyane@stms.co.za	061 447 0369
Oranje Primary	Beneli Pretorius	elizabethleroux@gmail.com	082 648 0653
Eunice	Pamela Mayiyane	pamela@ehs.co.za	073 206 7309
St Andrews	Thomas Thomson	bm@sasb.co.za	071 599 4023

MEAL SCHEDULE

Day of arrival:

Supper for officials(coaches,
manager & umpires) and players
(at the various hostels)

16:30 - 17:30

Final day:

Breakfast 6:30 - 7:30

(Vacate rooms by 08:00)

Collect lunch packs from the dining
hall after breakfast.

Breakfast:
06:30 -08:00

Lunch:
12:00 –14:00

Dinner:
17:00 –19:00

LAUNDRY INFO

We are located on UFS campus



sipress.was@gmail.com
072 826 0575



LAUNDROMAT - WASSERY

We accept cash, EFT or card payments.
Receive an invoice once your laundry is done.

**Price per
hockey
kit is only**

R150

OFFICIALS

SASHOC EXCO representatives

Chairperson	Wendell Domingo
Treasurer	Colin Bartel
Marketing & Sponsorship	Clarika Strydom

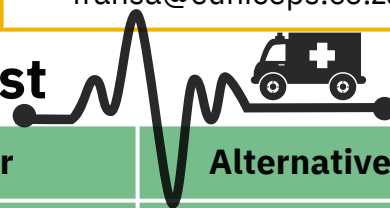
Tournament

	Girls	Boys
TD	Nikki Fourier	Peter Franken
Assistant TD	Kokkie Sieling	Robyn Fielding
Umpire Manager	Tanya v Niekerk	Deon Nel

Local Organising Committee

Finances	Millie Van Wyk	millievanwyk@yahoo.com
Chairperson	Louise van der Merwe	louise@ehs.co.za
Transport	Shane Marais	shane@ehs.co.za
Accommodation & Meals	Stefan van Schalkwyk	stefan@ehs.co.za
Eunice Astro	Fransa Smit	fransa@euniceps.co.za

Emergency Contact List



Emergency	Contact	Number	Alternative
First Aid	ER24	082 951 3009	
Ambulance	ER24	082 951 3009	082 562 5095
Hospital	Medi-Clinic	0800 051 051	
Doctor on Call	Urgent Care	0800 051 051	051 404 6226
Emergency Pharmacy	Medi-Bloem	051 444 2311	
Physiotherapist	Anna Swanepoel	051 444 2391	082 925 3926
Dentist	Dr Kasselmann	083 256 9921	051 444 0284

BUS SCHEDULES

(umpires)



Day	Leave from Hostel	Leave from fields
Day 1 : 16 June 2024	08:00 15:00	13:00 18:30
Day 2 : 17 June 2024	08:00 15:00	13:00 18:30
Day 3 : 18 June 2024	08:00 15:00	13:00 18:30
Day 4 : 19 June 2024	08:00 15:00	13:00 18:30
Day 5 : 20 June 2024	08:00 15:00	13:00 18:30
Day 6 : 21 June 2024	08:00	After prize giving

LICENSE DISC

Please use the following license disc
(digitally or physically) to enter at the University
of the Free State.



trompie

Sport

polytan

We Make Hockey. Better.



Standard
Bank

WORKSHOP INVITATION

For all hockey facility stakeholders

Join us in discussing your sporting facilities.

Workshop discussion topics :



(1) TROMPIE INTRODUCTION (±10MIN)

Dean Stokes Marketing head at Trompie Sport. Introduction to upgrading or building new sport facilities.



(2) POLYTAN - SPORT INNOVATION (±10MIN)

International sales manager of Polytan Ashley Appelby from England. Discussing innovations from Polytan



Standard
Bank

(3) FINANCING YOUR SPORTSFIELD (±10MIN)

Standard Bank discussing financing options available for your sporting facilities.



18 JUN - 13:00PM

Venue : Kovies clubhouse.
Free entrance.



078 458 6466



www.trompiesport.co.za

SASHOC HP CAMPS

CAMP AND DATES	ACCOMMODATION	PITCH
UNDER 17 HP Camp (21-25 June 2024)	St Michael's School	St Michael's Astro
UNDER 18 HP Camp (21-25 June 2024)	St Michael's School	St Michael's Astro
UNDER 16 HP Camp (3 - 7 July 2024)	Eunice Girls School	Eunice & Grey Astro
UNDER 17 Pre Malaysia Tour Camp (Sept)	Durban/PTA - TBC	Northwood (Boys)/Waterkloof (Girls)



RULES

[Click HERE for the
Astro rules.](#)

[Click HERE for the
tournament rules.](#)

ASTRO PRACTICE SLOTS:

UFS Astro	Braam Van Wyk	076 790 0838
Grey College	Stephan	072 876 4245
Eunice Astro	Shane Marais	072 314 8594

PARENTS' GROUP PHOTO ORDER FORM

(To be completed by Parent representative eg. Capt's Parent)

Dear Parent Group

As the Official Photographic Service Provider, TeamphotoSA wish you and your team a happy and fulfilled tournament making new hockey friends.

We will be offering the following services and products:

1. PRINTED TEAM PHOTOS & ELECTRONIC ACTION PHOTOS

Printed A4 Size Team Photos as well as Action Photos electronic format are already included in the Tournament Fee.

2. PRINTED A4 MEMORABILIA PORTRAITS

As the Parents' Group you will have the option to buy an A4 Printed Memorabilia Portrait of your child @ R60, which will be available on last day of Tournament. All members (Players & Management) of the team will be photographed but only ordered ones will be printed at event. Person placing order will be contacted via whatsapp with screenshot of portraits in order to indicate which pictures needs to be printed/or not printed whichever is the fewest.

**PLEASE NOTE ONE ORDER & ONE PAYMENT PER TEAM, NO INDIVIDUAL PAYMENTS WILL BE ACCEPTED DUE TO TRACEABILITY
COMPLETED FORM TO BE RETURNED BY THURSDAY 05 JUNE**

WE PRESERVE THEIR BEST SPORTING MEMORIES FOR YOU FOREVER



PRINTED A4 MEMORABILIA PORTRAIT @ R60

Team:

Contact Person:.....Mobile.....

☐

**YES, Our parents' group would love to order(quantity)
Printed A4 Memorabilia Portraits @ R60ea**

☐

**NO, NONE of our parents are interested in Printed A4
Memorabilia Portraits**

1. Please send completed order form to tania@teamphotosa.co.za OR via Whatsapp to 073 998 7384 or just Whatsapp order details if interested.

2. Once the order is received, an invoice will be generated with all necessary payment details and references.

3. Should there be Parents' Group not interested in the product, kindly also let us know before 05 June 2024.

www.teamphotosa.co.za

Official Photographic Service Provider to

SASHOC u18, u16, u14 & u13 IPT and REGIONAL TOURNAMENTS

COLD PLUNGE BENEFITS

- Reduces inflammation and muscle soreness.
- Increases circulation and promotes healing.
- Boosts metabolism and energy levels.
- Enhances recovery after exercise or injury.
- Improves mental clarity and alertness.

deepdivewellness.com



What does Ozone Sauna Therapy do for Sport Enhancement

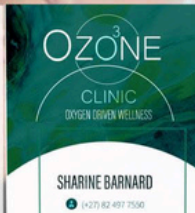
- Supports optimal athletic performance
- Increases energy levels
- Builds strength, endurance and speed without fatigue
- Enhances weight loss
- Burns up to 600 calories per session
- Speeds up recovery post-exercise
- Enhances healing for sports injuries
- Reduces physical and emotional stress

0824977550

OZONE SAUNA THERAPY FOR SPORT RECOVERY

Benefits of Ozone Sauna Therapy for Sport Recovery

- Cell Rejuvenation
- Oxygenate red blood cells
- Relieves muscle ache
- Relieves muscle tension
- Enhances healing of sport injuries
- Reduce Inflammation & Pain
- Combats Fatigue
- Oxygenates the Body
- Promotes healing of damaged tissue
- Enhance the elimination of lactic acid



CLICK HERE

to book for
Ice Bath & Ozone Recovery



Facebook

LIVE STREAMING

Download the SuperSport Schools App on your iOS or Android device and register for free.



Available on the
Google Play

Download on the
App Store

WE'VE GOT OUR OWN CHANNEL!

On Channel 216 on DStv.



MAP

To Gauteng



Deale Road

Brebner Primary

Louw Wepener Street

Sentraal HS

Generaal Dan Pienaar Avenue

Albrecht Road

Oliewenhuis

Oranje Meisies

To Kimberley



Klerck Lane

St Michael's

Kaptein Proctor

St Andrew's

Brill Street

Kelner Street

To Bethlehem



Melville Drive

Mimosa Mall

Medi-Clinic

Nelson Mandela Road

Nelson Mandela Road

Nelson Mandela Road

UFS Astro

UFS

GREY COLLEGE

EUNICE

Jock Meiring Street

Parfitt Road

Paul Kruger Road

Park Road

Click on the
VENUES
(in blue) for
directions



To Cape Town



SPONSORS

SPAR



UFS

TK



trompie
Sport



MIMOSA MALL

THANK YOU

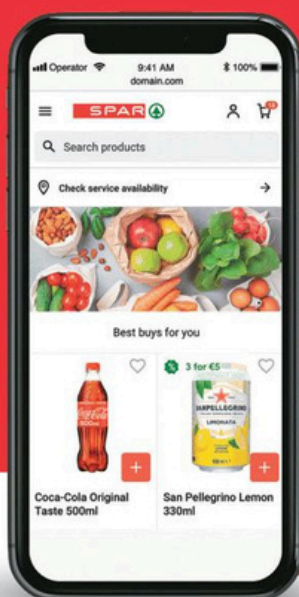


GROCERIES DELIVERED

TO YOUR



DOOR



The **SPAR** you love,
now online!

SCAN NOW
TO DOWNLOAD
-----THE-----
SPAR2U APP



AVAILABLE
FREE ON



Available in South Africa only

Thank you for visiting
the City of Roses and playing
in our exciting 2024

SASHOC NATIONAL EVENTS.

We trust that you had a
wonderful stay and made some
incredible memories.

Travel safely and warmest
regards.