



Local player off to Commonwealth Games

VANDEBIJLPARK. - The South African Sports Confederation and Olympic Committee (SASCOC) have announced the South African athletes who will be representing the country at the 2018 Commonwealth Games in Australia from April 4-15. Team South Africa athletes will do battle across 16 codes, including para-sports athletics, lawn bowls, swimming, table tennis and powerlifting.

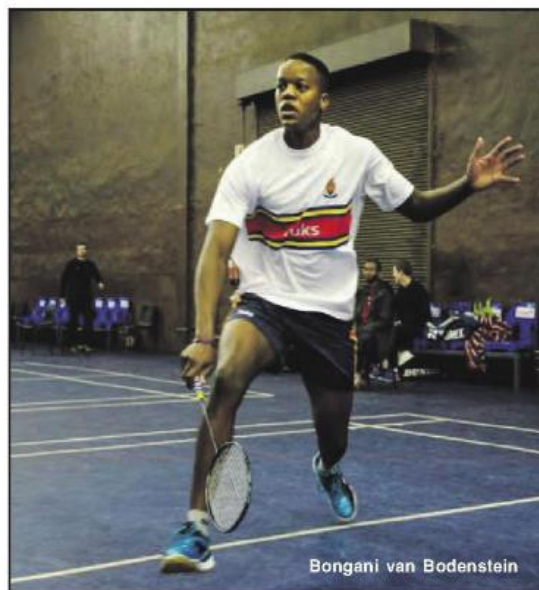
Vanderbijlpark local, Bongani van Bodenstein, has been selected to represent TeamSA in badminton. Bongani, a third-year student at the University of Pretoria, was crowned triple champion during the 2016 and 2017 South African University Tournaments. In April 2017, he represented South Africa in the All Africa games and in August 2017 at the World Student games held in Taipei. Bongani commenced his badminton career as a junior in Vanderbijlpark and was ranked no. 1 in South Africa in the different age categories he competed in through his school career. He has not forgotten his roots and

still joins the Sedibeng Badminton Club to train whenever he visits.

Bongani learned the importance of fitness from personal experience. "When you play at a senior level it's not just about the quality of your shots, trying to move your opponent around in the hope of catching them off balance. You need to be fit because in badminton you are constantly thinking about your next move. Sometimes it is a case of out-thinking your opponent, rather than just outplaying him."

Sedibeng Badminton Club takes this opportunity to wish Bongani and the rest of the South African badminton team (Elsie de Villiers, Johanita Scholtz, Michelle Butler-Emmett, Cameron Coetzer and Prakash Vijayanath) all the best at the 2018 Gold Coast Commonwealth Games.

For more information about playing badminton in the Vaal Triangle, please contact Louise Labuschagne (email: Labuschagne.louise@gmail.com or call 083 229 8113)



Bongani van Bodenstein