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Bouncing along comes easy for Jireh

TWO years ago Jireh van Staden was not participating in any sport, but his love for jumping led to him winning a gold medal at the recent African Junior Trampoline Championships in Cairo.

The Tuks gymnast, along with Siyabulela Siwa, Luka Angileri en Enzo Henning, won gold in the team competition. The 14-year-old was fourth in the individual double mini-competition. Van Staden, who is doing homeschooling, said the only real exercise he did two years ago was bouncing around on a mini-trampoline at home. His mom suggested that he should take it up as a sport.

Former African Champion Lucky Radebe was hired as coach of Van Staden at the Tuks trampoline club. He has become an astute student of the sport often training long hours. – African News Agency (ANA)

Jireh van Staden

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