



**19 June 2013**

## **Department Assists Monamodi Public School to Danone Nations Cup Finals**

The commitment of the Department of Sport, Arts, Culture and Recreation towards the support and upliftment of sport at all levels in the province has further been expressed support given to Monamodi Public School in Brandfort which has advanced through to the Danone Nations Cup finals in Boksburg.

The Department is proud to announce, that through ongoing support, the Monamadi Public School has not only advanced to the provincial finals in April 2013, but beat Luckhoff Combined School 3-0. The School will now represent the Free State Province at the nationals in Boksburg on 22 June 2013.

The winners of the Danone Nations Cup National Finals will fulfill their dreams by representing South Africa at the Danone Nations Cup World Finals in London later this year where they will perform in front of Danone Nations Cup ambassador and former France captain, Zinedane Zidane.

The Department assisted with:

1. Scientific conditioning of players
  - a. Every Monday of the week since 13th of May 2013
    - i. Skipping ropes exercise
    - ii. Power training
    - iii. Lunches
    - iv. Sprints
    - v. Muscle conditioning and fitness programmes.
    - vi. Friendly Games organized and all won by the school team
  
2. Provision of Athlete support procured by Department

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- a. Tracksuits
- b. Soccer balls
- c. Water bottles
- d. Cones

The Department wishes these young stars the best of luck at national level, and look forward to seeing the team depart for London as National Champions.

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