

RSD

NEWSLETTER

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“Together we
are stronger
than ever
before”



OVERVIEW: 1ST QUARTER OF 2020

The year 2020 will certainly be remembered as a time that tested us in all possible ways imaginable. What at first seemed negative somehow turned into positive changes, opening numerous new doors, and leading to new opportunities and new challenges.

A positive turn of events was when Philip Snyman, RSD Ambassador, joined the RSD family as a partner in RSD Western Cape, at the beginning of the year. This was certainly one of the positive changes that came about. His contribution is invaluable for RSD.

Phillip van Coller (CEO & Founder of RSD), wife Kelly-Anne (RSD CFO) and two daughters recently moved to Somerset West, in order to take over the reins in the Western Cape region. Heinrich Nel (RSD Rustenburg) joined forces in partnership, well known for his



Coaching expertise and working with children. No doubt that the RSD footprint will soon cover the Western Cape region. With such a formidable team, you can expect nothing less!

Coaching: The RSD's structured training sessions will soon include the use of the Shadow Ball concept in order to contribute to the skills development for young rugby players. RSD joined forces with Gcobani Bobo of Shadow Ball, aimed at an enhanced program, focusing on accuracy, basic, positional and super ball skills, tailored to each age level.

Head Office: As the grass on the other side of the fence sometimes look greener, RSD Head Office decided it is a good time to relocate to new offices during the school holidays. The new and improved facilities will benefit in terms of additional space, boardroom facilities as well as increased productivity for RSD personnel working at RSD Head Office. Spending the last couple of weeks working from the new offices, the grass really will be greener and what appear to be better premises to work from, turned out to be a good decision.

WHY PLAYING IS HEALTHY FOR KIDS

Source: The Military Wife and Mom

Children's ability to move and play are being restricted more than ever. We are trying to protect them by saying, "No climbing," "No running," "No Spinning," "That's too dangerous!"

However research shows that the drastic decline in "risky" outdoor play in kids is creating behavior problems. By constantly hovering over kids, restricting their movement, and diminishing their time to play, we are causing more harm than good.

In order for kids to listen, focus and learn to sit still for a period of time, they must develop both proprioception and vestibular sense. The most critical time to develop a child's proprioception and vestibular sense is before the age of six. With all the time spent in front of screens and telling kids to sit still, avoid climbing, and stop jumping, it's not surprising why kids won't listen.

What is Proprioception?

It's what tells you where your body parts are without having to look at them. This is the sense that helps you make sense of gravity. It's the reason you can switch from the gas pedal to the brake, without looking at your feet, or bring popcorn to your mouth without taking your eyes off the movie screen. Without properly developed proprioception, kids can push too hard during tag, fall out of their seat at the dinner table, or trip while walking up stairs.

What is Vestibular sense?

It provides information about where the body is in relation to its surroundings. This is the sense that helps you understand balance, and it connects with all the other senses.

When the vestibular system does not develop properly all other senses will struggle to function properly. Without a strong vestibular sense, kids will have no choice but to fidget, get frustrated, experience more falls and aggression, get too close to people when talking, and struggle with focusing and listening, because they literally cannot help it.

When they jump, swing, spin, pick up rocks or dig in the dirt, kids are doing exactly what they need. They are doing it to help themselves become safer, calmer and happier.

Sharing our passion...



THE PAST COUPLE OF WEEKS - A TEST OF TIME AND CHARACTER

When the lockdown eventually comes to an end, and everything turns back to normal, it will require a focused mindset not to record the next enrollment as Corona Virus, PRSD0019.

Everyone will however agree that this unfortunate event provided us the opportunity to establish what is important in our lives, and to what extent our self-belief, determination and perseverance can be tested.

We also came to the realization that RSD **really do** make a difference in the lives of many of our children who participate in the program on a weekly basis. Coaches stepped up by contributing online practice sessions for students to stay focused and fit, and even more important, to keep in touch with students, as it became clear to what extent the RSD coaches missed the interaction with their students.

This time of social distancing and isolation also brought us to the realization that the RSD culture is indeed healthy, strong, and an organization to be proud of. This is clear in the manner that each and everyone, across all the regions of South Africa, came together as a team, taking RSD to a level unrivaled!

**“We
really do make
a difference!”**

The current uncertainty of what the future holds is understandable. Coaching will however continue with the same passion and commitment as always.

Considering the fact that during school holidays coaching normally does not take place, therefore additional missed sessions due to the extended “holiday period” will be rescheduled accordingly. Parents can rest assured that the sustained payment of fees will be respected through continued service delivery.

RSD value our parent’s continuous support. Together we will continue to build a better and brighter future for our children through sport.

The 2020 RSD Rugby Jerseys is in production. Thank you to brand partner BLK for their contribution in keeping the RSD brand on the frontline of the playing field!



- Complete the 2020 enrolment form obtainable from the RSD office, coach or available online.
- Forward completed form to the RSD office for registration.
- On registration:
- Confirmation of registration by sms and email.
- Invoice to follow. Invoiced in advance for the full year. Fees calculated pro-rata according to enrolment date. Payment of Fees will be according to preferred payment option, as per enrolment form.
- Fees payable in advance, due by the 7th of the following month.
- Bank details appears on the invoice, statement and enrolment form.
- Payment reference: Child name & Membership nr.
- Statements will follow on a monthly basis.
- In the event of payment not reflecting on statement, forward proof of payment in order to allocate.

IMPORTANT NOTES:

- In order to qualify for the quarterly product handout, payments need to be up to date.
- Cancellations: A 1 (one) month notice period is required in order to cancel registration. Only written cancelations will be accepted.
- In the event of sessions missed, catch-up sessions will be rescheduled accordingly. Not applicable to adverse weather conditions.

RSD is committed and strive to provide a constant high standard of service. Your problem therefore becomes our problem. Let us know how we can be of assistance:

Our partners who believe in us:



ENROL NOW

[SIGN UP](#)



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