

Fish Eagle Swimming Club



uThungulu District, KwaZulu-Natal, SA Website: www.fisheagles.co.za

P.O. Box 101136, Richards Bay, 3900 Facebook: Fish-Eagle-Swimming-Club

Email: secretary@fisheagles.co.za Twitter: #FishEagleSC

Coaches Profile - Sonja van Ryswyk

Sonja van Ryswyk, owner of Sonja Swimming School, only learned to swim at the age of 12 years old! By the age of 14 years she was selected to swim for Eastern Province and received her full Eastern Province Colours by age 16, when she qualified for and participated in SA Senior Nationals.

Sonja started taking part in Masters Swimming in 1988. In 1989 she won medals for all breaststroke events in every gala she swam. In 1995 she broke the KZN record in the 200m breaststroke event in the Woman 35-39 Years Age Group. In March 1996 she broke the KZN record in the 100m breaststroke, and bettered her own record in November of the same year.

In 1997 Sonja received 4 medals at the SA Games, received her KZN Provincial Colours for Masters Swimming and broke both the KZN and SA records in the 200m breaststroke event in the Woman 40-44 Years Age Group! She continues swimming to this day, taking part in many open water swims!

Sonja started her coaching career in 1978, coaching and teaching stroke development at a swim school in Port Elizabeth for 3 years. In 1981 she started working for Brian Elliott, at Elliot Swimming School ... in the mornings she taught pre-school children, in the afternoons she taught different grades of swimmers, as well as coached the club swimmers at Aquabears, and in the evenings she taught adults how to swim. In January 1992, after moving to Richards Bay, Sonja started her very own swim school – Sonja Swim School, starting with only 20 swimmers and voluntary coaching at the local primary schools!



Sonja with some of her swimmers in September 2012!



Sonja with swimmers at the 4+1 Inter Prov. Champs!



Sonja training at just 14yrs old!



Sonja at the LTS gala in Meerensee!

Sonja Swim School is registered with Swimming South Africa, as well as KZN Aquatics, and affiliated to Fish Eagle Swimming Club. Sonja is the 2014/15 Vice Chairperson and Development Officer for Fish Eagle Swimming Club and she has recently been elected as the Chief Development Officer on the executive committee of uThungulu District Aquatics!

With 36 years as a Todswim, Learn to Swim, Stroke Correction Instructor and Swim Coach, Sonja feels that her success in swimming is due to the passion she has for the sport and her dedication to her swimmers. She attends most of their galas and is very much involved with her swimmers well-being. Sonja also plays an important role in the development of swimming within the region, assisting and coaching previously disadvantaged swimmers!

For further information contact Sonja van Ryswyk on 0826748270 or via email at sonjacoach@gmail.com.

Fish Eagle Swimming Club
"We Fly Thru Water"!

