

# Let's get behind our girl in green and gold!

*Sanlam seeks to raise the bar and SA's spirits with the live stream of SA's 2020 Olympic hopeful's gymnastic routine*

Today was the day we should have been huddled around screens all over Mzansi, cheering on our country's finest athletes as the Olympic Games kicked off in Tokyo. Instead, the Games as well as most of our plans for 2020, have been disrupted and postponed.

On Sunday, 2 August, [Caitlin Rooskrantz](#) was due to take to the bars as the first artistic gymnast to represent South Africa at the Olympics in 15 years. So in honour of the years of hard work and preparation that have gone into getting Olympic-ready, and in pursuit of some good news and real heroes we can all get behind, [Sanlam](#) will be live streaming Caitlin's routine from her training facilities in Johannesburg on the exact day she would have performed in Tokyo.

"Of course, this was not Caitlin's plan, but now is the time to be making some new plans," says Sanlam's Chief Executive for the Brand, [Sydney Mbhele](#).

"That's exactly what we do at Sanlam every day by helping people to reach their goals, despite the setbacks and unseen disruptions. Which is why we're only too happy to be supporting Caitlin in still reaching her goals – albeit in a different way. She is an inspiring example for us all of someone that has not let challenges get the better of her, but instead let them make her even better."

Indeed, every achievement in Caitlin's life can be tracked back to her always staying flexible and nimble – not just on the gymnastics bars, but regarding her dreams and goals too.

Having endured her fair share of changed plans and setbacks, Caitlin first set her sights on competing in the Olympics when she was just 11. Multiple injuries then followed – a series of which took her out of the competition circuit for almost three consecutive years. Despite these challenges, Caitlin has come back again and again to show herself and the world what she's made of.

"I don't think I've given up on anything in my life," Caitlin says, "I've always tried to find another way through."

Reflecting on her most recent change of plans (the Olympic Games being postponed), 18-year-old

Caitlin is as inspirational as she is tenacious: “I told my coach – the dream hasn’t changed, only the timeline has shifted.”

With her sights now set on making her routine even better for the Games that will now be held in 2021, Sanlam’s offer to live stream her routine on the day she would have performed it this year is all the extra motivation she needed...

“After months of intense training in preparation for the Olympics, having the opportunity to still be able to perform my routine for South Africa in this way is incredibly exciting.”

Although certainly not the Olympics, this is a unique opportunity for all South Africans to get behind a truly inspirational athlete and celebrate our collective ability to always find the silver linings, even when our dreams are interrupted and our plans are changed.

So let’s get behind our girl in green and gold, and let’s cheer her on as she somersaults and flick flacks over each and every set back.

The live stream of Caitlin’s performance will be on Sunday, 2 August at [nowisthetimetoplan.co.za](https://nowisthetimetoplan.co.za).

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Glacier Financial Solutions (Pty) Ltd.

A member of the Sanlam Group  
Private Bag X5 | Tyger Valley 7536 | Email [client.services@glacier.co.za](mailto:client.services@glacier.co.za) | Tel +27 21 917 9002 / 0860 452 364 | Fax +27 21 947 9210 |  
Web [www.glacier.co.za](http://www.glacier.co.za) | Reg No 1999/025360/07  
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Private Bag X8 | Tyger Valley 7536 | Tel +27 21 950 2600 | Fax +27 21 950 2126 | Web [www.smmi.com](http://www.smmi.com) | \*Reg No 2002/030939/07  
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