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Achievements



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DSP Alumni Update

The Physiotherapist who aces beach tennis

After completing her Kombi Abitur at the DSP, Helga Jeske (left) was offered several Tennis scholarships in the USA. She opted to go to Alabama where she commenced her Pre-Medicine Degree at the University of West Alabama in January 2013. Her first semester went well with the highlight of being chosen for the second team of the Gulf-Southern Conference. This is the southern region in which she played most of her games in the semester.

According to Helga the degree was very structured and one knew exactly what to study to obtain marks above 90%. Despite the fact that one always hears that the university years are supposed to be hard, Helga always found the German way of learning attractive and therefore started her teaching degree (with Physics, Biology and Sport) in Würzburg, Bavaria, in September 2013.

Although she enjoyed playing tennis for the red and white club in Germany her studies occupied almost all of her time and it was difficult to balance the two. She returned to South Africa and studied Physiotherapy from 2014 to 2017. During the first two years of her studies she also played Tennis for TUKS's first team.

She now enjoys her work as a physiotherapist at a private practice, "Cellier and Swart", in Garsfontein. She credits the DSP for helping her to obtain this position because of the independent way of thinking and the importance of taking ownership that was instilled by the DSP.



In 2018 Helga had the opportunity to travel to Russia after taking up Beach Tennis where she represented South Africa at the Team Beach Tennis World Championships. During that year Helga and Kyla Yelverton, her partner at the time, played international tournaments to earn ranking points.

In 2019 Helga played four tournaments in Brazil to further improve her ranking. Her goal is to be among the 120 best players in the world before July 2019 to partake in the Olympic Beach Games in August 2019.

Another achievement includes her and her partner Kyla Yelverton's victory at the National Championships in Badplaas. These two ladies and the men's players will defend their position as the top African country at the Team Beach Tennis World Championships in Russia in July. Although Kia Motors and Topspin sponsor the players they still need additional funding for their trip.

Helga can be contacted on helgajeske@gmail.com in this regard.

