

SPORT PRACTICE SCHEDULE – 1st TERM

This will be in place from the 2nd to 22nd February:

Monday

(only from 2 February)

3.00 – 4.30 PM	Swimming – All	Athletics – Track	4.45 – 5.45 PM	Boys Hockey
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Tuesday

3.00 – 4.30 PM	Swimming – All	Athletics – Track & Field	4.45 – 5.45 PM	Netball
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Wednesday

3.00 – 4.30 PM	Swimming – Gala	Athletics – Track
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Thursday

3.00 – 4.30 PM	Swimming – All	Athletics – Track & Field	4.45 – 5.45 PM	Girls Hockey Rugby
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- Scholars must be ready to practice 10 minutes before the practice is due to start
- Scholars who are in the Swimming and Athletics teams must attend at least 2 practice of each of these sports per week (speak to Mrs Liebenberg and Mrs Ernstzen to arrange which days)
- Club Swimmers must attend one practice per week, on Monday
- Athletics practices will start on Monday 9th January from 4.00 to 5.30 PM (Track) and Thursday 19th January (Track & Field); Swimming practices will start on Thursday 19th January
- Winter Team Practices during this period will start at 4.45 pm, and finish at 5.45 pm, and are as follows:
 - Boys Hockey: 6, 13, 20 and 27 February
 - Girls Hockey: 19, 24, 26, 31 January; 2, 9, 16 and 23 February
 - Netball: 7, 14, 21 and 28 February
 - Rugby: 2, 9, 16 and 23 February

From Thursday 23 February, Winter Sports Practices will be as follows for the rest of the 1st term, from 3.00 M to 5.00 PM:

Boys Hockey

- Monday & Wednesday: Open
- Tuesday & Thursday: Under 16 and Under 14

Girls Hockey

- Monday & Wednesday: Under 16, Under 15, under 14
- Tuesday & Thursday: Opens

Netball

- Monday & Wednesday: Opens and Under 16
- Tuesday & Thursday: Under 15 and under 14

Rugby

- Monday & Wednesday: Under 15 and Under 14
- Tuesday & Thursday: Opens