

VICTORIA PARK HIGH SCHOOL



Dear Parents

17 May 2024

Exam time table for sports and extra-mural activities

What a busy program of sports and extra-mural activities we have had this past Term. Our focus now moves to academics, as we prepare for the June examinations which commence on Monday 20 May 2024. It is however, a basic need to maintain physical activity and well-being during this time in order to maintain a holistic balance. Therefore, we have put together the following time table and procedure to ensure we make the target on either side.

The last compulsory structured week of sport will be 20 - 25 May. From 27 May to 14 June sport will continue on a non compulsory structure where each team will receive confirmation of practice days and times from their respective coaches.

The exam sports and extra-mural activities timetable is as follows: **20 - 25 May 2024**

Exam time table for sports and extra-mural activities					
	Sport	Team	Time	Venue	Teachers
Monday 20 May	Hockey	u14 Boys & Girls	12H30 - 14H00	Astro	Mr. Geldenhuys
	Hockey	u16 Boys & Girls	14H00 - 15H00	Astro	Mr. Geldenhuys
	Netball	1st & 2nd	12H00 - 13H00	Netball Courts	Mrs. Venter & Ms. Stone
Tuesday 21 May	Sport	Team	Time	Venue	Teachers
	Rugby	1st	12H30 - 14H00	Dave Weinronk Sports Complex	Mr. Boshoff
Wednesday 22 May	Hockey	1st Boys & Girls	12H30 - 14H00	Astro	Mr. Geldenhuys
	Sport	Team	Time	Venue	Teachers
	Rugby	u16	12H30 - 14H00	Dave Weinronk Sports Complex	Mr. van der Merwe
	Netball	1st & 2nd	12H00 - 14H00	Netball Courts	Mrs. Venter & Ms. Stone
	Netball	u15 & u16	12H30 - 13H30	Netball Courts	Mrs. Hayward
	Hockey	u16 Boys & Girls	12h30 - 14H00	Astro	Mr. Geldenhuys
Thursday 23 May	Hockey	u16B Girls	14H00 - 15H00	Astro	Mr. Geldenhuys
	Sport	Team	Time	Venue	Teachers
	Netball	u14	11H30 - 12H30	Netball Courts	Coach T
	Rugby	u14	12H30 - 14H00	Dave Weinronk Sports Complex	Mr. Fynn
	Rugby	u15	12H30 - 14H00	Dave Weinronk Sports Complex	Mr. Wicks
	Rugby	2nd	12H30 - 14H00	Dave Weinronk Sports Complex	Mr. Mzimane
Friday 24 May	Rugby	1st	12H30 - 14H00	Dave Weinronk Sports Complex	Mr. Boshoff
	Hockey	2nds	12H30 - 14H00	Astro	Mr. Geldenhuys
	Sport	Team	Time	Venue	Teachers
	Rugby	u14	12H30 - 14H00	Dave Weinronk Sports Complex	Mr. Fynn
	Soccer	u15	12H30 - 14H00	Dave Weinronk Sports Complex	Mr. Louis
	Soccer	1st	13H00 - 14H30	Dave Weinronk Sports Complex	Mr. Leander

Guidelines and procedures

- Teams to practice once a week.
- 1st Teams are allowed one additional practice per week.
- Practices are **compulsory**.
- Practice duration is a maximum of 90 minutes.
- Practices are set out to focus on the core principles and not be overly physically demanding.
- The derby days on 17 and 18 May as well as 24 and 25 May are arranged to keep the day as short as possible to maximise study time.
- This exam time table for sports and extra-mural activities is valid until 10 June.

Yours in sport

Rynhardt Gerber
Sports coordinator

Retief van der Merwe
SMT Head of sport