

Dear Parents

30 May 2025

Exam time table for sports

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 commencing Monday 2 June 2025. It is, however, necessary 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 sport and academics.

Please take note that the tuckshop will not be available at the sport fields during the exam period. The tuckshop will be available Monday to Friday up to 12H30.

The exam sports timetable is as follows:

The gym will be open and available to all Monday to Friday from 11H00 to 13H00.

Exam time table for sports					
Monday	Sport	Team	Time	Venue	Teachers
	Hockey	u16 Girls	12H30 - 14H00	Astro	Mr. Geldenhuys
	Tennis	Boys & Girls	12H30 - 13H00	Tennis Courts	Mr. Anderson / Mrs. Wood
Tuesday	Sport	Team	Time	Venue	Teachers
	Hockey	u14 Girls	12H30 - 14H00	Astro	Mr. Geldenhuys
	Squash	All	12H30 - 14H00	Crusaders Club	Mr. Wynford
	Rugby	u14	12H30 - 14H00	Pavillion Field	Mr. Mzimane
Wednesday	Sport	Team	Time	Venue	Teachers
	Hockey	u14 Boys	12H30 - 14H00	Astro	Mr. Geldenhuys
	Hockey	u16 Boys	12H30 - 14H00	Astro	Mr. Geldenhuys
	Netball	u14	12H30 - 13H30	Netball Courts	Mrs. Hayward / Mrs. Spangenberg
	Netball	u15	12H30 - 13H30	Netball Courts	Ms. Stone
	Netball	u16	12H30 - 13H30	Netball Courts	Ms. Stone
	Netball	2nd	12H30 - 13H30	Netball Courts	Ms. Stone
	Netball	1st	12h30 - 13H30	Netball Courts	Ms. Stone

	Rugby	u15	12H30 - 14H00	Pavillion Field	Mr. Wilson / Mr. Gerber
Thursday	Sport	Team	Time	Venue	Teachers
	Hockey	2nd Boys & Girls	12H30 - 14H00	Astro	Mr. Geldenhuys
	Squash	All	12H30 - 14H00	Crusaders Club	Mr. Wynford
Friday	Sport	Team	Time	Venue	Teachers
	Hockey	1st Boys	12H30 - 14H00	Astro	Mr. Geldenhuys
	Hockey	1st Girls	12H30 - 14H00	Astro	Mr. Geldenhuys
	Soccer	1st Boys	12H30 - 14H00	Soccer A Field	Mr. De Beer
	Soccer	All Girls	12H30 - 14H00	Soccer A Field	Mrs. De Beer
	Rugby	1st	12H30 - 14H00	Pavillion Field	Mr. Boshoff / Mr. Gerber
	Rugby	u15	12H30 - 14H00	Pavillion Field	Mr. Wilson / Mr. Gerber

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.
- If any learners have to wait for practice or come in on a block day they need to prepare for study time and use the free time available as productively as possible.
- A study venue will be made available should the need arise.

Yours in Sport



Rynhardt Gerber
Sports coordinator



Relief van der Merwe
Head of Sport