



HERSCHEL PREPARATORY SCHOOL

TENNIS

SWIMMING

WATER POLO

P.E.

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 Mar	12 Mar	13 Mar	14 Mar	15 Mar
13:30 – 14:30 Netball tour match vs Wynberg @ Herschel Prep courts 14:40 – 15:40 Hockey tour match vs Wynberg @ Herschel	13:30 Final Gr1 Sports Skills - Term 1 14:45 – 15:45 U9 Hockey 15:45 – 16:45 U10 Hockey	13:30 Final Gr2 Sports Skills - Term 1 14:45 – 15:45 U10 & U11 Netball 15:45 – 16:45 U12 & Open Netball 16:45 – 17:45 Netball tour team practice	14:45 – 15:45 U9 Netball 14:45 – 15:45 U11 Hockey 15:45 – 16:45 Open Hockey (U12, U13, U14) 16:45 – 17:45 Hockey tour team practice	

*** Summer Sport has finished for the Term

*** The Winter Sport sessions set up for next week or to allow the girls a fun opportunity to get back into Winter Sport, practice their skills, and play some fun matches. These are not trials.

*** U9 (Grade 3) girls who have not yet bought Hockey sticks can borrow from the school on Tuesday for their practice.

U13A WP Knock-Out Final



Our Herschel Prep U13A Water Polo team won the WP U13 Water Polo Knock-Out Final last to claim 1st place in the Western Province. The team finished top of the U13 Girls league and cemented their number 1 spot with a 5 – 1 win over Reddam to win the Serfontein Cup. Another first for Herschel Prep Water Polo. Well done to an incredible group of girls and to their coach, Vicky Quarmby Hawkins.



Training Squad Swimming



News



TRIATHLON

Well done to Stella Keers (6 – 8yrs), Eva Hacking (9 – 11 yrs) and Alice Keers (9 – 11 yrs) for completing the Xterra Triathlon in Grabouw. They all braved the open water swim, followed by a mountain bike ride and then a trail run.

6-8 years: Swim: 60m; MTB: 2km; Trail Run: 600m

9-11 years: Swim: 100m; MTB: 3km; Trail Run: 1.5km

WESTERN CAPE NIPPERS CHAMPS

Nicole Roberts took part in the Western Cape Lifesaving champs and won Gold in the Flags. She also finished 4th in sprints, 5th in both swim and run swim run; 6th in board and long run. Well done, Nicole!



Aryana Cloete-Hopkins also took part in Western Cape Lifesaving Champs and she received a Silver Medal for the U9 surf swim. Well done, Aryana!



SURFING

Sophie Leinberger has been selected for the WP U12 Cape Town Surf Riders team. She will compete in the Grommet Games held at Pipe Beach, Port Elizabeth 21 - 24 March. Well done, Sophie!



General

GRADE 4 & 5 SPORTS TALK

During PE lessons this week our Grade 4s and 5s spent some time with Ruan Schlebusch from SportsThink 360 talking about some important topics relating to Sport. The Grade 4s learnt how to boost their boosters and block their blockers. They were also taught skills on how to speak up if things aren't going well and have adopted the phrase "I can't do it... YET!" The Grade 5s learnt how to write their own sporting success story. They also learnt how to set goals that are right for them and that nobody is perfect all the time.



SUPER SKILLS

PRE-SEASON HOLIDAY HOCKEY CLINIC 2019



VENUE: Herschel Astro

DATES: 26 & 27 March 2019

Gr R, 1, 2,	14:00 – 15:30
U9, U10	14:00 – 15:30
U11, U12, U13	15:45 – 17:30

DATES: 2 & 3 April 2019

Gr R, 1, 2	14:00 – 15:30
U9 U10	14:00 – 15:30
U11, U12, U13	15:45 – 17:30

*** Sessions can be attended independently or girls can attend 2, 3 or 4 days.

For more information or to book your place.

Email: ssholidayclinics@gmail.com





MAX MOUTHGUARD

Please go to the following link: <https://www.maxmouthguards.co.za/product/herschel-girls-school/>

Make sure you register online before placing the order.

Our 2019 school discount price is R 675.00 per MAX Mouthguard.

- We will only be accepting orders online where parents can pay by credit card, cash or EFT.
- Cash transactions attract an R100.00 surcharge
- Proof of payment must be presented at the fitting session.
- Additional one colour spare mouth guard at reduced price of R300.00 – option available on website when placing order.

FINAL SESSION: Wed, 7 Mar 2019 (12:45pm - 1:30pm)

Please note price on website is R1550.00 incl. All schools receives a discount coupon code to activate 56.45% (R675.00 2019 school price) discount for online school orders.

Please enter this code on the checkout page before going ahead with payment.

Discount Coupon Code for Herschel Girls School: hgs2019

All purchases are made via our website [teams.maxmouthguards.co.za](https://www.maxmouthguards.co.za). Payment can be made by credit card, EFT or cash. (Cash transactions attract a R100 surcharge.) Proof of payment must be presented at the fitting session.

MAX[®] PROTECT

MAX[®] is so confident of its custom-made mouthguards' effectiveness that every mouthguard made by MAX[®] comes with the additional protection of our MAX PROTECT one-year limited dental warranty.

In the unlikely event of accidental tooth loss or damage while wearing your MAX[®] mouthguard, MAX[®] PROTECT will cover the cost of remedial dental treatment.*

We look forward to visiting your school in 2019! Please contact admin@maxmouthguards.co.za for assistance or any other queries.

*Terms and conditions apply. Contact.



Pre-Season Netball Skills Clinic 2019



Venue: Herschel Prep School Netball Courts

Dates: Thursday, 28 March and Friday, 29 March 2019

U8 and U9	08:00-09:00
U10 and U11	09:00-10:30
U12 and Open	10:30-12:00

Dates: Monday, 1 April and Tuesday, 2 April 2019

U8 and U9	08:00-09:00
U10 and U11	09:00-10:30
U12 and Open	10:30-12:00

For further information or to book a place on any/all of the days, please email:

nadiarobbertze@gmail.com



2019: TERM 2 & 3 WINTER SPORT TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
06:30 – 07:20	OPTIONAL Open Hockey Skills training	06:30 – 07:20	OPTIONAL U10/U11 Netball Skills training	06:30 – 07:20	OPTIONAL U10/U11 Hockey Skills training	06:45 – 07:20	Cross Country / General Fitness Session <i>(Open to all Gr 3 – 7 girls to improve fitness)</i>	06:30 – 07:20	OPTIONAL U12 & Open Netball Skills training
14:45 – 16:00	U10 & U11 Team Netball	13:30 – 14:30	Grade 1 Sport Skills (Netball & Hockey)	13:30 – 14:30	Grade 2 Sport Skills (Netball & Hockey)	14:45 – 17:00	U9, U10, U11 and Open Hockey Matches	14:30 – 17:00	Cross Country Races
14:45 – 15:45	U9 Hockey	14:45 – 15:45	U9 Netball	14:45 – 15:30	U8/U9 Cross Country				
14:45 – 15:30	U12/Open Cross Country	14:45 – 15:30	Fitness Fun Gr 3 – 7	14:45 – 15:30	Fitness Fun Gr 3 – 7				
16:00 – 17:00 U12/Open C/ D 16:00 – 17:30 U12/Open A/B	U12 & Open 'Team Netball	14:45 – 16:00	U10 & U11 Team Hockey	14:45 – 17:00	U9, U10, U11, U12 and Open Netball Matches				
16:00 – 16:45	U10 & U11 Cross Country	16:00 – 17:00 Open C, D, E 16:00 - 17:30 Open A & B	Open Team Hockey						



CLICK ON THE LINK TO SIGN UP FOR WINTER SPORT 2019

GRADE 2: U8 Cross Country <https://goo.gl/forms/N3DJfmFXBVdUsFrj1>

GRADE 3: U9 Winter Sport <https://goo.gl/forms/J4bG1HrQDalspCxu2>

GRADE 4: U10 Winter Sport <https://goo.gl/forms/pvEbBVoWZ6iAHlsR2>

GRADE 5: U11 Winter Sport <https://goo.gl/forms/Fe2HjXUJ46ZTTAOi1>

GRADE 6: U12 Winter Sport <https://goo.gl/forms/CAQKQpE78bB0mxF32>

GRADE 7: Open (U13/U14) Winter Sport <https://goo.gl/forms/w8fvITeq23s4K9ZH2>

All forms MUST be completed by Monday, 11 March 2019.

- Girls who are older than their Grade group need to select the correct **age group** form to sign-up.
- However, if there are girls who are older and do not want to play sport with their correct age group, but would rather play with their Grade, the parent must email Miss Karsten directly to discuss this. Please note however, girls are older are not permitted to play in an A or B team in their incorrect age group.
- Grade 1s who turn 8 this year and are U8 may take part in U8 Cross Country if they wish to.
- Grade 2s who turn 9 and are U9 are encouraged to start Winter Sport with their age-group this year.

