



19 March 2019



HERSCHEL PREPARATORY SCHOOL

TENNIS

SWIMMING

WATER POLO

P.E.

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 April	9 April	10 April	11 April	12 April
Gr 5 & 7 P.E. 14:45 – 15:45 U9 Hockey trials 14:45 – 16:00 U10 & U11 Netball trials 16:00 – 17:30 U12 & Open Netball trials (all girls to stay late this week)	Gr 3 P.E. 06:30 U10 & U11 Hockey trials 14:45 – 15:45 U9 Netball trials NO AFTERNOON HOCKEY (Herschel is hosting the WP U13 Hockey trials)	Gr 4 & 6 P.E. 06:30 Open Hockey trials – all U12/U13 & U14 Hockey girls to attend 14:45 – 15:45 U10 & U11 Netball trials 15:15 Open A netball match vs Dubai touring team (SS Sports Centre) 15:45 – 17:00 U12 & Open Netball trials (all girls to stay late this week) No Netball matches	Gr 1 P.E. NO AFTERNOON HOCKEY (Herschel is hosting the WP U13 Hockey trials) No Hockey matches	Gr 2 P.E. U9, U10, U11 Somerset House A team Hockey festival SATURDAY, 13 APRIL U13A Somerset House Hockey Festival

IMPORTANT NOTES RE: TERM 2 WEEK 1 SPORT:

- Fitness Fun will start in Week 2
- U8, U9, U10, U11, U12 & Open Cross Country practices will start in Week 2
- Grade 1 & 2 Sports Skills (Long Days) will start in Week 2 The early morning extra-mural timetable will only run properly and follow the official schedule from Week 2 (except for days specified for Hockey trials)

U13A Reddam Girls Water Polo Tournament

U13A POLO TEAM WINS GOLD AGAIN

Our Herschel U13A Water Polo team completed a phenomenal season by winning the annual Reddam U13 Girls Water Polo tournament. 12 teams from Cape Town, Johannesburg, Grahamstown and Pietermaritzburg took part. The team finished 1st in their pool winning all their matches and then beat Springfield in the Quarter Finals and Sun Valley in the Semi-Finals. They once again met Reddam in the final and they won 4 – 2.



Argus Cycle Tour

A number of our girls completed the "windy" 2019 Cycle Tour on tandems with their fathers. The girls chose to ride with Team DAKAR (Dads & Kids Argus Riders)

Team Dakar has been a platform for many Herschel Girls (from as young as 11) over the last few years - to enter and compete in the Cycle Tour on a tandem, riding with Dad's or Mom's to enjoy the Cycle Tour experience! Well done to Emma Brodziak, Lauren Sherwood, Grace Mulder, Emily van Heerden and Jessica Petersen.



Congratulations to Mrs Anne Foale –Price for also completing the Argus.



News

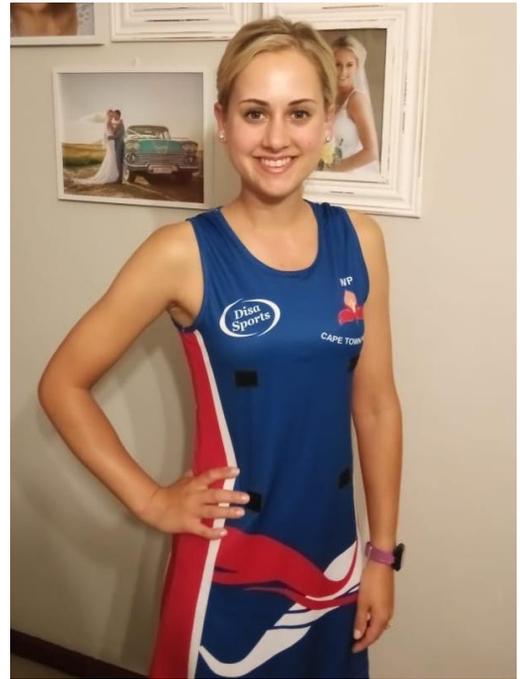


SYNCHRONISED SWIMMING

Zara Bottger and Alexis Wareham competed in the Interschool Sychro Competition. Zara competed in the novice category for those doing their first year of competition and she finished. They both then competed in the 12&U age group for Level 1, which is a regional competition hosted by CTMA (Cape Town Metro Aquatics) a district of Western Cape Aquatics and Alexia finished 4th. Herschel placed 3rd overall. Well done, girls!

WP NETBALL

Congratulations to Mrs Nadia Robbertze on her selection to represent the WP Women's A Netball team. We are very proud of you!





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 contact Liane Karsten

Email: ssholidayclinics@gmail.com

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						

