



14 April 2019

HERSCHEL PREPARATORY SCHOOL

NETBALL

HOCKEY

CROSS COUNTRY

P.E.



TERM 2: WEEK 1 SPORTS PLANNER

MONDAY 15 APRIL		TUESDAY 16 APRIL		WEDNESDAY 17 APRIL		THURSDAY 18 APRIL		FRIDAY 19 APRIL
06:30 – 07:20	Open Hockey trials continued. All Open Hockey players to attend. (Hockey tour girls must NOT attend)	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>	PUBLIC HOLIDAY
14:45 – 16:00	U10 & U11 Netball (final trials)	13:30 – 14:30	Gr 1 Sport Skills	13:30 – 14:30	Gr 2 Sport Skills	14:45 – 17:00	No Hockey matches or practices	
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 – 17:30	ALL U12 & Open Netball players to stay until 17:30 (final trials)	14:45 – 16:00	U10 & U11 Hockey	14:45 – 17:00	Netball Matches vs Wynberg			
16:00 – 16:45	U10 & U11 Cross Country	16:00 – 17:00 Open C, D, E 16:00 - 17:30 Open A & B	Open Hockey					



Our Herschel Prep Open A Netball team played a very strong club touring team from Dubai.

It was an exciting match and Herschel won 15 – 12.



NETBALL

NETBALL MATCHES: WEDNESDAY, 17 APRIL 2019

TEAM	OPPOSITION	TIME	VENUE
U9A	Wynberg	15:45	WGJS
U9B	Wynberg	15:20	WGJS
U9C	Wynberg	15:00	WGJS
U10A	Wynberg	16:00	WGJS
U10B	Wynberg	15:30	WGJS
U10C	Wynberg	15:00	WGJS
U11A	Wynberg	16:00	WGJS
U11B	Wynberg	15:30	WGJS
U11C	Wynberg	15:00	WGJS
U12A	Herschel	16:00	Herschel Prep School
U12B	Herschel	15:30	Herschel Prep School
U12C	Herschel	15:00	Herschel Prep School
Open A	Herschel	16:00	Herschel Prep School
Open B	Herschel	15:30	Herschel Prep School
Open C	Herschel	15:00	Herschel Prep School



All Girls Festival 2019



Our Prep girls took part in the annual All Girls' Sports Festival in the holidays, which was hosted by Eunice, Bloemfontein . We took part in Hockey, Netball & Tennis. The girls played some top schools from around the country and recorded some outstanding results. They had lots of fun, made new friends and developed great team-work in preparation for the upcoming winter season.



Holiday News

SURFING Sophie Leinberger participated in the SA Grommet Surf Champs in PE over the holidays. She won the bronze medal and the WP Team also won the event. Well done, Sophie!



TENNIS

India Rautenbach played in the TEN-PRO World series Tennis Tournament at the Rafa Nadal Academy in Mallorca Spain.

She was outstanding and won Player of the Tournament out of 650 entrants from all over the world in the competition. India met and made many friends throughout this fantastic opportunity and journey in the tournament.



She stayed on after the tournament at the Rafa Nadal Academy to learn and play with the full time students at the Academy and got to meet Uncle Tony Nadal, Rafa's uncle and coach who now runs the Academy and then got to meet Rafa Nadal and his current coach Carlos Moya who were both World number one tennis players.

During her time at the academy India had the unbelievable experience and was fortunate enough to be in the company with Rafa and his family throughout her stay there. We are extremely proud of you, India!



News

SWIMMING

Samantha Nimb who took part in the Level 2 Swimming Champs in the holidays. She did extremely well to make it into the 100m Breaststroke final. Well done, Samantha!



SA Level 2 Regional Age Group Champs 2019
EAST LONDON



Sophie Vickers took part in the Level 3 Swimming champs in the holidays and we are also very proud of this achievement.



Madison Franks also swam in the Level 3 champs. She had a really good meet. Madison had some awesome PBs in freestyle, butterfly and backstroke and made the finals in both the 50m and 100m butterfly. She finished 6th in both and also took 3 secs off in both races. Well done, Madison!

