



21 July 2019



## HERSCHEL PREPARATORY SCHOOL

NETBALL

HOCKEY

CROSS COUNTRY

P.E.



### HERSCHEL U11 TWILIGHT TOURNAMENT

Herschel hosted its annual U11 Girls Twilight Hockey Tournament. 12 teams took part in 2 different Pools. The vibe and spirit from the girls and the support for all the teams was incredible.

Herschel U11A won Gold in the CUP FINAL beating Kenridge who won Silver and Micklefield won Bronze.

The Grove won Gold in the PLATE FINAL, Sun Valley won Silver and Herschel invitational won Bronze.



## TERM 3: WEEK 3 SPORTS PLANNER

MONDAY 22 JULY		TUESDAY 21 JULY		WEDNESDAY 22 JULY		THURSDAY 23 JULY		FRIDAY 24 JULY			
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>Gr 3 – 7 girls</i>	06:30 – 07:20	OPTIONAL U12 & Open Netball Skills training		
14:45 – 16:00	U10 & U11 Netball	13:30 – 14:30	Gr 1 Sport Skills	13:30 – 14:30	Gr 2 Sport Skills	14:45 – 17:00	Hockey matches vs Micklefield	14:30	Cross Country Race @ Sun Valley (also acts as Circuit Champs)		
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 – 17:00	Netball Matches vs Camps Bay						
16:00 – 17:30	U12 & Open Netball	14:45 – 16:00	U10 & U11 Hockey								
16:00 – 16:45	U10 & U11 Cross Country	16:00 – 17:15	Heroes, Hurricanes & Heat								
		16:00 - 17:30	Open A & B								

Our U9A Netball team played our first match inside our Prep Hall after it was marked with a Netball lines in the holidays.



# Netball Matches vs Camps Bay

Wed, 24 July 2019

TEAM	OPPOSITION	TIME	VENUE
U9A	Camps Bay	15:00	Herschel Prep School Hall
U10A	Camps Bay	15:30	Herschel Prep School courts
U10B	Camps Bay	15:00	Herschel Prep School courts
U11A	Camps Bay	16:00	Herschel Prep School courts
U11B	Camps Bay	15:30	Herschel Prep School courts
U11C	Camps Bay	15:30	Herschel Prep School Hall
U12A	Camps Bay	16:00	Herschel Prep School courts
U12B	Camps Bay	15:00	Herschel Prep School courts
U12C	Camps Bay	16:00	Herschel Prep School Hall
U13A	Camps Bay	16:20	Herschel Senior School Sports Centre
U13B	Camps Bay	15:40	Herschel Senior School Sports Centre
U13C	Camps Bay	15:00	Herschel Senior School Sports Centre





## Holiday News



Emily van Heerden represented the WP U13A Hockey team at Nationals. Her team never lost a match and finished 4<sup>th</sup>. Well done, Emily!



2019 SA u13 Hockey Nationals

Teamphotos SA  
071 165 8891

Kate Formby & Georgia Finlayson represented the WP U13B Hockey team at Regionals. Their team won gold! Well done, girls!



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A number of Herschel girls took part in the U11 & U12 PSI National in the holidays. Well done girls, we are proud of you!



Anna Ashbolt (B), Sofia Dearnaley (B), Elen Vermaak (A), Alexa de Villiers (B) and Gabrielle du Toit (A) played in the WP Inter-Zonal U13 Hockey tournament this weekend. The A team won gold and the B team did exceptionally well playing against other A teams. Well done, girls!



## Herschel U9 Hockey Festival



## The week that was...



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India Rautenbach attended the Mouratoglou Tennis Academy in France. Despite an injury, she won a number of her matches including beating Mike Tyson's daughter. She was also awarded player of the week. Well done, India!

