



HERSCHEL PREPARATORY SCHOOL

NETBALL

HOCKEY

CROSS COUNTRY

P.E.

INTERHOUSE SPORTS DAY

It was a very exciting Grade 4 – 7 Interhouse Sports Day. The House Captains did an amazing job to ensure such great spirit throughout the morning.

The overall trophy was closely contested between Carter and Rolt but in the end was won by Rolt. The Spirit Cup went to Merriman.

Well done to Jessica Bosch who broke both the U10 75m and U10 400m records. Rachel Murray broke the U11 75m record and Michela Benettolo broke the Open 400m record.

In the relay events, the Carter U10 team broke the record and in the U11 event the Jagger and Rolt team both broke that record.



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WATER POLO

Congratulations to the following girls who were selected for WP U13 Water Polo teams:

WP U13A: Alexa de Villiers, Amy van Breda, Emily van Heerden and Kate Formby

WP U13B: Georgia Finlayson, Sophie Vickers, Kelly Cadiz and Julia Lückhoff

SWIMMING:

Congratulations to Madison Franks and Sophie Vickers for being awarded their Cape Town Aquatics Full Colours for Swimming.



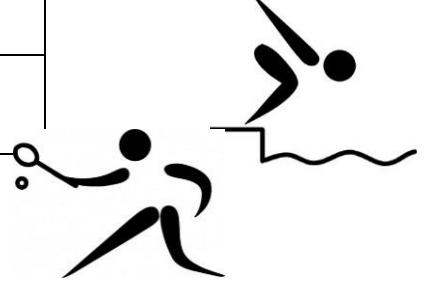
TENNIS:

Congratulations to India Rautenbach (U11) and Ophelia Loggenberg (U10) who were selected to play for the South Zone Tennis team in their respective age groups.



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TERM 4: WEEK 1 SPORT TIMETABLE

MONDAY, 30 SEP	TUESDAY, 1 OCT		WEDNESDAY, 2 OCT		THURSDAY, 3 OCT		FRIDAY, 4 OCT			
<p>06:30 – 07:15 Team Tennis: Open (No. 1 – 12 ladder)</p> <p>13:30 – 14:30 Grade 1 Sport Skills Day – Swimming/Ball Skills</p> <p>14:45 – 15:45 Water Polo: SS U9 & U10</p> <p>14:45 – 15:30 Squad Tennis U12 & Open (Group 1)</p> <p>15:30 – 16:15 Squad Tennis U12 & Open (Group 2)</p> <p>14:45 – 15:30 Training Squad Swimming: U9, U10</p> <p>15:30 – 16:15 Training Squad Swimming: U11, U12, Open</p> <p>17:00 – 18:00 Water Polo: SS U11A Herschel Heroes Herschel U13A – frm 16:45</p>	6:30 – 07:15 Team Tennis: U11 (Gr 3, 4, 5) (No. 1 – 12 ladder)		06:15 – 07:15 Water Polo: SS Herschel Prep U13A Herschel Heroes Herschel Hurricanes Herschel Heat		06:15 – 07:15 Water Polo: SS U11A, U11B U10A, B, C,					
	13:20 – 14:30 Grade 2 Sport Skills Day – Swimming/Ball Skills		14:45 – 15:30 Squad Tennis: U11		13:30 – 14:15 A Team Swimming: U8		[Grab your reader's attention with a great document or use this space to emphasize place this text box anywhere on the page]			
	15:30 – 16:15 Squad Tennis: U10		14:45 – 15:30 A Team Swimming: U10, U11, U12, Open		15:30 – 16:15 Training Squad Swimming: U9, U10, U11, U12, Open					
	15:00 – 18:00 Internal Water Polo Matches @ Herschel SS TBC		16:15 – 17:00 B Team Swimming: U9 – Open		14:45 – 17:00 Tennis Matches start: U11 & Open teams					
										

HERSCHEL
GIRLS SCHOOL

A & B Team Swimming, Water Polo: ikarsten@herschel.org.za
Tennis: mlaubscher@herschel.org.za
Training Squad Swimming: nrobbertze@herschel.org.za

Foundation Phase Sports Day



HERSCHEL PREPARATORY SCHOOL



Grade 4 - 7 Sports Day



HERSCHEL PREPARATORY SCHOOL



SUPER SKILLS HOLIDAY CLINICS

PRE-SEASON WATER POLO

SEPTEMBER 2019

VENUE: Herschel Senior School Water Polo Pool

DATES: Wednesday, 25 September 2019

Thursday, 26 September 2019

Friday, 27 September 2019

TIMES:

U9 & U10	15:00 – 16:15
U11 & U12	16:30 – 17:45

*** Sessions can be attended independently (1) or girls can attend 2 or 3 days.

For more information or to book your place.

Email: ssholidayclinics@gmail.com

