



20 September 2019



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.





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.





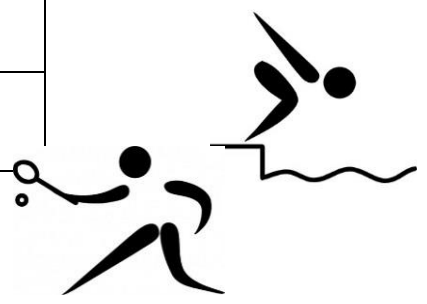
TENNIS:

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
	06:30 – 07:15 Team Tennis: Open (No. 1 – 12 ladder)	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,
	13:30 – 14:30 Grade 1 Sport Skills Day – Swimming/Ball Skills	13:20 – 14:30 Grade 2 Sport Skills Day – Swimming/Ball Skills	6:30 – 07:15 Team Tennis: Open (No. 13 – 24 ladder)	[Grab your reader's attention with a great document or use this space to emphasize place this text box anywhere on the page]
	14:45 – 15:45 Water Polo: SS U9 & U10	14:45 – 15:30 Squad Tennis: U11	13:30 – 14:15 A Team Swimming: U8	
	14:45 – 15:30 Squad Tennis U12 & Open (Group 1)	15:30 – 16:15 Squad Tennis: U10	14:45 – 15:30 A Team Swimming: U10, U11, U12, Open	
	15:30 – 16:15 Squad Tennis U12 & Open (Group 2)	15:00 – 18:00 Internal Water Polo Matches @ Herschel SS TBC	15:30 – 16:15 Training Squad Swimming: U9, U10, U11, U12, Open	No other sport: Big Walk
	14:45 – 15:30 Training Squad Swimming: U9, U10	  <p>HERSCHEL GIRLS SCHOOL</p>	16:15 – 17:00 B Team Swimming: U9 – Open	
	15:30 – 16:15 Training Squad Swimming: U11, U12, Open		14:45 – 17:00 Tennis Matches start: U11 & Open teams	
	17:00 – 18:00 Water Polo: SS U11A Herschel Heroes Herschel U13A – frm 16:45			

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



Foundation Phase Sports Day





Grade 4 - 7 Sports Day





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

