

WINTER SPORTS PROGRAMME 2020

Monday	<u>Hockey</u> <u>On Astro:</u> U19A & U19B 15h30-17h00 U16A & U16B 17h00-18h30 U19C & U16D 18h30-20h00 <u>On Grass:</u> U14C 15h30-16h30	<u>Netball</u> U14A & B 15h15 – 16h30 U14C & D 15h30-16h30 U15A & U16A 15h30 – 17h00 U16B & C 15h30 –16h30 U19A & B 16h15 – 17h45	<u>Cross Country</u> 15h15 -16h15 <u>Walking club</u> 15h15-16h15
Tuesday	<u>Hockey</u> <u>On Grass:</u> U16C 17h00-18h00 <u>On Astro:</u> U14A & B 17h30-19h00 <u>At SSI:</u> U19A Conditioning session 15h30-16h30	<u>Netball</u> U14A & B 15h15 – 16h30 U14C & D 15h30-16h30 U15A & U16A 15h30 – 17h00 U16B & C 15h30 –16h30 U19A & B 15h15 – 16h45	<u>Social Soccer</u> <u>Field 1:</u> 15h30 – 16h30
Wednesday	<u>Hockey</u> <u>On Astro:</u> U14C 15h15-16h30 U16B 15h15-16h30 U19A & U16A 16h30-18h00 U19B & U16C 18h00-19h30 <u>On Grass:</u> U16D 15h15-16h15 U19C 17h00-18h00	<u>Netball</u> SOCIAL 15h15-16h15 <u>At SSI:</u> U19A Conditioning session 07h15-08h15	<u>Cross Country</u> <u>Races</u> 15h30 – 17h30 or Training 15h15-16h15 <u>Squash</u> 15h30 – 17h00 (Kelvin Grove)
Thursday	<u>Hockey</u> <u>On Astro:</u> U14A & B 17h30-19h00 (After the RGJS matches)	<u>Netball Matches</u>	<u>Walking club</u> 15h15-16h15 <u>Social Soccer</u> 15h30 – 16h30 <u>Squash</u> Matches
Friday	<u>Hockey matches</u>		
Saturday	<u>Hockey matches</u>		

Squash | Cross Country | Social Netball starts week of 6 April
 Soccer | Yoga | Walking club starts week of 6 April
 All Hockey & Netball Team practices start week of 6 April

2020 YOGA & SELF-DEFENCE

These classes are offered as paid-for extras. Numbers are limited.

Registration for Term 2 & 3 via email coming 16 March

<u>DAY</u>	<u>TIME</u>	<u>SPORT</u>	<u>GROUP</u>
Mondays: (6, 20 April; 4,11,18,25 May; 1,8 June)	15h15-16h15 During exams: 13h45-14h45	SELF-DEFENCE	Grade 8 & 9
Tuesdays: (7,14,21,28 April; 5,12,19,26 May)	15h15-16h15 During exams: 13h45-14h45	SELF-DEFENCE	Grade 10, 11 & 12
Mondays: (6, 20 April; 4,11,18,25 May; 1,8 June)	15h15-16h15 During exams: 13h45-14h45	YOGA	Mixed class
Thursdays: (9,16,23,30 April; 7,14,21,28 May)	15h15-16h15 During exams: 13h45-14h45	YOGA	Mixed class

2020 TERM 2 WEDNESDAY: 07h30-08h30

<u>VENUE</u>	<u>SPORT</u>	<u>GROUP</u>
Netball Courts	NETBALL	All U14/15/16/18 Team shooters
Astro	HOCKEY	All Goal Keepers + 1 st Team strikers
Fields	CROSS COUNTRY	Identified & qualified runners

FOLLOW THE RGHS SPORTS DEPARTMENT ON INSTAGRAM @RGHSSport

