

SPORT FAQs

This document is a work in progress with questions and links added as needed.

<u>QUESTION</u>	<u>ANSWER</u>
<i>Where will I find the latest sports news and sports termly calendar?</i>	This is available by clicking on this link: Sport at RGHS Please note that the calendar will be updated at the start of Term 1, Term 2 (Winter Sport) and Term 4 (Summer Sport).
<i>Does Rustenburg have a Sports policy?</i>	Yes, it is available by clicking on this link: RGHS Sports Policy
<i>Does Rustenburg have a Sports Colours Policy?</i>	Yes, it forms part of the Colours Policy document available by clicking on this link: RGHS Colours Policy
<i>If my daughter has a query about anything sport related what should she do?</i>	We encourage your daughter to visit the sports department to ask questions when she is unsure of anything sport related. She is also welcome to email us or use Google Chat. We respond as soon as possible.
<i>How do I communicate if I have a query/ concern/ complaint about sport?</i>	We encourage parents/guardians to contact the Sports Department, scottr@rghs.org.za , with queries/ concerns/ complaints rather than engaging with coaches directly. We will then communicate with the relevant coaches/parties.
<i>What does PGSGU stand for?</i>	Rustenburg is a member school of the Peninsula Girls' Schools Games Union.
<i>What is a TIC?</i>	Teacher-in-Charge - every sport session/ team has a TIC allocated to assist the coach with registration, general well-being of the participants, informing members of upcoming matches, events specific to that code, etc.
<i>What is NGSF?</i>	National Girls' Schools Festival - a festival hosted by a different school every year. The festival offers a variety of sports and cultural events.
<i>League and competitor schools?</i>	The school affiliates with all WP high school sports associations in order for players to be eligible to attend WP trials. ALL sports league fixtures are drawn up by these associations. The school is responsible for all friendlies, derby days and tours.
<u>CROSS COUNTRY</u>	
<i>Who may join Cross Country in Winter?</i>	Everyone who wishes to run may join cross country in Winter.
<i>If a member of Cross Country do I have to attend races?</i>	No, races are voluntary, but encouraged.
<i>How often do I practise?</i>	The Cross Country Squad practice once a week. Races are on Wednesdays at various locations across the Peninsula.
<i>Transport to races?</i>	We rely on parents/guardians to provide transport for the runners and their teammates. If no parent/guardian is available to assist with lifts then the Sports department will arrange transport. By law staff may not transport learners at any time.

<i>What distances do the various age-groups have to run in races?</i>	U14, U15, U16 and U17s all run 4km; U19s run 6km.
<u>HOCKEY</u>	
<i>When will trials be?</i>	All trials will only take place after the end of February to allow for summer sporting codes to complete their various seasons.
<i>How will trials be conducted?</i>	A link to a document with all selection criteria will be made available.
<i>Transport to matches?</i>	Transport will be made available for most midweek fixtures and derby days.
<u>INDOOR HOCKEY</u>	
<i>Where will practices take place?</i>	Due to COVID, we won't be able to use the Westerford indoor facility any longer. All practices will take place on the RGHS astro turf.
<i>How many teams will there be?</i>	We have entered 3 teams into the league for 2021.
<i>Transport to matches?</i>	We rely on parents/guardians to provide transport for the players and their teammates. If no parent/guardian is available to assist with lifts then the Sports department will arrange transport. By law staff may not transport learners at any time.
<i>When will trials be?</i>	Trials take place in the 4th term, as there are no matches in this time.
<i>How will trials be conducted?</i>	A link to a document with all selection criteria will be made available
<u>NETBALL</u>	
<i>When are Netball trials?</i>	Netball trials are towards the end of the summer season in Term 1. The dates and times are announced in assembly, the newsletter and are in the school calendar. Learners are responsible for signing themselves up. The first round is used to sift through the talent. The second round is used to group the squads. The coach then has the task of finalising teams.
<i>Who sits on the selection panel?</i>	The selection panels are made up of all the RGHS Netball coaching staff, there are a minimum of 3 staff on duty during the trials.
<i>Are players allowed to play in an older age-group?</i>	All grade 8s must play in their age group, the only exception is if the player is a year older than her peers. Players may attend U16 or U19 trials from grade 9.
<i>Transport to matches?</i>	The Sports department hires a small bus for midweek fixtures. We rely on parents/guardians to provide transport for the players and teammates. By law staff may not transport learners at any time.

<i>Which age-groups are there?</i>	<p>We currently have U14, U16, U19 and most recently we have added the U15 age-group.</p> <p>The age groups are determined by South African Schools Netball who communicate to schools through Cape Town High Schools Netball.</p> <p>Schools in League 1A and B, majority being from the southern suburbs, do not have the numbers to field U14, U15, U16, U17 and U19. The compromise with CTHSN was that schools would enter one U15 team from 2020.</p>
<u>SQUASH</u>	
<i>Who may attend Squash practices?</i>	Any learner who is interested in playing Squash is welcome to attend the practices.
<i>Where do Squash practices take place?</i>	Squash practices take place once a week at Kelvin Grove, Newlands.
<i>When are Squash matches?</i>	Squash matches are on Fridays at various locations throughout the Peninsula.
<i>Transport to practice and matches?</i>	<p>We rely on parents/guardians to transport players to Kelvin Grove for practice sessions and to match venues.</p> <p>By law staff may not transport learners at any time.</p>
<u>SWIMMING</u>	
<i>When are Swimming trials?</i>	Grade 8 swimming trials take place on the first Tuesday of the school year. The top 10-15 swimmers will be invited to join the Team. Trials for new swimmers in other Grades are expected to attend these trials too.
<i>Expectations of Club Swimmers</i>	Swimmers who train with a Club are expected to attend one practice per week at school.
<i>Transport to and from galas?</i>	<p>We rely on parents/guardians to provide transport for the swimmers and their teammates. If no parent/guardian is available to assist with lifts then the Sports department will arrange transport.</p> <p>By law staff may not transport learners at any time.</p>
<i>Which age-groups are there?</i>	School galas as well as the Inter-House gala caters for U14, U16 and U19 age-groups.
<u>TENNIS</u>	
<i>When are tennis trials?</i>	<p>Grade 8 tennis trials are usually within the first two days of the school year. There is no longer a grade 8 league. The grade 8s are placed in the 5th or 6th team and challenge their way up the team ladder. If the player is of Provincial standard the Head Coach may slot the player in a higher team.</p> <p>Trials for the other grades are in the 4th Term of the previous year, the ladder is prepared for the start of the season.</p>
<i>How do trials for Grade 8s work?</i>	The Head Coach places all players in a round robin, they play first to 3 games. The top 10 are selected for the Team and further trials are conducted during practice sessions.

<i>How can a player move up the ladder?</i>	Match results are reviewed in order to organise challenges. Challenges happen with the consent of the Head Coach during team practice sessions or on a day that the players are available. Players may only challenge two players above them.
<i>What happens if my daughter is not selected for a Team?</i>	She will be encouraged to attend Social Netball and her progress will be monitored closely.
<i>Transport to and from matches?</i>	We rely on parents/guardians to provide transport for the players and their teammates. If no parent is available to assist with lifts then the Sports department book a cab for midweek fixtures. By law staff may not transport learners at any time.
<i>Which age groups are there?</i>	The Grade 8 league no longer exists, it was done away with in 2016. The tennis teams compete in an Open league. A Grade 8 player can work their way to the First team based on talent and results from the first season of high school. PGSGU Tennis is the only sport that has an U15 Inter-Schools tournament (Grade and 9).
<u>TOUCH RUGBY</u>	
<i>When are Touch trials?</i>	Touch rugby trials will be in the second week back at school in Term 1. There are two rounds of trials.
<i>Who sits on the selection panel?</i>	The selection panels are made up of all the RGHS Touch Rugby coaching staff, there are a minimum of 3 staff on duty during the trials.
<i>Are players allowed to play in an older age-group?</i>	RGHS fields 4 teams and teams are selected on merit. Grade 8s will be able to play in any of the four teams and must attend the first week of trials to be eligible.
<i>When are Touch Rugby matches?</i>	Matches take place on campus on Friday afternoons. Some matches may be scheduled for the Thursday afternoon but will be communicated in advance.
<u>WATER POLO</u>	
<i>When are Water Polo trials?</i>	Water Polo trials will take place within the first week of the school year. Trials for grade 8s will take place in the School Pool on the first Wednesday of Term 1 (27/01).
<i>Who sits on the selection panel?</i>	The selection panels are made up of all the RGHS Water Polo coaching staff, there are a minimum of 3 staff on duty during the trials.
<i>What happens if my daughter is not selected for a Team?</i>	She will be encouraged to attend Social Water Polo and her progress will be monitored closely.
<i>Where will Rustenburg Teams practice in 2021?</i>	Practice sessions will take place at Groote Schuur High School in Newlands in 2021.

Which age-groups are there?

U14, U16 and U19.