

2021 REVISED 1st TERM SPORTS PROGRAMME

MONDAY	<u>SWIMMING</u> LTS: 15h20–15h45; 15h55-16h20 SOCIAL: 15h20–15h50; 16h00-16h30 <u>WATER POLO</u> See separate time table below	<u>INDOOR HOCKEY</u> 2 nd Squad time to be confirmed 1 st Squad 16h30-17h30 tbc TEAM TENNIS 15h15-16h30 Teams – D, E & F	<u>RUNNING CLUB</u> 15h20–16h00
TUESDAY	<u>SWIMMING - TEAM</u> 15h15–16h15 <u>WATER POLO</u> See separate time table below	<u>TENNIS MATCHES</u> D, E & F Teams 15h30-17h00	<u>FOOTBALL</u> 15h30–16h30 <u>ON THE MOVE</u> 15h20-16h00
WEDNESDAY	<u>SWIMMING</u> SOCIAL: 15h20–15h50; 16h00-16h30 <u>WATER POLO</u> See separate time table below	<u>TENNIS</u> <u>SOCIAL</u> 15h15 – 16h00 OR 16h00 - 16h45 <u>TOUCH RUGBY</u> 3 rd & 4 th Teams 15h30-17h00 <u>SOCIAL</u> 15h20-16h20	<u>HOCKEY 5's</u> 15h30 – 16h15 OR 16h15 - 17h00 <u>RUNNING CLUB</u> 15h20–16h00
THURSDAY	<u>SWIMMING</u> LTS: 15h20–15h45; 15h55-16h20 SOCIAL: 15h20–15h50; 16h00-16h30 <u>WATER POLO</u> See separate time table below	<u>INDOOR HOCKEY</u> Squad 17h30 – 18h30 TEAM TENNIS 15h15-16h30 Team- A, B, C <u>TOUCH RUGBY</u> 1 st & 2 nd Teams 15h30-17h00	<u>FOOTBALL</u> 15h30–16h30 <u>ON THE MOVE</u> 15h20-16h00
FRIDAY	<u>WATER POLO</u> See separate time table below	<u>TENNIS MATCHES</u> A, B & C Teams 15h30-17h00	<u>TOUCH RUGBY tbc</u>

WEEK 1 - WATER POLO SESSIONS - 2021 T1

Day	Time	Who should attend?	Grades
Monday	06h20-07h20	Selected Grade 8s (2021) + U14 Team (2020)	8 & 9
Tuesday	06h20-07h20	All U16 and U19 Team players (2020)	10, 11 & 12
Wednesday	06h20-07h20	Selected Grade 8s (2021) + U14 Team (2020)	8 & 9
Wednesday	16h30-17h15		Social
Thursday	06h20-07h20	All U16 and U19 Team players (2020)	10, 11 & 12
Friday	06h20-07h20	Selected Grade 8s (2021) + U14 Team (2020)	8 & 9

WEEK 2 - WATER POLO SESSIONS - 2021 T1

Day	Time	Who should attend?	Grades
Monday	06h20-07h20	All U16 and U19 Team players (2020)	10, 11 & 12
Tuesday	06h20-07h20	Selected Grade 8s (2021) + U14 Team (2020)	8 & 9
Wednesday	06h20-07h20	All U16 and U19 Team players (2020)	10, 11 & 12
Wednesday	16h30-17h15		Social
Thursday	06h20-07h20	Selected Grade 8s (2021) + U14 Team (2020)	8 & 9
Friday	06h20-07h20	All U16 and U19 Team players (2020)	10, 11 & 12

2021 TERM 1 WEDNESDAY: 07h30-08h30		
SPORT	Group	Venue
TENNIS	Grade 8 - Identified Development Squad (start date tbc)	Tennis Courts
INDOOR HOCKEY	Grade 8 - Identified Squad (start date tbc)	Astro
CROSS COUNTRY	Identified & qualified runners (start date tbc)	Fields

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