

WINTER SPORTS PROGRAMME 2023

TEAM SPORTS for Terms 2 & 3: Cross Country; Football; Hockey;
Netball; Squash

SOCIAL SPORTS for Terms 2 & 3: Football; On the Move; Netball

Monday	<u>Hockey</u> U14B & U14C 15h15-16h30 U19B & U19C 16h30-17h45 U19A 17h45-19h30 U16A 17h45-19h15	<u>Netball</u> U14C & D 15h20 – 16h20 U15A & U16A 16h00 – 17h30 U19A & B 15h15-17h00	<u>Cross Country</u> Training 15h15 -16h15 <u>Squash Matches</u>
Tuesday	<u>Hockey</u> U19A Conditioning 16h30-17h30 U14A 17h30-18h45 GKs 17h30-18h15 PCs 18h15-19h00	<u>Netball</u> U14A & B 15h20 – 16h20 U15A & U16A 16h15 – 17h45 U16B & C 15h30 –16h30 U19A Conditioning 15h20-16h20	<u>Football</u> 15h15 – 16h30 1st & 2nd Team practice only <u>On-the-Move</u> 15h15-16h00
Wednesday	<u>Hockey</u> U14A & U16A 15h15-16h30 U14B & U19C 16h30-17h30 U16C & U16D 17h30-18h30 U19B & U16B 18h30-19h45 U14A Conditioning 06h45-07h45 U14C Hockey (Grass) 15h30-16h45	<u>Netball</u> 06h50-07h50 All U14/15/16/19 Team shooters <u>Social Netball</u> 15h15-16h15 <u>Netball</u> U14A & B 16h30 – 17h30 U14C & D 16h30 – 17h30 U16B & C 16h30 –17h30 U19A & B 16h15 –17h30	<u>Cross Country</u> Ladder Challenge OR Races 15h30-17h30 (Various venues - not yet known) <u>Football</u> 15h15 – 16h30 1st & 2nd Team practice only <u>Squash</u> (Village Squash Club) 15h20–16h15 (Intermediate & Advanced) 16h15-17h00 (Beginners)
Thursday	<u>Hockey</u> U16B & U16C 17h30-18h45 U19A 18h15-19h45	<u>Netball</u> Netball Matches (Fixtures are available)	<u>On-the-Move</u> 15h15-16h00 <u>Social Football</u> 15h30 – 16h30
Friday	Hockey Matches		
Saturday	Hockey matches		

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