

High School : First Term Sports Programme 2012

Monday:

15.00-17.00	Canoeing	Mr Willows
15.00-16.00	Swimming Squad (compulsory)	Mrs Jenkins
	Tennis Top 8 players	Mrs Ford
	Squash – Kick-start	Mrs White
	Netball – Top squad	Mrs Steenkamp
	Fitness is Fun	Miss Bestall
	Body Conditioning Zumba (extra cost)	Mrs Croeser
16.00-17.00	Netball Training (China Tour)	Mrs Steenkamp
	Tennis Squad	Mrs Ford
	Squash – Top Squad	Mrs White
	Swimming – Intermediate	Mrs Jenkins
	Swimming – Beginners	Miss Burt
	Synchronised Swimming	Mrs Waygood
	High Performance	Mr White / Miss Bestall
	Gymnastics (extra cost)	Mr Wallace
17.00-18.00	Squash – Top Squad	Mrs White
	Synchronised Swimming club	Mrs Waygood
17.30 onwards	Indoor Hockey – Ladies B league	Miss Bestall

Tuesday:

5.30-6.30am	Swimming – Squad Training	Miss Greer
5.45-6.45am	Tennis – Top 8 (until half term)	Mrs White
15.00-17.00	Canoeing	Mr Willows
	Tennis Leagues (Lyle and Cousins league)	Tennis Hosts
	Hockey – 1 st team squad	Miss Bestall
	Squash – Beginners' & Intermediate	Mrs White / Windelberg
16.00-17.00	Squash – Kick-start	Mrs White / Windelberg
	Swimming – Squad Training	Mrs Jenkins
	Hockey – astro skills (non-swimmers)	Miss Bestall
17.00-18.00	Waterpolo (all levels)	Mrs Hart / Miss Kruger

Wednesday:

14.00-18.00	Galas (Swimming Team)	Mrs Jenkins
15.00-17.00	Squash – Super 8 League	Miss Windelberg
15.00-16.00	Tennis – Top 8	Mrs Ford
	Tennis – Intermediate	Mr Willows
	Cardio Workout (Gr 10,11,12 extra cost)	Mrs Mornet
	Diving	Mrs Waygood
	Fun Activities	Miss Bestall
	Swimming – Beginners	Miss Burt
	Netball – skills training (all levels)	Mrs Steenkamp

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16.00-17.00	Tennis – Squad Synchronised Swimming Netball – Top squad and China Tour Hockey – astro skills (all levels) Soccer	Mrs Ford Mrs Waygood Mrs Steenkamp Miss Bestall / Mr Willows Miss Willows
17.30 onwards	Indoor Hockey - Ladies B League	Miss Bestall

Thursday:

5.45-6.45am	Tennis – Top 8 (until half term)	Mrs White
15.00-17.00	Tennis League (Risely League)	Miss Willows
15.00-16.00	Swimming – Squad (compulsory) Squash – Internal League Tennis - Social High Performance Fitness Netball – Top Squad	Mrs Jenkins Mrs White / Miss Windelberg Mr Willows Mr White / Miss Bestall Mrs Steenkamp
16.00-17.00	Swimming – Intermediate Netball – skills training (all levels) Hockey – 1 st team squad Squash – (Free State squad) Waterpolo (all ages) Social Running	Mrs Jenkins Mrs Steenkamp Miss Bestall Mrs White / Miss Windelberg Mr Hart / Miss Kruger Mr Willows
17.00-18.00	Synchronised Swimming	Mrs Waygood
17.30 onwards	Squash – Exhaust Shoppe League Duzi Dice	Mrs White Mr Willows

Friday:

5.30-6.30am	Swimming squad training	Miss Greer
14.50-15.30	Swimming Champs (28 Jan & 10 Feb)	Mrs Jenkins
15.00 onwards	Squash Tournaments	Mrs White
15.00-16.00	Hockey – Age group trials	Miss Bestall
15.30-16.00	Diving	Mrs Waygood
16.00 -17.00	Synchronised Swimming	Mrs Waygood