

SUMMER EXTRA MURAL PROGRAM 2023 – TERM 4

- THE FOLLOWING DOES NOT GET PREFERENCE IN THE EVENT OF A CLASH:
 - 1) GOLF 14:30 TO 16:45 (TUESDAYS AND FRIDAYS AS COMMUNICATED BY MRS. KRIGE)
 - 2) OFF SEASON TRAINING

MONDAY

SPORT/ACTIVITY	TIME	TEAM	VENUE	COACH/TEACHER
Senior Cricket	15:30-17:00	1 st and 2 nd team	PUTTICK	D. KINGWILL S. KOEBER
Junior Cricket	15:45-17:00	U/13 A & U/13 B	MINNAAR	M. NJOLOZA, R. HULLEMAN
Junior Cricket	15:45-17:00	U/11 A & U/11 B	AKH NETS	L. ROGERS, JP KRUGER
Senior cross country	16:15-17:00	BOYS AND GIRLS	MEET ON GRASS FIELD	C. PRINGLE
Senior athletics Middle distance and sprints	15:30-16:30	BOYS AND GIRLS	GRASS FIELD	H. SPARRIUS
Junior Swimming	15:15-16:00	A & B GROUP	SWIMMING POOL	S. MARAIS
Junior Swimming	16:00-16:30	C & D GROUP GIRLS	SWIMMING POOL	S. MARAIS
Senior Tennis	14:30-15:30	TOP 6 BOYS AND GIRLS	BOTANICS	MATCH POINT
Senior Tennis	14:30-15:30	7-12 BOYS AND GIRLS	BREMNER	B. FERREIRA; J. FERREIRA
Senior Tennis	14:30-15:30	3 rd & 4 th BOYS	ARTHUR KINGWILL	L. GERBER
Junior Tennis	16:00-16:45	3 RD GROUP	ST JAMES	K. NELL
Art Club	14:30-15:30	SENIORS	LANGMEAD CLASSROOM	B. LANGMEAD
Junior Marimbas	14:00-15:00	JUNIORS	MUSIC CLASS	S. BRINK
Junior Choir	15:00-16:00	JUNIORS	MUSIC CLASS	S. BRINK
SCA	18:00-19:00	SNR	JANTJIES CLASSROOM	E. JANTJIES
Hockey- off season	16:00-17:00	SENIOR SQUAD	ASTRO	C. BECK

TUESDAY

SPORT/ACTIVITY	TIME	TEAM	VENUE	COACH/TEACHER
Senior Cricket	15:30-17:00	1 st and 2 nd	PUTTICK	S. KOEBERG, D. KINGWILL
Senior Cricket	16:00-17:00	U/15	MINNAAR	J. VERS, A. GRADWELL
Junior Tennis	14:00-15:00	TOP 6 BOYS AND GIRLS	AKH	MOSTERT/Y. CLOETE
Junior Tennis	14:00-15:00	7-12 BOYS AND GIRLS	BREMNER	B. GREWAR
Junior Tennis	14:30-15:15	JUNIOR 4 TH GROUP	ST JAMES	J. NEL
Senior Tennis	16:15-17:00	3 RD AND 4 TH GIRLS	BREMNER	L. GERBER
Junior cross country	15:00-16:00	JUNIOR BOYS AND GIRLS	MEET ON GRASS FIELD	H. KEYSER
Senior Swimming	15:15-16:15	SENIOR A AND B GROUP	POOL	J. HEUNIS-JONES
Junior athletics middle distance and sprints	15:00-16:00	JUNIOR BOYS AND GIRLS	GRASS FIELD	S. VAN ZYL
Junior Chess	16:15-17:15	JUNIORS	ROSE-INNES CLASSROOM	H. ROSE-INNES
Robotics	15:00-16:00		CAT-LAB	W. MBANGA
SCA	18:15-19:15	SENIORS	LECTURE ROOM	E. JANTJIES
Drama	18:00-19:00	SENIORS	HALL	A. GRADWELL
Hockey – off season	16:00-17:00	SENIOR SQUAD	ASTRO	C. BECK

WEDNESDAY

SPORT/ACTIVITY	TIME	TEAM	VENUE	COACH/TEACHER
Junior Cricket	15:45-17:00	U/13 A & U/13 B	MINNAAR	M. NJOLOZA/R. HULLEMAN
Junior Cricket	15:45-17:00	U/11 A & U/11 B	AKH NETS	L. ROGERS/JP. KRUGER
Senior Tennis	14:30-15:30	SNR TOP 12 GIRLS	BREMNER	B. FERREIRA
Senior Tennis	14:30-15:30	SNR TOP 12 BOYS	AKH	J. FERREIRA
Senior Tennis	15:30-16:30	3 RD AND 4 TH BOYS	BREMNER (IF NO LEAGUE)	L. GERBER
Junior Tennis	16:00-16:45	JNR 3 RD GROUP	ST JAMES	K. NELL
Junior Swimming	15:15-16:00	A & B GROUP	POOL	S. MARAIS
Junior Swimming	16:00-16:30	C & D GROUP BOYS	POOL	S. MARAIS
Athletic high jump/long jump	16:00-17:00	SELECTED SNR & JNR BOYS AND GIRLS	PUTTICK	A. EKKERD/RETIEF
Senior Athletics middle distance and sprints	16:15-17:15	BOYS AND GIRLS	GRASS FIELD	H. SPARRIUS
Senior cross country	16:15-17:00	BOYS AND GIRLS	MEET ON GRASS FIELD	C. PRINGLE
Art Club	14:30-15:30	SENIORS	LANGMEAD CLASSROOM	B. LANGMEAD
Chess	14:30-15:30	SENIORS	ROSE-INNES CLASSROOM	H. ROSE-INNES
Eco Club	16:00-17:00	PRIMARY DEPARTMENT	STREET CLASSROOM	J. STREET; J. NEL
Hockey – off season	16:00-17:00	SENIOR SQUAD	ASTRO	C. BECK

THURSDAY

SPORT/ACTIVITY	TIME	TEAM	VENUE	COACH/TEACHER
Senior Cricket	15:30-17:00	1 st & 2nd	PUTTICK	S. KOEBERG, D. KINGWILL
Senior Cricket	16:00-17:00	U/15	MINNAAR	J. VERS, A. GRADWELL
Junior Cricket	15:30-17:00	U/13A & U/13B	MINNAAR	M. NJOLOZA/ R. HULLEMAN
Junior Tennis	14:00-15:00	TOP 6 BOYS AND GIRLS	AKH	MOSTERT/Y. CLOETE
Junior Tennis	14:00-15:00	7-12 BOYS AND GIRLS	BREMNER	B. GREWAR
Junior Tennis	14:30-15:15	JNR 4 TH GROUP	ST JAMES	J. NEL
Senior Tennis	16:15-17:00	3 & 4 TH GIRLS	BREMNER	L. GERBER
Junior Cross Country	16:15-17:00	JUNIOR BOYS & GIRLS	MEET ON GRASS FIELD	H. KEYSER
Junior Athletics middle distance and sprints	15:00-16:00	JUNIOR BOYS & GIRLS	GRASS FIELD	S. VAN ZYL
Athletics High Jump/Long Jump	16:00-17:00	SELECTED SENIOR & JUNIOR BOYS AND GIRLS	GRASS FIELD	A. EKKER/RETIEF
Senior Swimming	15:15-16:15	A & B GROUP	POOL	J. HEUNIS-JONES
Senior Choir	14:15-15:15	SENIORS	MUSIC ROOM	Z. OOSTHUIZEN
SNR Marimbas	15:15-15:45	GROUP 1	MUSIC ROOM	Z. OOSTHUIZEN
SNR Marimbas	15:45-16:15	GROUP 2	MUSIC ROOM	Z. OOSTHUIZEN
SNR Marimbas	16:15-16:45	GROUP 3	MUSIC ROOM	Z. OOSTHUIZEN
SCA	17:45-18:30	JNR	HAH HOSTEL	J. STREET
Hockey – off season	16:00-17:00	SENIOR SQUAD	ASTRO	C. BECK