

South African College Junior School



TERM 1 – 2012

SUMMER EXTRAMURAL TIMETABLE

TUCKSHOP PRE-ORDERS

START: 16 JANUARY 2011

HEAD OF SPORT

:

MR K MARSHALL

SPORTS ADMINISTRATOR

:

MR A KIRSTEN

(021) 689 4001 EXT. 220

WEBSITE: www.sacsjunior.org.za

MOBSITE: mobis.co.za/sacsj

(Please check Mobsite for Sport Alerts)

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DRESS CODE

CLIMBING TEAM	SACS SPORTS SHIRT WITH BADGE/SACS VEST, WHITE PHYS ED SHORTS.
❖ CRICKET ❖ MINI-CRICKET ❖ CALYPSO CRICKET	SACS SPORTS SHIRT WITH BADGE / SACS Cricket Shirt, WHITE PHYS ED SHORTS, SACS RUGBY SOCKS, WHITE TRAINERS.
JUDO	SACS SPORTS SHIRT, WHITE PHYS ED SHORTS, TRACKSUIT PANTS.
PHYS ED	SACS SPORTS SHIRT WITH BADGE/SACS VEST/HOUSE T-SHIRT, WHITE PHYS ED SHORTS.
SWIMMING	SACS COSTUME, SACS SWIMMING CAP, SACS TOWEL.
TENNIS	SACS SPORTS SHIRT WITH BADGE, WHITE PHYS ED SHORTS, WHITE SHORT SOCKS, WHITE TRAINERS, SACS SPORTS CAP.
WATERPOLO	SACS COSTUME, SACS SWIMMING CAP, SACS TOWEL.
ALL ITEMS OF CLOTHING, INCLUDING ALL SPORTS EQUIPMENT, MUST BE CLEARLY MARKED.	

INCLEMENT WEATHER SPORT POLICY : SPORT IS NOT OFFICIALLY CANCELLED, BUT RELOCATED INDOORS. COACHES WILL BE IN CHARGE OF BOYS UNTIL THE END OF THEIR PRACTICE UNLESS OTHERWISE STATED ON MOBISITE.

COMMUNICATION REGARDING MATCHES: ALL MATCH TIMES AND VENUES WILL BE COMMUNICATED TO THE BOYS VIA THEIR COACH. IN THE EVENT OF A MATCH CANCELLATION, CHECK THE MOBISITE. FOR MATCHES THAT TAKE PLACE ON THE WEEKEND, THE DECISION IS OFTEN MADE AT THE VENUE. PLEASE DO NOT ASSUME THAT A MATCH IS CANCELLED.

PHONE CARDS: PLEASE ENSURE THAT YOUR SON HAS A TELKOM PHONE CARD OR R2.00 IN 50c PIECES TO CONTACT YOU FROM THE PUBLIC PHONES SHOULD HE NEED TO DO SO.

MOBISITE

TO RECEIVE DAILY ALERTS ABOUT EXTRAMURAL CHANGES AND OTHER PERTINENT SCHOOL MATTERS VIA CELL PHONE OR COMPUTER, WITHOUT NEEDING TO CALL THE SCHOOL OR SPORTS OFFICE FOR AN EXTRAMURAL UPDATE.

PLEASE CHECK THE MOBISITE FOR UPDATES **AFTER 12:00** FOR GRADES 1-2 AND **AFTER 13:30** FOR GRADES 4-7.

TO LOG ON TO THE SACS JUNIOR MOBISITE: OPEN THE WEB BROWSER ON YOUR MOBILE PHONE, TYPE IN mobis.co.za/sacsj AND SCROLL THROUGH THE MENU. ONCE OPEN, BOOKMARK THE SITE FOR AN EASY ACCESS THE NEXT TIME. ALTERNATELY, SMS THE LETTERS **SACSJ TO 31620** AND YOU WILL RECEIVE A REPLY THAT INCORPORATES THE SCHOOL'S URL. CLICK ON IT AND SAVE AS A BOOKMARK. ALTERNATIVELY, LOG ONTO THE SACS JUNIOR WEBSITE, www.sacsjunior.org.za AND ACCESS THE MOBISITE VIA THE MOBISITE LINK.

EXTRAMURALS - SPORT

ATHLETICS (HEAD: MR A KIRSTEN)

Athletics for U9 – U13 only commences on Wednesday 8 February after the Inter-House Athletics Meeting, and is only for the athletes selected to participate in the Quadrangular Meeting on 1 March.

GRADE 1: MRS S HARE; MRS S LUCAS

MONDAY: 13:30 – 14:00 (Starts on Monday 30 January)

GRADE 2: MISS MEYER; MRS TARENTAAL

TUESDAY: 13:30 – 14:00 (Starts on Monday 16 January)

CLIMBING TEAM (HEAD: MR C HOWELL)

GROUP	MONDAY	WEDNESDAY
GRADE 7	14:30 - 15:45	
GRADE 6		14:30 - 15:45

CRICKET (HEAD: MR A KIRSTEN)

GROUP	TUESDAY	THURSDAY	SATURDAY
U13A:	15:00 - 17:00 Practice	15:00 - 17:00 Practice	08:00 - 13:30 Match
COACH: MR J HEATHCOTE & MR A KIRSTEN			
U13B:	15:00 - 16:30 Practice	15:00 - 16:30 Practice	08:00 - 13:00 Match
COACH: MR R BEZUIDENHOUT			
U13C:	15:00 - 16:30 Practice	15:00 - 18:00 Match	
COACH: T.B.C.			
U12A:	15:00 - 17:00 Practice	15:00 - 17:00 Practice	08:00 - 13:30 Match
COACH: MR N ROCKHILL			
U12B:	15:00 - 18:00 Match	15:00 - 16:30 Practice	
COACH: MR M DUDLEY			
U12C:	15:00 - 18:00 Match	15:00 - 16:30 Practice	
COACH: T.B.C.			
GROUP	MONDAY	WEDNESDAY	
U11A:	15:00 - 16:30 Practice	15:00 - 18:00 Match	
COACH: MR K MARSHALL			
U11B:	15:00 - 16:30 Practice	15:00 - 18:00 Match	
COACH: MR R O'GRADY			
U11C:	15:00 - 16:30 Practice	15:00 - 18:00 Match	
COACH: T.B.C.			
U11D:	15:00 - 16:30 Practice	15:00 - 18:00 Match	
COACH: T.B.C			

CRICKET (contd.)			
GROUP	MONDAY	WEDNESDAY	SATURDAY
U10A:	15:00 - 18:00 Match	15:00 - 16:30 Practice	08:00 - 13:00 Match
COACH: MR W VALENTINE			
U10B:	15:00 - 18:00 Match	15:00 - 16:30 Practice	
COACH : MR A BUTCHER			
U10C:	15:00 - 18:00 Match	15:00 - 16:30 Practice	
COACH: T.B.C.			
U10D:	15:00 - 18:00 Match	15:30 - 16:30 Practice	
COACH: T.B.C.			

MINI-CRICKET (HEAD: MISS L COMMITTIE)				
GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
U9	14:30 - 15:00 Practice	15:00 - 16:30 Match		
Grade Three Teachers + Miss Meyer / Ms Morgan				

CALYPSO CRICKET (HEAD: MR R JACOBS)	
(U10, U11, U12, U13)	FRIDAY
MR R JACOBS (Other coaches T.B.C.)	13:30 - 15:00

GOLF (HEAD: MR G DE LA BAT)		
GROUP	MONDAY	TUESDAY
	(U12, U13)	(U11)
MR G DE LA BAT	15:00 - 16:30	15:00 - 16:30

SUMMER GAMES – Compulsory for all (MRS J DAVIES)			
GROUP	MONDAY	WEDNESDAY	THURSDAY
GRADE 1 MRS J DAVIES / GRADE ONE TEACHERS		13:40 – 14:30	
GRADE 2 MRS J DAVIES / GRADE 2 TEACHERS			13:40 – 14:30
GRADE 3 MRS J DAVIES / GRADE 3 TEACHERS	13:40 - 14:30		

SWIMMING (HEAD: MRS J DAVIES)						
GROUP	COACHES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IMPROVERS	<u>Mon & Wed</u> MRS J DAVIES MRS L PEARCE MRS P FLITTON MRS T DUFF <u>Wed only</u> MRS R ROOD MRS C TARENTAAL	14:45 - 15:15 JS		14:45 - 15:15 JS		
C SQUAD	MISS A GLÜCK	14:45 - 15:15 JS		14:45 - 15:15 JS		
SQUAD U9 → OPEN POLO SWIMMING SQUAD	MRS J DAVIES MISS A GLÜCK	15:15 - 16:00 JS	06 :40 - 07 :35 14 :45 - 15 :45 JS 14 :45 - 15 :45		06 :40 - 07 :35 14 :45 - 15 :45 JS 14:45 - 15:45	
SQUID SQUAD	MRS J DAVIES		13:00 - 13:30 Gr2 (invited swimmers) JS			13:15 - 14:00 Gr 2 (invited swimmers) Gr 3s & 4s JS

➤ **IMPROVERS:** For Grade 2 and upwards.

- Several ability groups at varying levels of competency from basics to team level.
- **This is not a beginners or 'no experience' group**, but rather stroke correction and improvement.
- **C Squad** - A group working across the width of the waterpolo pool for stroke improvement and stamina.
- **Groups maximum of 10 – 12.**

➤ **SQUID SQUAD:** A junior squad for U7, U8, U9 and U10.

- **Term 4 only - (Squid Squad on Tuesdays)** Any Grade 2 boy who is prepared to work hard and meet the basic criteria may join. They should, however, be prepared to eventually train over longer distances and attempt all strokes. The basic criteria for Squid Squad for Grade 2s on Tuesdays is to be able to swim 2 x lengths with relative ease using a racing stroke.
- Boys in Grade 3 and upwards do not need to be invited and can attend A & B Squad, if they are prepared to work hard, attempt all strokes and train over lengths as well as widths. (Squid Squad swimmers are expected to join A & B Squad in Grade 3.)

JS – Junior School Pool

PLEASE NOTE:

- **All starting dates for Term 4 will be advised** due to cooler temperatures at the beginning of the term.
- There is **no extramural swimming for Grade Ones.**
- All Improvers, Squid and Squad Swimmers – the wearing of a white SACS cap is encouraged.
- **Galas are as per Term calendar. White SACS swimming caps MUST be worn at Galas.**

➤ **SQUAD:** A squad for U9, U10, U11, U12 and Open.

- Boys training with outside clubs and coaches should attend at least **ONE** session to be considered for team selection.
- Competition day is usually a Thursday.
- **No practice if there is a gala unless otherwise advised.**

TENNIS (HEAD: MRS H GILLMER)	
MONDAY	FRIDAY
U13 (Senior)	U13 (Senior)
14:45 - 16:00 (Practice) MRS H GILLMER	LEAGUE MATCHES MRS H GILLMER

ART CLUB (contd.)		
SENIOR ART CLUB Grades 4 – 7 MRS S DEVINE		THURSDAY 14:30 – 15:30
MATERIAL FEE: R200 (to be paid by end of October for Term 4)		

COMPUTERS (HEAD: MRS J McCLURE)		
GROUP	MONDAY	THURSDAY
GR 4 - 7	14:30 - 15:30	14:30 - 15:30
	Mrs C Ince	Mrs M Beck

GENERAL KNOWLEDGE (MS L ROSCOE)	
GROUP	WEDNESDAY
GR 4 - 7	07:15 - 08:00 (Ms Roscoe's Classroom)

CUBS (AKELA J DAVIES)	
GROUP	TUESDAY
3 rd Claremont (SACS)	17:15 - 18:45

- There is a waiting list and it is advisable to apply to other Packs.
- Boys approaching 7 years old are eligible to join the Pack and leave at the end of the term having had their 11th birthday.
- Application forms from Akela, Mrs J. Davies or the Secretaries Office. There is no guarantee your son will be accepted as it depends on numbers.

ENVIRONMENTAL CLUB (MS L ROSCOE)		
GROUP	TUESDAY or WEDNESDAY	
GR 4 – 7	14:45 - 15:45 (Ms Roscoe's Classroom)	14:45 - 15:45 (Ms Roscoe's Classroom)

CAMP: Bloublommetjeskloof, Wellington : October (Cost: Approx. R700,00 – includes all workshops)

FENCING (HEAD: MR DAVID WAGENFELD – CELL: 072 194 1926) dwagenfeld@webafrica.org.za	
TUESDAY (Rondebosch Sports Club)	FRIDAY (SACS Gym Hall)
Beginners: 14:45 – 16:00 Junior Squad: 15:30 – 17:00	Gr 1 – 3: 13:00 – 14:00 Gr 4 – 7: 13:30 – 14:30

JUDO (PRIVATE) (MR FRANK STEYN - CELL: 082 768 3911) shiaijudoclub@yahoo.com	
GROUP	MONDAY
GR 1	13:15 - 14:00 (Hall)
GR 2	14:15 - 15:00 (Hall)
GR 3 - 7	15:00 - 16:00 (Hall)

KIDS CLAY (PRIVATE) (MRS MARTINE HULLEY – CELL: 083 308 5838) martine.ceramics@gmail.com		
*Numbers are limited to 15 per class; kindly phone or SMS to confirm a place for your son, each term.		
GROUP	WEDNESDAY	THURSDAY
GR 1 - 2	13:15 - 14:15	
GR 3 - 7		14:30 - 15:30

MUSIC (HEAD: MR R JACOBS)					
GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CHOIR MR R JACOBS		10:20 - 10:48 Auditorium		10:20 - 10:48 Auditorium	
JUNIOR CHOIR MRS B BOWNES	07:35 - 08:05 Class Music Room		07:35 - 08:05 Hall		
<i>*PLEASE NOTE: Junior Choir commences after auditions at start of year. Qualifying boys will be notified.</i>					
CHAMBER CHOIR MRS B BOWNES		10:20 - 10:48 Hall		10:20 - 10:48 Hall	
JAZZ BAND MR R JACOBS		07:25 - 07:55 Auditorium			07:25 - 07:55 Auditorium

MUSIC (HEAD: MR R JACOBS) (contd.)					
GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONCERT BAND MR C HOWELL	07:25 - 07:55 Band Room		07:25 - 07:55 Band Room	07:25 - 07:55 Band Room	
JUNIOR BAND MR C HOWELL / K HESS		07:25 - 07:55 Band Room		07:25 - 07:55 Hall	07:25 - 07:55 Band Room
<i>*PLEASE NOTE: Junior Band – commencement date to be advised.</i>					
INTERMEDIATE BAND MISS K HESS		07:25 - 07:55 Hall	07:25 - 07:55 Hall		07:25 - 07:55 Hall

PRIVATE TENNIS (COACH: MRS CHARISSA BALMAN - CELL: 074 190 7535) e-mail: satoris@mweb.co.za (for tennis related matters only)		
GRADE R	Wednesday 12:45 – 13:30 (18/1/12 – 7/3/12)	Thursday 12:45 – 13:30 (19/1/12 – 8/3/12)
GRADE 1		Thursday 13:30 – 14:30 (2/2/12 – 8/3/12)
GRADE 2	Wednesday 13:30 – 14:30 (18/1/12 – 7/3/12)	
GRADE 3 to 7	Wednesday 14:45 – 15:45 (18/1/12 – 7/3/12)	Thursday 14:45 – 15:45 (19/1/12 – 8/3/12)

NB: These lessons will only be cancelled if it's raining - you will be informed via SMS from Mrs Balman.

OTHER & PRIVATE CONTACT NUMBERS:

AFTERCARE:

Mrs Marie-Anne de Nys Phone: 021 - 689 8779 (after 12 Noon)

CATECHISM: (Friday)

Gr 1 - 2 13:15 - 14:00
Gr 3 - 7 13:15 - 14:15

Mr Chris D'Aguiar Cell: 083 310 4167

DRAMA: (Friday)

Senior Gr 4-7 Mrs Sue Devine 13:30 - 14:30
Tel: 021 - 689 4001 (and leave a message)

MADRESSA: (Mon - Thurs)

Gr 1 - 2 13:30 - 14:30
Gr 3 - 7 14:45 - 16:00

Mujaahid White Cell: 076 413 2418 OR 021 - 704 0609

mujaahidwhite43@gmail.com

FENCING:

Mr David Wagenfeld Cell: 072 194 1926

dwagenfeld@webafrica.org.za

JUDO:

Mr Frank Steyn Cell: 082 768 3911

shaijudoclub@yahoo.com

KIDS CLAY:

Mrs Martine Hulley Cell: 083 308 5838

martine.ceramics@gmail.com

PRIVATE TENNIS:

Mrs Charissa Balman Cell: 074 190 7535

satoris@mweb.co.za

EXTRAMURAL TIMETABLE AND UPDATES ALSO AVAILABLE ON SACS WEBSITE

www.sacsjunior.org.za and MOBISITE mobis.co.za/sacsj