

ACTIVITY & AGE	PRACTICE DAY	PRACTICE TIME	PRACTICE VENUE	TEACHER or COACH RESPONSIBLE	MATCH DAY
CROSS COUNTRY					
U8 - U13	Wednesday	14:45 – 15:45	Main Field	Mrs Koopman, Nakana & Charles	Friday
RUGBY					
U7 (Gr 1)	Tuesday	13:30 - 14:15	Main Field	Mrs Altern, Miss Louw, Mr Mengel & Mr Stofberg	Arranged: Fri afternoon or Saturday Mornings
	Thursday	13:30 - 14:15			
U8 (Gr 2)	Monday	13:30 - 14:30	Main Field	Miss Fuller, Mr Stofberg & Mr Novitzkas	Arranged: Saturday Mornings
	Wednesday	13:30 - 14:30			
U9	Tuesday	14:45 - 16:00	Main Field	Mr Batt, Mr Bowerman Mr Pears & Coach 4	Saturday Morning
	Wednesday	14:45 - 16:00			
U10	Monday	14:45 - 16:00	Main Field	Mr Gray, Mr Payne & Mr Mike	Saturday Morning
	Wednesday	15:00 - 16:15	Frankfirth		
U11	Monday	16:00 - 17:15	Main Field	Mr Anderson & Mr Theunissen	Saturday Morning
	Wednesday	15:00 - 16:30	Frankfirth		
U12	Tuesday	15:00 - 16:30	Frankfirth	Mr de Klerk, Mr Botha & Mr Wheeler	Saturday Morning
	Thursday	14:45 - 16:15	Main Field		
U13	Tuesday	15:00 - 16:30	Frankfirth	Mr O'Sullivan, Mrs Walker & Mr Haralambous	Saturday Morning
	Thursday	15:00 - 17:00	Main Field		
HOCKEY					
U7 Skills (Boys & Girls)	Wednesday	13:30 - 14:30	BHS Astro & SVPS Mini-Astro	Mrs Murcott & Coaches	By Arrangement
U8 Skills (Boys & Girls)	Tuesday	13:30 - 14:30	BHS Astro & SVPS Mini-Astro	Mrs Burger & Coaches	By Arrangement
	Thursday	13:30 - 14:30			
U9 Girls	Monday	13:30 - 14:30	BHS Astro & SVPS Mini-Astro	Miss Cannone & Miss Oosthuizen	Thursday
U10 Girls	Monday	14:45 - 16:00	BHS Astro	Miss Atherstone & Coaches	Thursday
		15:00 - 16:15	Bergvliet Sports Club		
U11 Girls	Monday	14:45 - 16:00	BHS Astro	Mrs Hunt & Coaches	Thursday
		15:00 - 16:30	Bergvliet Sports Club		
U12/13 Girls 8-a-side	Tuesday	15:00 - 16:30	SVPS Mini-Astro & Bergvliet Sports Club	Miss Godfrey & Coaches	Thursday
U12/13 Girls 11-a-side	Tuesday	15:15 - 16:30	BHS Astro & Bergvliet Sports Club	Mr Ryan & Mrs Withey	Thursday
U13A Girls	Friday	13:30 - 14:30	BHS Astro	Mrs Withey	Thursday
U13A&B Girls	Wednesday	06:45 - 07:45	BHS Astro	Mr Ryan	Thursday
U9 Boys	Monday	13:30 - 14:30	BHS Astro & SVPS Mini-Astro	Coaches	Thursday
U10 & U11 Boys	Tuesday	14:45 – 15:45	BHS Astro	Mr Wiley, Mr Altern & coaches	Thursday
U12 Boys	Monday	15:30 - 16:30	BHS Astro	Mr Rushby & Coaches	Wednesday
U12A Boys	Wednesday	06:30 - 07:30	BHS Astro	Mr Rushby	Wednesday
U13B Boys	Monday	14:45 - 15:30	SVPS Mini-Astro	Mr Miles	
U13A Boys	Monday	15:30 - 16:30	SVPS Mini-Astro	Mr C Rushby & Mr B Wiley	Wednesday
	Friday	06:30 - 07:30	BHS Astro		

NETBALL					
Gr 1 Skills	Tuesday	13:30 - 14:15	Middle Quad	Mrs Charles, Miss Radue & Miss Stokell	
U8 (Gr 2 Skills)	Monday	13:30 - 14:15	Middle Quad	Mrs van der Schyff & Miss Stokell	
	Wednesday	13:30 - 14:15			
U9 (Gr 3)	Tuesday	14:45 - 15:45	Middle Quad	Mrs Albrecht & Mrs Blyth	Wednesday (practice if no match)
	Wednesday	14:45 - 15:45			
U10A & B	Tuesday	14:45 - 15:45	Tennis Court	Mrs Coetzee & Coach	Wednesday
U11A & B	Tuesday	14:45 - 15:45	Top Quad	Mrs Godfrey & Miss Radue	Wednesday
U10/11 C & D	Tuesday	14:45 - 15:45	Top Quad	Mrs Orchard-Zwets & Coach	Wednesday (if opposing school has C/D teams)
U12A & B	Monday	14:45 - 16:00	Top Quad	Mrs Bender & Coach	Wednesday
U13A & B	Monday	14:45 - 16:00	Tennis Court	Mrs Vine-Soanes & Coach	Wednesday
U12/13 C & D	Monday	14:45 - 15:45	Top Quad	Miss Pretorius & Ms Muller	Wednesday (if opposing school has C/D teams)
Netball Skills (U10 & U11)	Friday	13:30 - 14:30	Top Quad	Coaches	This practice is compulsory for A & B Teams
Netball Skills (U12 & U13)	Friday	14:40 - 15:40	Top Quad	Coaches	This practice is compulsory for A & B Teams
GYMNASTICS (General) - W.P. affiliation fee applies - Natalie Hobbs (083 655 5037 or brawns@dslconnect.co.za)					
Group 1	Monday	13:10 - 13:45	Hall	Brawns Gymnastics	
Group 2	Monday	13:45 - 14:20	Hall	Brawns Gymnastics	
Group 3	Monday	14:20 - 14:55	Hall	Brawns Gymnastics	
Grp 4 (girls)	Monday	14:55 - 15:30	Hall	Brawns Gymnastics	
Grade 4-7	Thursday	14:30 - 15:30	Hall	Brawns Gymnastics	
SWIMMING					
Swim Training (Gr 3 - 7)	Tuesday	07:00 - 07:45	Pool	Miss Blight	Galas
	Thursday	07:00 - 07:45			
Team Training (Gr 3 - 7)	Monday	16:00 - 17:00	Pool	Su Bonney su.bonney@gmail.com	Galas
	Wednesday	16:00 - 17:00			
Swim (Gr 1)	Tues & Thurs	14:30 - 15:15	Pool	Su Bonney su.bonney@gmail.com	Galas
Swim (Gr 2)	Tues & Thurs	15:15 - 16:00			
Syncro Swimming	Tuesday	14:45 - 15:45	Pool	Laura Strugnell lau.swim@gmail.com	
CHESS					
Gr 1 - 7	Monday	14:45 - 15:45	Library	Coach	Friday - Chess matches (Mrs Senogles)
	Tuesday	14:45 - 15:45			
SQUASH					
A & B Team	Monday	16:30 - 17:15	Bergvliet Sports Club	Mrs Vink & John Abrahamse	Friday
C Team	Wednesday	16:30 - 17:15			
Social Team	Thursday	16:30 - 17:15			
DRAMA					
Gr 4 & 5	Thursday	14:45 - 15:45	Mini-Hall	Mrs Foster & Miss Williams	
Gr 6 & 7	Tuesday	14:45 - 15:45	Mini-Hall	Mrs Foster & Miss Williams	
Gr 3	Monday	13:30 - 14:15	Mini-Hall	Miss Williams	
LIBRARY					
Research & Book Exchange Gr 4 - 7	Mon, Tues, Thurs	14:30 - 15:30	Library	Mrs Senogles & Mrs de Villiers	
	Wednesday	14:30 - 15:00			

GYMNASTICS SQUADS - By invitation - Natalie Hobbs (083 655 5037 or brawns@dslconnect.co.za)

Squad Training	Monday	15:00 - 17:00	Hall	Brawns Gymnastics	
	Monday	17:00 - 19:00			
Squad Training	Thursday	15:00 - 17:00 17:00 - 19:00	Hall	Brawns Gymnastics	
Squad Training	Friday	15:00 - 17:00 16:30 - 18:30	Hall	Brawns Gymnastics	

LIVING MATHS - By arrangement- Steve Sherman (021 434-2062 or livmath@iafrica.com)

Grade 5	Wednesday	07:15 - 08:15	Science Lab	Mrs Hunt	
Grade 6	Monday	07:15 - 08:15	Science Lab	Mrs Hunt	
Grade 7	Monday	07:15 - 08:15	Tech Room	Mrs Hunt	

SPEECH & DRAMA - By arrangement - Zita (021 761-5907 or 084 761 5907 or doowopdrama@gmail.com)

Gr R	Thursday	13:00 - 13:30	Jacob's Ladder (Bergvliet Methodist)	Zita	
Gr 1	Monday	13:15 - 13:50			
Gr 2	Tuesday	13:15 - 14:15			

JUDO - By arrangement - Frank Steyn (082 768 3911 or shaijudoclub@yahoo.com)

Junior Group	Friday	13:15 - 14:00	Hall	Mr Frank Steyn	
Senior Group	Friday	14:00 - 15:00			

KARATE - By arrangement - Jason Dawes (083 399 8171 or jason@kyokushinkarate.co.za)

Gr 1 - 7	Tuesday	15:15 - 16:15	Hall	Sensei Michael	
Gr 1 - 7	Friday	14:30 - 15:30	Pre-Primary	Sensei Jason	

MODERN DANCING - By arrangement - Starlight Studios, Colleen (021 7153442 or starlightstudios@live.co.za)

Gr 1 - 7	Wednesday	14:30 - 18:30	Hall	Colleen Kitching	Concerts
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CLAY PLAY POTTERY - By arrangement - Janet Muller (021 712-8200 or janet@clayplay.co.za)

Gr R	Friday	12:00 - 12:55	Art Room	Janet Muller	
Gr 1 & 2 (A)	Friday	13:10 - 14:05			
Gr 1 & 2 (B)	Friday	14:10 - 15:05			
Gr 3 - 7	Thursday	14:30 - 15:25			

TENNIS - By arrangement - Tim Armstrong School of Tennis (0823208008 or armsten@mweb.co.za)

Gr 1 & 2	Mon - Thur	12:40 - 14:40 (½hr squads)	SV Courts	PJ Nomdo & Mark Botha	Max 4 per squad
Gr 3 - 7	Mon - Fri	15:00 - 18:00 (¾hr squads)	Meadowridge Tennis Club	PJ Nomdo, M Botha or G Smart	Max 6 per squad

EXPERI-BUDDIES - By arrangement - Mrs Elana Bosini (076 102 1493 or elana@experi.co.za)

Gr R	Tuesday	12:15 - 12:45	Pre-Primary	Elana Bosini	
		12:45 - 13:15			
Gr 1 & 2	Tuesday	13:45 - 14:30	Gr 2.3 Classroom	Elana Bosini	
		14:30 - 15:15			

BY ARRANGEMENT and/or BY INVITATION					
Detention	Monday	14:45 - 15:45	PC Room	Mrs Cawood	Community Service (Fridays)
	Tuesday	14:45 - 15:45	PC Room	Mrs Cawood	
	Wednesday	14:45 - 15:45	PC Room	Mrs Pressinger	Saturday Detention (Sat morn 7:00 - 9:00)
	Thursday	14:45 - 15:45	PC Room	Mrs Pressinger	
Computer Research (Gr 4 - 7)	For pupils to do research for class orals, projects or assignments		Mrs Pressinger	Mon - Thur: 14:45 - 15:45	
General Knowledge			Mrs Vink		
Breakaway (Gr 4 - 6)	Scripture Union		Mr Miles	Wednesday 2nd Break (Hall)	
Fusion (Gr 7)	Scripture Union		Mr Miles	Thursday 2nd Break (Mini-Hall)	
Literature Quiz Team			Mrs Senolges		
Academic Support			Mrs Bosworth, Mrs Vink, Mrs McMinn & Mrs Hunt		

Please Note:

- The Extra-mural program is subject to change – parents will be notified.
- Term 2: The Winter extra-murals will officially begin on Tuesday 14 April.
- Term 3: Extra-murals will begin on Tuesday 21 July. It ends 12 September.
- Grade 4 – 7 extra-murals taken by Sweet Valley staff and coaches employed by Sweet Valley will NOT take place from 1 June – 8 June (June test series)
- There are no school extra-murals from 20 June – 27 June (Academic Planning)
- 'Private' extra-murals which require tuition fees continue during this week.
- Transport of children to and from practices at venues outside the school is the responsibility of the parent. If there is a problem, please contact your child's coach.
- Once children commit themselves to a sport, they must participate for the entire season (refer to Commitment letter issued in March).
- The correct dress code must be adhered to for both practices and matches.
- For obvious reasons this program cannot be changed to suit each individual's own program. Where clashes occur, the pupils must decide according to their preference.
- It is Sweet Valley policy not to cancel a sports practice due to rain. Your child will be supervised indoors by his / her coach. You may only collect your child from the coaches' classroom once role call has been taken and / or any messages / notices have been given to the team. (Venues for outside coaches will be arranged)