

**KWARTAAL 3 TERM 2015**  
**SPORTTYE & AFRIGTERS / SPORT TIMES & COACHES**

**ATHLETICS/ATLETIEK**

**DINSDAG & DONDERDAG / TUESDAY & THURSDAY**

**14:15 – 15:15pm @ KJS FIELD**

**U9 – U14 SQUAD ONLY**

<b>HIGH JUMP</b> HOOGSPRING	A) Jasson B) Lubbe	<p align="center"><b><u>LET WEL/ PLEASE NOTE:</u></b></p> <p align="center"><b><u>HEATS WILL BE RUN FROM 20 – 30 JULY DURING SCHOOL</u></b>  <b><u>from 1-2pm : WEAR PT KIT TO SCHOOL EVERYDAY</u></b></p> <ul style="list-style-type: none"> <li>• 20 Julie – Sport Begin / Sport starts</li> <li>• 04/05/06/12 August : Geen sport / No Extra Mural sport due to Athletics.</li> <li>• 04/ 05/ 07 August Inter House Athletics : Interlaer Atletiek</li> <li>• 15/ 16/17 September : Geen sport/ No Extra Mural Sport due to ANA exam</li> <li>• 4 Sept -Junior Primary Gr 1-3 Fun Sports Day (10:00am – 12.30pm)</li> </ul>
<b>LONG JUMP</b> VERSFRING	A) Joubert /Baker B) Gertzen	
<b>SHOT PUT</b> GEWIGSTOOT	A) Bester /Mackenzie B) Zuma/ Van Zyl	
<b>JAVELIN</b> SPIESGOOI TURBO JAVELIN	Van der Merwe Bangay	
<b>SPRINTS</b> NAELLOPE	Raath Maartens / Jonker	
<b>MIDDLE DISTANCE</b> MIDDELAFSTANDE	Stapelfeldt / Beeton	
<b>HURDLES</b> HEKKIES	Bosman Windt	

**BOYS HOCKEY/ SEUNSHOKKIE**

**U10-U13 PRACTICE MOVES TO KJS ON 10<sup>th</sup> AUGUST**

<b>U9 / 09</b>	C. Peters & T.Foley	Monday & Wednesday	14:30 – 15:30	
<b>O10 / O10</b>	W.Pride & J.Milton	Maandag & Woensdag	14:30 – 15:30	
<b>O11 / O11</b>	N. Deyzel & M .Barker	Monday & Wednesday	14:30 – 15:30	
<b>U13 / O13</b>	A. Foley & Sharpley	Monday & Wednesday	15:15 – 16:30	

**TENNIS**

**BEGINS: 11 August**

<b>TENNIS U9- U14</b> (Insluitende Beginners)	Wicks, Westerdale	Tuesday / Dinsdag	14:15 – 16:15	Dorpsbane / Town Courts
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**JP SPORT : Gr 1 + Gr 2**

<b>GR 1 + 2</b> <b>BOYS/ SEUNS</b> <b>SPORT</b>	13:00 – 14:00	<b>MONDAY &amp; WEDNESDAY</b> <b>ATHLETICS/ATLETIEK</b>	<b>TUESDAY &amp; THURSDAY</b> <b>HOCKEY/HOKKIE</b>
<b>U7 / 07</b>		A.Foley	A.Foley
<b>O8 / 08</b>		J. Milton	W.Pride

<b>GR 1 + 2</b> <b>GIRLS/DOGTERS</b> <b>SPORT</b>	13:00 – 14:00	<b>MONDAY &amp; WEDNESDAY</b> <b>BALL SKILLS (TENNISSETTE)</b>	<b>TUESDAY &amp; THURSDAY</b> <b>ATHLETICS/ATLETIEK</b>
<b>U7 / 07</b>		W.Pride	Marshall Smith
<b>O8 / 08</b>		Donaldson	Milton