

**SPORT**

**INFORMATION**

**BOOKLET**

**2020**

**CURRO**

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Durbanville

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# MISSION STATEMENT

Welcome to an exciting 2020! We wish you and your child a pleasant and fulfilling year at Curro Durbanville. The focus of all the activities is to **INTRODUCE** the respective sports activities, to **DEVELOP A LOVE** for the activity and to **ENCOURAGE** sound sportsmanship, teamwork and spirit, as well as **KNOWLEDGE** of the rules and the **DEVELOPING SKILLS**.

We encourage our learners to take part in a sporting activity each term.

Our learners will always behave in a manner that will make Curro Durbanville proud and will adhere to the **SPORT CODE OF CONDUCT**.

## Mission Statement

To lay a good foundation for athletes who respect individual needs and embrace individual talents, and to encourage competitive fun.

## Communication

- ◆ *Important notices, amendments to match fixtures and results will be available on MyHub, quarterly newsletters and weekly bulletins.*
- ◆ *SMS messages will be sent to parents as early as possible when matches are cancelled or postponed ON THE DAY owing to unforeseen circumstances. Please ensure that the school has your CORRECT CELLPHONE NUMBERS AND EMAIL addresses.*
- ◆ *Practices will not be cancelled in the event of bad weather. It is the responsibility of the coaches/managers to inform parents if the practice is cancelled.*
- ◆ *Coaches will only be responsible for looking after learners for 15 minutes after matches.*

## Practice Attendance

We encourage our learners to attend at least 80% of all practices to ensure that they obtain the maximum development and training, as well as to establish a sound bond within their teammates. Players will unfortunately not be eligible to be selected for matches if they do not attend practices on a regular basis.

- ◆ *In order for a learner to be eligible for a sports award, the learner must have attended 80% of practices and matches.*

# **SPORTS CODE OF CONDUCT**

## **Code Of Conduct for PLAYERS**

It is a privilege and an honour to be associated with Curro Durbanville High School Sport and, as a representative of your school, you are reminded that, at all times, your behaviour should be such that you do not bring the name of your school, management, parents or self into disrepute. We appeal to you '**The Player**' to make this year a memorable one and to have high regard for discipline and the Code of Conduct.

**Players must:**

1. *commit to the sport/team for the full season.*
2. *be punctual for practices, fixtures, and meetings, including those held during the examinations and test weeks.*
3. *not 'excuse' themselves from practices or matches without a valid reason.*
4. *display impeccable manners throughout the year, on and off the field.*
5. *be neat and presentable throughout the year.*
6. *not swear or use foul language.*
7. *support positively from the touchline.*
8. *show respect for the referee's decisions.*
9. *report to the sports office the day after receiving a card for points 6 to 8.*
10. *realise that a true sportsperson will not look for excuses if they have lost a match.*
11. *not be allowed to attend a practice in the afternoon unless absent from school for a valid reason which should then be verified (doctor's certificate).*
12. *realise that they will not be considered for the starting line-up if they have not attended practices. (Special conditions apply – funeral/doctor's certificate, etc.)*
13. *accept that they will not be considered for the starting line-up if they were absent from school on a Friday. (special conditions apply – funeral/doctor's certificate, etc.)*
14. *accept that serious misconduct will lead to disciplinary action.*

## Code of conduct for PARENTS

It is a privilege and an honour to be associated with Curro Durbanville High School Sport and, as a representative of the school, you are reminded that, at all times, your behaviour should be such that you do not bring the name of the school, management, players or self into disrepute. We appeal to you '**The Parent**' to make this year a memorable one and that you will have high regard for discipline and the Code of Conduct.

1. *I will respect all officials.*
2. *I will not fight with another parent, official or child.*
3. *I will not ridicule anyone involved in a sporting event.*
4. *I will not encourage violence with verbal or physical threats.*
5. *I will use positive and uplifting language.*
6. *I will not bring my child to a match when they are obviously sick and contagious.*
7. *I will not bring my child to a practice if they have stayed home from school as a result of being ill.*
8. *I will accept a loss.*
9. *I will not immediately run on to the field of play when my child gets hurt but wait to see if it is serious enough to warrant my involvement.*
10. *I will not yell advice to my child or the coach during a match.*
11. *I will not detail my child's play following a match unless they ask for my input.*
12. *I will let my child's interest level, not my own, drive their training.*
13. *I will respect the team that has been selected.*
14. *I will ensure that my child wears the right attire and is equipped with the right gear.*

# Code of conduct for COACHES and MANAGERS

It is a privilege and an honour to be associated with Curro Durbanville High School Sport and, as a representative of the school, you are reminded that, at all times, your behaviour should be such that you do not bring the name of the school, management, players or self into disrepute. We appeal to you '**The coach/manager**' to make this year a memorable one and that you will have high regard for discipline and the Code of Conduct.

1. *Every team that represents Curro Durbanville will have it its own coach, who will either be a permanent staff member, or a private coach specifically chosen for their ability to coach the sport. Private coaches will be monitored by a team manager or another staff member.*
2. *All coaches and managers – both on the staff of the school and private – are answerable to the Sectional Head of Sport and the Executive Management of the school.*
3. *Sports coaches and team managers are expected to conform to ethical standards in a number of areas: humanity, relationships, commitment, cooperation, integrity, advertising, confidentiality, abuse of privilege, safety and competence.*
4. *Coaches must respect the rights, dignity and worth of every learner. Coaches must treat all learners fairly and sensitively, within the context of their activity and ability.*
5. *Coaches are responsible for setting and monitoring the boundaries between a working relationship and friendship with their players. The coach must realise that certain situations, words or actions could be misinterpreted by the players, outsiders or other members of the squad and could lead to allegations of misconduct or impropriety. Where physical contact between a coach and player is necessary as part of the coaching process, coaches must ensure that no action on their part could be misconstrued.*
6. *Coaches must not compromise their players by advocating measures that could constitute an unfair advantage. They must not advocate or condone the use of steroids, prohibited drugs or other banned performance-enhancing substances. Should a coach be suspicious or become aware that one of his players is making use of any of the above, he/she is duty-bound to inform the headmaster of these suspicions.*

## Dress Code

All coaches, employed full or part-time, must ensure that they dress in the appropriate kit for practices and chinos and collared shirts for match days.

## Behaviour

In terms of behaviour, coaches are required to:

1. set a good example for players and spectators to follow.
2. refrain from arguments in front of players and spectators.
3. be no party to the use of profanity, obscene language or improper actions.
4. never throw an object in disgust.
5. shake hands with officials and opposing coaches before and after the match.  
respect the integrity and judgement of officials and treat them with respect even if you disagree with their judgement.
6. display modesty in victory and graciousness in defeat.
7. accept responsibility for the conduct of their players and discourage inappropriate behaviour in training, competition and away from the sports arena.
8. project an image of health, cleanliness and functional efficiency.
9. refrain from drinking alcohol or smoke while coaching.
10. ensure beforehand that tours are approved by the Sports Council and its members. No tour may be initiated before the Council has approved it. The full cost of the tour must be presented to the Council with all the relevant information and documentation, e.g. accommodation, travel, meals, fixtures, entertainment, etc. must be put forward. All arrangements regarding overseas tours are to be finalised at least one year in advance. A letter needs to go out to the parents with all details of the tour attached, for example travel, accommodation, meals, fixtures, entertainment, etc.
11. be on duty 24 hours a day whilst on tour and remain fully accountable for the behaviour of learners at all times. Learners are not to be left unsupervised on tour. If the coaches have to attend an official function without the players, one coach has to remain with the players. Coaches will be held accountable for their behaviour and that of the learners at all times.
12. refrain from drinking alcohol in the presence of the learners. If coaches attend a function where alcohol is served, a minimum of one coach must refrain entirely from drinking alcohol.
13. communicate all fixtures or changes to the sports office as soon as possible.
14. ensure that the use of social media is kept professional to protect our learners.

## Sport Tours

- ¶ When learners go on sports tours the following will apply:
- ¶ Learners will be transported by the school. The necessary indemnity forms should be completed timeously together with a copy of your medical aid card.
- ¶ Parents can contact their children via the teachers involved.
- ¶ If there are any costs involved, please note that this will be deducted from your monthly billing.
- ¶ Parents will not be allowed to take learners from the premises (sports field/accommodation) without informing a teacher and permission is granted.
- ¶ While on tour, teachers will be responsible when injuries or other illnesses occur. Parents will be contacted to inform them.
- ¶ Should a learner be on any form of medication, the tour organiser must be informed.

# OVERVIEW OF SPORT DISCIPLINES

## ATHLETICS

Our athletics season is VERY short. Afternoon practices must be attended for qualifying members.

All learners are allowed to compete at the interhouse meeting. Athletes who were placed 1st, 2nd, 3rd or 4th are expected to attend ALL practices. This will serve as final trials to select the athletes who will be representing Curro Durbanville at the scheduled meetings. Please refer to the MyHub calendar for all available dates of meetings.

### 1. Aims

- ¶ *To give each athlete the opportunity to excel and perform to the best of their ability.*
- ¶ *To develop each athlete in all areas, whether it be on the track or on the field.*

### 2. Season

- ¶ *The athletics season in Term 1: January and February.*
- ¶ *Training will start again at the end of Term 3 and continue in Term 4.*

### 3. Basic rules: Athletics rules will apply as stipulated by the IAAF

- ¶ *Athletes may only participate in their own age group, even if items are not hosted in their age group.*
- ¶ *In the event of a clash between a track event and a field event for any specific athlete, the track event will always take preference over field events. The athlete will first run his/her track event and then proceed to participate in their field.*
- ¶ *Athletes may only participate in only 3 events at a meeting but more at the interhouse meeting.*

### Starting rule

*A false start will result in immediate disqualification, according to IAAF rules.*

### 4. Appeals – Formal Cluster Meetings

- ¶ *Only school team managers may lodge appeals. NOT parents.*
- ¶ *Appeals must be lodged on the formal appeal form.*
- ¶ *Completed appeal forms and a nominal fee must be submitted within 20 minutes of the event.*
- ¶ *The decision of the Appeal Board is final and binding to all athletes.*

## 5. Clarify age groups and events

								Hurdles					
								300m	400m	300m	400m	300m	400m
								110m	100m	110m	100m	110m	100m
Male and Female		F	x	x	x	x	x	x		x		x	x
			x	x	x	x	x	x	x	x	x	x	x
Under 14 and under 15		M	x	x	x	x	x	x		x		x	x
			x	x	x	x	x	x		x		x	x
Under 16 and under 17		F	x	x	x	x	x	x		x		x	x
			x	x	x	x	x	x		x		x	x
Under 18 and under 19		F	x	x	x	x	x	x		x		x	x
			x	x	x	x	x	x		x		x	x
		100m			200m		<th></th> <th></th> <th></th> <th></th> <th></th> <th></th>						
		300m			400m		<th></th> <th></th> <th></th> <th></th> <th></th> <th></th>						
		800m			1000m		<th></th> <th></th> <th></th> <th></th> <th></th> <th></th>						
		1500m			2000m								
		3000m			4000m								
		90m			110m								
		100m			110m								

## 6. Sports uniform/protective clothing

¶ Please refer to the dress code on page 26.

## 7. Trial options, league structures

- ¶ Interhouse athletics meetings will be held in Term 4.
- ¶ Interschools meetings will be held in Term 1.
- ¶ A number of athletes will be selected to take part in all the friendly meetings.

## 8. Staff involved

- ¶ Ms Frances Uys – [frances.u@curro.co.za](mailto:frances.u@curro.co.za)
- ¶ Mr Jason Nel – [jason.n@curro.co.za](mailto:jason.n@curro.co.za)
- ¶ Mr Christo Pretorius – [Christo.p@curro.co.za](mailto:Christo.p@curro.co.za)

# CHESS

## 1. Code of conduct

- ¶ Respect all participants in the game.
- ¶ Always introduce yourself to your opponents, shake hands before and after the game and accept a loss graciously.
- ¶ Equipment and the facilities supplied must be respected.
- ¶ Be at all practices and games on time.

## 2. Aims

- ¶ to promote increased knowledge and understanding of the game of chess for its own sake as an art and as an intellectual sport.
- ¶ to provide a learning environment where the game can be played, taught, studied and enjoyed. Ultimately, we see chess as a tool for self-development, development of our community and as a bridge to other communities.

### ¶ Chess players will:

- be analytical thinkers.
- be motivated learners.
- be critical problem solvers.
- think before they move.
- take pride in their accomplishments.
- be gracious winners AND losers.

## 3. Season

- ¶ January to November
- ¶ The league is played in Term 2.
- ¶ Friendly tournaments will be played all-year-round.
- ¶ Practice times are from 15:00 – 16:00 on Wednesday afternoons.
- ¶ Coaching will commence in classroom 46.

## 4. Basic rules

- ¶ Chess will be played according to the FIDE Laws of Chess.
- ¶ The game and concepts of chess assume that everyone involved/concerned will observe existing rules and regulations and attach the greatest importance to fair play and good sportsmanship.

## 5. Age groups

- ¶ Under 15
- ¶ Under 18 (open mixed team)

## **6. Sport uniform**

Learners participate in their full school uniform.

## **7. Trial options; league structures**

¶ *Trials will be held to select the teams. Players will be ranked. Teams consist of six members plus a reserve.*

¶ We participate in:

- friendly competitions and tournaments
- the D2 League
- the Western Cape Top Schools Championships, as individuals and as a team.

## **8. Cancellation of matches**

Parents will be informed via SMS, WhatsApp or email.

## **9. Staff involved**

¶ *Ms Frances Uys – frances.u@curro.co.za*

# CRICKET

## 1. Aims

- ¶ To excel on the cricket field.
- ¶ Building skills and fundamental attributes within the sport.

## 2. Code of conduct

- ¶ All players and parents will be asked to sign a code of conduct and to adhere to it.
- ¶ The code of conduct applies to league matches, trials, sports days, tournaments and friendly matches.
- ¶ Players will adhere to the rules and ethos in which the game of cricket is played.

## 3. Basic rules

- ¶ Cricket will be played according to the GCC laws of cricket.
- ¶ Correct attire, scoring and code of conduct rules to be adhered to.

## 4. The season

- ¶ In-house trials will take place.
- ¶ Twelve players will be selected for the First Team.
- ¶ A player must commit, practise and play for the team for at least 80% of the time in order to be recognised as part of a cricket team.

## 5. Age groups

- ¶ Under 14
- ¶ Under 15
- ¶ 2nd team
- ¶ 1st Team
- ¶ Girls' team

## 6. Possible District and Regional teams

- ¶ The school will nominate players from each age group to represent Curro Durbanville at the trials.
- ¶ Players selected for a district team will be eligible for trials at regional and national level

## 7. Sport uniform

- ¶ Please refer to the dress code on page 26.

## 8. Staff involved

- ¶ Mr Henco Bornmann – [henco.b@curroholdings.co.za](mailto:henco.b@curroholdings.co.za)

# RUGBY

## 1. Aims

- ¶ To excel on the rugby field.
- ¶ Building skills and fundamental attributes within the sport is the major objective.

## 2. Code of conduct

- ¶ All players and parents will be asked to sign a code of conduct and to adhere to it.
- ¶ Players are expected to adhere to the rules and ethos in which rugby is played.

## 3. Basic rules

- ¶ Games will be played according to IRB rules.
- ¶ Each coach must have an up-to-date Boksmart number and a Boksmart card must be in their possession at each rugby match.

## 4. The season

- ¶ Trials for all potential first-team players will take place in Term 4 to select a training squad.
- ¶ In-house trials during Term 1 will determine the teams for the season.
- ¶ A player must commit, practise and play for the team for at least 80% of the time to be considered for an individual/team rugby award.
- ¶ Official league matches start in Term 2.

## 5. Age groups

- ¶ Under 14
- ¶ Under 15
- ¶ Under 19

## 6. Possible district and regional sides

- ¶ The school will nominate players from under 15 to under 19 age groups to represent Curro Durbanville at the Western Province trials.

## 7. Sport uniform

- ¶ Please refer to the dress code on page 26.

## 8. Staff involved

- ¶ Mr Darryl Christians – darryl.c@curro.co.

# HOCKEY

## 1. Aims

To give players the opportunity to know and understand the skills of hockey in order to help them develop a love for the sport.

## 2. Code of conduct

- ¶ Good sportsmanship and match etiquette are developed by the coach. Players will be expected always to shake hands after a match and to accept a win or a loss graciously.
- ¶ Players are encouraged to take pride in the facilities that are made available to them, whether they are playing on the AstroTurf or grass fields. They will be asked to pack away equipment and to clean up after themselves.
- ¶ Players need to be committed to their teams and attend all practices and matches. If there is an emergency and a player is unable to attend a practice or a match, they will need to excuse themselves timeously. Failure to do so will result in the player being excluded from the team for the subsequent team match. We would like to foster a responsibility towards their team and coach.
- ¶ Players are expected to be at all practices and matches on time.

## 3. Season

- ¶ Trials for all possible first-team players will take place in Term 4 to select a training squad.
- ¶ Pre-season training in Terms 1 and 4 to prepare the players for the upcoming league.
- ¶ League matches will take place during Term 2 and Term 3.
- ¶ Both boys' and girls' teams will play in the WP TC league.

## 4. Age groups

- ¶ Under 14
- ¶ Under 16
- ¶ Under 19

## 5. Sport uniform

- ¶ Please refer to the dress code on page 26.

## 6. Trial options

- ¶ There will be a pre-squad selection in Term 4. Final trials will be held in Term 1.
- ¶ We are privileged to have an AstroTurf and will make use of it often.
- ¶ WP trials will be arranged and run by WP Boys and Girls Hockey. Dates: 21, 23, 28 February

## 7. Staff involved

- ¶ Mr Darryl Christians – darryl.c@curro.co.za

# NETBALL

## 1. Aim

- ¶ All players and parents will be asked to sign a code of conduct and to adhere to it.
- ¶ This code of conduct applies to ALL netball matches: friendly matches, league matches and sports days/tournaments.

## 2. Basic rules

- ¶ Netball will be played according to SASN netball rules.
- ¶ Correct dress code and code of conduct to be adhered to.

## 3. The season

- ¶ Trials for all possible first-team players will take place in Term 4 to select a training squad.
- ¶ In-house trials during Term 1.
- ¶ Training camps will take place during March. There will also be friendly matches to finalise the A and B teams.
- ¶ Nine players will be selected for the A team of which two 2 players will be the official reserves and members of the B team. Reserves may only be substituted if there is an injury, except when friendly matches are played.
- ¶ Official league matches start during the first week of Term 2.
- ¶ League fixtures will be loaded on MyHub as soon as we receive them.
- ¶ League fixtures are not determined by Curro Durbanville, but by the D2 league conveners.
- ¶ Amendments will be communicated in time.
- ¶ Letters for matches with reply slips are sent out at least one week in advance, whenever possible. All reply slips and indemnity forms are to be handed to the coach.

## 4. League winners

Should the first team win all their pool matches, they will be the pool winners.

## 5. Team trial options/Individual trials

- ¶ Under 14 to under 19 team players have the opportunity to attend district trials. They take part as individual players.
- ¶ An impartial panel of selectors will be present at all the trial opportunities at neutral venues.
- ¶ The structure is as follows:
  - Area trials
  - District trials (D2)
  - Trials (Squad)
  - Provincial trials

**6. Sport uniform**

¶ Please refer to the dress code on page 26.

**7. Staff involved**

¶ Mrs Elizabeth Naude - elizabeth.n@curro.co.za

# SWIMMING

## 1. Joining the team

Swimmers should hand in a letter from their parents stating that they give permission for them to be part of the swimming team. They should be able to swim at least 25m independently.

## 2. Making the competition team

- ¶ Official time trials will take place at the start of the season in the form of an interhouse meeting where a school team will be selected. Notification of when it will take place will be communicated timeously.
- ¶ The team will be selected on a week-to-week basis depending on the gala requirements. The top team will be selected for the gala.

## 3. Meet expectations

- ¶ School swimming is a team sport. The team counts on each swimmer's participation at the meets. If you foresee a scheduling conflict, let the coach know in writing as soon as possible.
- ¶ If swimmers prefer different events, please discuss this with the coach prior to the meet.
- ¶ Each year a swimmer must re-establish their qualifying standards by swimming in a school meet. Country, club, provincial and other times outside of the school swimming times are not eligible to be considered for one's selection.

## 4. Meet day attire

- ¶ Please ensure that swimmers are travelling and presented in the correct Curro Durbanville swimming outfit. Please refer to the dress code on page 26.

## 5. Staff involved

- ¶ Ms Marilie Bouwer – marilie.b@curro.co.za

# TENNIS

## 1. Aims

- ¶ The aim is to give as many learners as possible an opportunity to know and understand the basic skills of tennis in order to help them enjoy the game and develop a love for the sport.
- ¶ To further develop good players to compete successfully at national level.

## 2. Code of conduct

- ¶ All coaches try to develop and foster good sportsmanship skills in each player as well as what constitutes inappropriate behaviour on the court.
- ¶ Players need to be committed to their teams and attend matches. If a player cannot attend a match or practice, they need to excuse themselves timeously.
- ¶ Players must be dressed in the appropriate attire for matches and practices.
- ¶ Players will not be allowed to play on the courts with incorrect shoes or attire.
- ¶ Players will not be allowed to smash rackets on the ground and use bad language when at matches and practice.

## 3. Season

- ¶ Tennis is played all year round.
- ¶ Team practices will continue throughout the year, starting in the first week of the term and finishing a week before the end of term.
- ¶ League matches and social tennis will take place in Term 1 and Term 4.

## 4. Age groups

- ¶ There is currently no under 15 league in the WP. We will organise festivals and friendly matches for this age group.
- ¶ There is a league for under 18 players. Depending on total players able to participate, we will enter as many teams as possible.
- ¶ A team consists of four players. When playing at a festival, the team will consist of 5 players.

## 5. Basic rules

- ¶ All players must be on time for practices. We understand that traffic is sometimes an issue and every now-and-again we all run late, but a very important part of being a successful team unit is that no player dishonours the clock. Team practices will start on time and, if you are late, you disrupt the rest of the team and the coach. If someone repeatedly shows up late for practices, that person will not be allowed to participate in practices when showing up late again.

- ¶ We also kindly request that no parent interferes with a coaching session or enters the court during a session. If you have a question or a problem, feel free to address or contact the coach/teacher after the session.
- ¶ In case of rain or if the courts are wet, there will be a fitness/psychology session from 07:15 – 07:45 on that morning. More information will be provided on the WhatsApp group as to where to meet and what kind of session it will be. This information will be provided at 06:30 in the morning.

## 6. Sport uniform

- ¶ Please refer to the dress code on page 26.

## 7. Trial options

- ¶ Official school team trials will take place twice a year. During the first two weeks of Term 1 and during the first two weeks of the Term 3.
- ¶ Trials during the first term will take place in a round-robin format. After the trials, a ladder will be created ranking players for the first term league and the CR van der Merwe tournament.
- ¶ Trials during Term 3 will be an up-and-down challenge to improve your current position on the ladder from Term 1. These trials will determine positions for tournaments, festivals and Term 4 league taking place for the remainder of the year.
- ¶ Challenge matches throughout the year will also be played on request from the coach.
- ¶ Criteria for challenge matches are as follows:
  - Attendances to practices as well as disciplined participation in practices.
  - Participation in league matches.
  - Improvement noticed by coaches.

## 8. Practices

- ¶ Extra practice sessions will be organised before tours, festivals, etc.
- ¶ All players will have to rely on external coaching to improve tennis.

## 9. Staff involved

- ¶ Ms Jolene Botha – [jolene.b@curro.co.za](mailto:jolene.b@curro.co.za)

# CROSS-COUNTRY

## 1. Aims

- ¶ To develop a lifestyle of fitness and a love of the outdoors.
- ¶ To develop each athlete as best we can.

## 2. Season

- ¶ The cross-country season starts in Term 3.
- ¶ Training will commence prior to the season. Notification will be given timeously.

## 3. Sport uniform

- ¶ Please refer to the dress code on page 26.

## 4. Staff involved

- ¶ Mr Warwick Goldswain – warwick.g01@curro.co.za

# GOLF

## 1. Aims

- ¶ To give each golf player the opportunity to excel and perform to the best of their ability.
- ¶ To develop each golf player as best we can.

## 2. Season

- ¶ Curro golf runs a programme in Term 2 and Term 3.
- ¶ Matches are played on Monday afternoons.

## 3. Sport uniform

- ¶ Please refer to the dress code on page 26.

## 4. Staff involved

- ¶ Mr Janes Benade – [janes.b@curro.co.za](mailto:janes.b@curro.co.za)

# TIME SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RUGBY/ NETBALL	15:30 - 17:00	15:30 - 17:00	15:30 - 17:00	Primary school Matches	NETBALL Matches	Matches
HOCKEY 16:30– 17:30	GIRLS <i>Under 14 &amp; Under 16A</i>	BOYS <i>Under 14 &amp; Under 16B</i>	GIRLS <i>Under 14 &amp; Under 16A</i>	Primary school Matches	Matches	
HOCKEY 17:30– 18:30	BOYS <i>Under 16A &amp; GIRLS 2ND</i>	BOYS <i>Under 16A &amp; BOYS 2ND</i>	BOYS <i>Under 14 &amp; GIRLS 2ND</i>	Primary school Matches	Matches	
HOCKEY 18:30– 19:30	1ST TEAM BOYS & GIRLS	1ST TEAM BOYS & GIRLS	1ST TEAM BOYS & GIRLS	Primary school Matches	Matches	
GOLF	LEAGUE			TRAINING		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWIMMING	CLUB	14:45 - 15:45	CLUB	15:30 - 16:30	CLUB
TENNIS	SQUAD 07:00 - 09:00	SOCIAL TERM 1 & 4 14:45 - 16:00	SQUAD 07:00 - 08:00		
CHESS			15:00 - 16:00		
SQUASH	T.B.C			T.B.C	
CRICKET	Under 14 & Girls matches 16:00 - 18:00	Under 15 & Under 19 15:30 - 17:00	Under 14 Girls 15:30 - 17:00	Under 15 & Under 19 15:30 - 17:00	Under 14 – Under 19 for fielding Girls in nets 14:00 - 15:00
ATHLETICS	15:00 - 16:00		CROSS-COUNTRY LEAGUE		

# DRESS CODE

ACTIVITY	BOYS	GIRLS
PHYSICAL EDUCATION	<i>Blue PE shirt, PE shorts and takkies</i>	<i>Blue PE shirt, PE shorts and takkies</i>
ATHLETICS / CROSS-COUNTRY	<i>Curro athletics vest or PE shirt and PE shorts or tight blue shorts</i>	<i>Curro athletics vest or PE shirt and PE shorts, tight blue ski pants</i>
NETBALL		<i>Curro playing top and skort with white Curro socks</i>
RUGBY	<i>Curro rugby jersey and shorts</i>	
CRICKET	<i>Blue PE shirt, PE shorts and long, white socks</i>	<i>Blue PE shirt, PE shorts and long, white socks</i>
HOCKEY	<i>PE shirt, PE shorts and Curro hockey socks</i>	<i>Curro playing top and skort with Curro hockey socks</i>
TENNIS	<i>PE shirt, PE shorts and white Curro socks</i>	<i>Curro playing top and skort with white Curro socks</i>
SWIMMING	<i>Navy Speedo and Curro cap</i>	<i>Navy full Speedo swimsuit and Curro cap</i>
GOLF	<i>Blue LO shirt/official Curro golf shirt and khaki golf pants</i>	<i>Blue LO shirt/official Curro golf shirt and khaki golf pants</i>

# **SOMETHING TO REMEMBER**

## **BUILD CHARACTER**

George Dana Boardman said, ‘*Sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.*’ This statement shows the logical progression from doing one wrong thing to it becoming a way of life. Encourage children to build a worthy character by sowing positive deeds throughout their lives.

## **IMPORTANCE OF SPORT**

It has been proved that the importance of physical education and sport *develops a child*. That is why sport is as important for children in schools as education.

## **NO ONE IS PERFECT**

An anonymous writer once wrote, ‘*No one is perfect – that’s why pencils have erasers.*’ This quote teaches children that there is no one in the world who is perfect. Everyone makes mistakes; that’s just part of living. All you can do is give 100 % all the time. If you do make a mistake, you can do your best to fix it.

**The tiger and the lion may be more powerful, but the wolf does not perform in the circus.**

*Anonymous*

**For any further enquiries feel free to contact the sports office:**

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