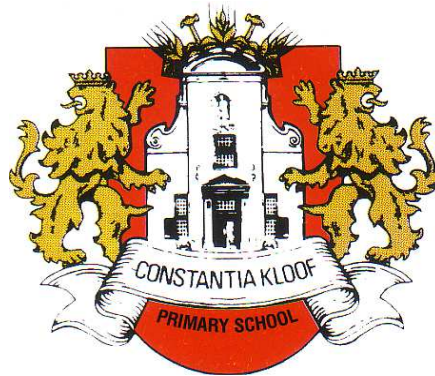


EXTRA – MURAL TIMETABLE

Constantia Kloof Primary School



TERM 1
2017

*Let not winning be our only aim,
it also matters how we play the game.*

EXTRA – MURAL TIMETABLE



Let not winning be our only aim, it also matters how we play the game



PLEASE TAKE NOTE OF THE FOLLOWING:

- ♦ **Hockey, Netball and Soccer** – These codes are played competitively in Term 2, with the focus being primarily that of skills and development in Term 1. Therefore, **only** learners who are **NOT** part of the **CKPS swimming squad** may participate during Term 1.
Hockey – A hockey stick and hockey ball is required and shin pads must be worn.
Soccer – Soccer boots and shin pads must be worn.
- ♦ **Tennis** – a tennis racket is required.

GENERAL PROCEDURES W.R.T. EXTRA - MURALS

- 1) Children are encouraged to participate in at least one sporting and one cultural activity per term.
- 2) Attendance of practice sessions is compulsory. Failure to attend will result in the child forfeiting the next match, unless a letter is personally given to the relevant Coach / Educator.
- 3) Correct sporting attire for both practices and matches is to be worn. (See No. 4)
- 4) Coaches reserve the right to withhold any child from participating in a sporting code for reasons pertaining to the Extra - Curricular Policy.
- 5) No correspondence will be entered into with any parent / guardian regarding team selection. The Coach's decision is final.
- 6) Educators, children and parents are to adhere to the Code of Conduct and CKPS Extra - Curricular Policy.
- 7) Commitment and loyalty are expected from our children. Please do not allow your child to "quit" an activity during the season.
- 8) **SWIMMING TAKES PREFERENCE TO ALL OTHER EXTRA – MURAL ACTIVITIES THIS TERM. OTHER ACTIVITIES OFFERED ARE PRIMARILY TO ACCOMMODATE THOSE CHILDREN WHO ARE NOT SELECTED FOR THE CKPS SWIMMING TEAM.**
- 9) SCHOOL ACTIVITIES TAKE PREFERENCE OVER ANY CLUB ACTIVITIES.

In the event of your child being ill and they are scheduled to play a match / swim in a gala, please phone the School by 08:00 to inform the relevant Coach so alternative arrangements can be made.

All extra – murals commence the week of 23rd January 2017

"Attack this day with an enthusiasm unknown to mankind."

Jack Harbaugh

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
MONDAY	SWIMMING (Time Trials)	A and B SQUAD	Mr Van Dyk Mrs Van Wyk Miss Foy Mr Ramdin Miss Da Silva Miss Haylett	14:00 – 15:15	POOL
	HOCKEY Skills and development	U/7 & U/8 B & G U/9 & U/10 G U/9 & U/10 B U/11 & U/12 G U/11 & U/12 B Open Girls Open Boys	Mrs Mahlangu / Mr W Pretorius Miss Maddix Miss Nel Mrs Green Mrs Ferguson Mrs Koertzen Mr L Pretorius	14:00 – 15:00	FIELD
	SENIOR TENNIS	Gr 4 – Gr 7	Mrs Manichandra Mrs Ashe	14:00 – 15:00	TENNIS COURTS
	CHESS (Coaching)	Gr 1 – Gr 4 Gr 5 – Gr 7	Mrs Smith Mrs Coombes	14:00 – 15:00	G 11 S 21
	RECORDER	Gr 2 – Gr 7	Mrs Van Eeden	14:00 – 14:30	MUSIC CLASS
	MARIMBA	Gr 4 – Gr 7		14:30 – 15:00	
	SWIMMING TRAINING	All competent swimmers	Mr Van Dyk Mrs Van Wyk	15:30 – 16:15	POOL

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
TUESDAY	SWIMMING (Practice)	A and B SQUAD	Mr Van Dyk Mrs Van Wyk Miss Foy Mr Ramdin Miss Da Silva Miss Haylett	14:00 – 14:45	POOL
	NETBALL Skills and development	U/7 & U/8 U/9 U/10 U/11 U/12 U/13	Miss Isaacs Mrs S Pillay Mrs L Pretorius Miss Volkwyn Mrs Visagie Mrs Geddes	} 14:00 – 14:45 } 14:00 – 15:00	NETBALL COURTS
	SOCCER Skills and development	U/7 U/8 U/9 U/10 U/11 U/12 Open	Miss Berrington Mr L Pretorius Mrs N Pillay Mr Richard Ms Sihlangu Mr W Pretorius Mr Moyce	} 14:00 – 15:00 } 14:00 – 15:00	FIELD
	DANCING	Gr 5 - 7	Mrs Van Eeden Mrs Smuts	14:00 – 15:00	HALL
	PUBLIC SPEAKING	Gr 5 – 7	Mrs Fleetwood	14:00 – 15:00	S 4
	LEARN TO SWIM	Gr 1 & Gr 2	Mr Van Dyk Mrs Van Wyk	15:00 – 15:30	POOL

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
WEDNESDAY	SWIMMING (Practise)	A and B SQUAD	Mr Van Dyk Mrs Van Wyk Miss Foyne Mr Ramdin Miss Da Silva Miss Haylett	14:00 – 15:00	POOL
	MINI TENNIS	Gr 1 – Gr 3	Mrs Manichandra Mrs Ashe	14:00 – 14:45	TENNIS COURTS
	HOCKEY Skills and development	U/7 & U/8 B & G U/9 & U/10 G U/9 & U/10 B U/11 & U/12 G U/11 & U/12 B Open Girls Open Boys	Mrs Mahlangu /Mr W Pretorius Miss Maddix Miss Nel Mrs Green Mrs Ferguson Mr L Pretorius	14:00 – 15:00	FIELD
	CHOIR	Gr 1 – Gr 7	Mrs Van Eeden Mrs N Pillay	14:00 – 15:00	HALL
	CHESS (Coaching)	Gr 1 – Gr 4 Gr 5 – Gr 7	Mr Richard Mrs Coombes	14:00 – 15:00	G 11 S 21
	LEARN TO SWIM	Gr 3 – Gr 7	Mr van Dyk Mrs Van Wyk	15:00 – 15:45	POOL

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
THURSDAY	SOCCER Skills and development	U/7 U/8 U/9 U/10 U/11 U/12 Open	Miss Berrington/Mr Ramdin Mr L Pretorius Mrs N Pillay Mr Richard Ms Sihlangu Mr Van Dyk/ Mr W Pretorius Mr Moyce	14:00 – 15:00	FIELD
	NETBALL	U/7 & U/8 U/9 U/10 U/11 U/12 U/13	Miss Haylett/Miss Isaacs Mrs S Pillay Mrs L Pretorius Miss Volkwyn Mrs Visagie/Mrs Van Wyk Mrs Geddes	14:00 – 14:45 14:00 – 15:00	NETBALL COURTS
	DRAMA	Gr 4 – Gr 7	Mrs Smuts Mrs Koertzen	14:00 – 15:00	HALL

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
FRIDAY	SWIMMING GALAS (Commence 27 Jan)	Selected A & B Teams	All Swimming Coaches	13:30 – 16:00	TBA
	K 4 J	All	Mrs Fleetwood Mrs Podstavnychy Mr Richard Mrs Smuts / Mrs Visagie	14:00 – 15:15	HALL

“.....”If you want to go fast, go alone. If you want to go far, go together.” (African proverb)

REQUIRED SPORTS ATTIRE

As per the Extra – Curricular Policy, children wearing incorrect attire WILL NOT be allowed to participate in practices or matches. NO exceptions will be made.

PRACTICE (ALL SPORTS)

Red PT shorts, CKPS white crew neck PT T-Shirt, white socks, tackies

ART / CHESS / CHOIR / DRAMA / K 4 J /

Full School uniform

SWIMMING

Practice: CKPS Costume, CKPS silver silicone swimming cap

Galas: CKPS Costume, CKPS silver silicone swimming cap, red PT shorts,
Team Swimming T-Shirt and slops

OFFICIAL CKPS UNIFORM STOCKISTS

KIDZ KIT	082 697 7404	Constantia Kloof
VIVA SPORTS	011 672 7562	Florida Park

**Attire is available throughout the year at both official stockists.
The above stockists sell NEW clothing only.**

“When things get tough – and they are going to get tough – wake up and focus on your job hour by hour, not on the outside distractions.”

Don James