



Sun Valley
Group of Schools

SPORT BROCHURE

Sun Valley Primary School



TERM ONE 2020
SUMMER SPORT

MESSAGE FROM HEAD OF SPORT



Welcome back to Term 1 of Sport at Sun Valley Primary School. As newly appointed Head of Sport, it is a privilege for me to take this opportunity to welcome you all back and to a jam-packed term of exciting Summer sport.

A new year is always buzzing with excitement and it encourages all our sportsmen and women a chance to dream about their sporting goals and aspirations. As an avid sporting person myself I would tell you: "A dream is the genesis of any goal, but it requires work ethic and character to see that dream come to life." This is not only true in the field or pool, but also life. We have to put in our best effort regardless of the fear that we may fail and enjoy every single moment.

Paralleling with our school focus for 2020 which is "Deep Learning", we will be looking to nurture and create unforgettable moments in our respective sporting codes. Moments that will make our hearts skip a beat, raise the hair at the back of your neck and get butterflies raging inside your stomach. Those moments are what every sportsman, women, and fan live for.

This focus puts the coaches and players alike in the position to create an environment that produces athletes with the skill of being instinctively accurate as well as producing a higher enjoyment factor. These are important lessons and we look forward to working alongside and with all of you in all your respective codes.

This is all possible and made extremely enjoyable with the unwavering support of our sports team. Who work painstaking hours prepping pools, chalking fields and organising fixtures (to name just the highlights) so that we may focus on giving it our absolute all and having a "jol" while doing so.

See you all out there living your dreams

Jonathan Raphael



VARIOUS LEVELS OF SPORT

SUN VALLEY PRIMARY SCHOOL

Students enrolled at Sun Valley Primary School, Grade 1 - Grade 7, are expected to participate in at least one school sport per season. Permission to be exempt from participating in the Sports Programme must be received in writing from the Director of Sport.

Please peruse the programme and select any sports in which your child wishes to participate. SVPS students DO NOT have to complete enrolment forms for the SVPS Sport section. Learners may simply turn up for the practice of their choice. You will need to have made your choice of Sport within two weeks. The choice will remain for the duration of the winter season. Should SVPS students wish to enrol for Private Sport, a form must be completed, and fees apply - please see page 13

SILVERMINE SPORTS ACADEMY

Home Schoolers or students attending schools that do not have sport teams, are welcome to play for the Sun Valley Primary School sports teams. Enrolment is done through the Sports Office and coaching is charged at R260 per Sport, per Term. It is essential that these students have the appropriate practice and match uniforms. Please contact the Sports Office for external students registration forms..

SPORTS OFFICE CONTACT DETAILS

Landline: 021 785 2722 (Ext 237)

Sports Office Email: sport@sunvalleygroup.co.za

Blog: blogs.sunvalleygroup.co.za

Website: www.sunvalleygroup.co.za/sport

Facebook: Sun Valley Primary School

Instagram: [svgos_legends](https://www.instagram.com/svgos_legends/) / Sun Valley Group of Schools

Boutique Operating Hours:

Monday-Thursday 07:30-08:30 and 13:30-15:30

Fridays: 07:30-08:30 and 12:00-13:00

The Sun Valley Way

- All learners who are attending Sport practices are to meet outside the Sports Office. From there they will be called out for the start of sport and sent to their practice area.
- Reply Slips must always be returned even if your child is unable to attend the match.
- Practices are never cancelled due to the rain, indoor training sessions will be held for the practice duration.
- If there is no match scheduled there will be a practice. This does not apply to the 'Mini Sports'.
- No parents are allowed at practices, enjoy a cup of coffee at BNN and let the coaches do their duties. Please do not approach coaches before, during or after practices.
- All Sport related queries are to be directed to the Sports Office.
- Any parents lifting to matches must fill in a Blue Transport form which will be issued by the Sports Department. We thank you for your generosity.
- Home Schoolers/external students MUST register at the Sports Office and return the registration form and make payment before attending Sun Valley Group of Schools practices.
- If there is a match scheduled for a team and a player does not receive a Sports Notice, there is no practice for him/her.
- Please view the SVGoS Digital Calendar for updated fixtures and details.

Policies to be adhered to

- Touchline support: Keep our touchline support positive, enthusiastic and rational.
- Touchline comments: Negative and belittling comments from the touchline to the referee or players are not acceptable at our school. Misconduct of parents will not be tolerated.
- Referees: Personal verbal attacks on a referee are unacceptable. The referee is the sole judge during the game and his/her decision is final. Concerns or complaints may be made in writing to the Director of Sport who will investigate the matter.
- Players: Unacceptable behaviour of any player on the field will be handled by the referee. More serious issues should be brought to the attention of the Director of Sport in writing. Players who have an ABC rating of 1 may not play in any home/away matches, with immediate effect, until this has been reviewed by the Head of Discipline.

Dress Code

Tennis		
Team	Practice	Match
All	Red Shirt, blue shorts/skort, closed shoes	White Shirt, blue shorts.skort, closed shoes

Cricket		
Team	Practice	Match
Mini - U13B and Girls	Red Shirt. blue shorts/skort, closed shoes	Blue Golf Shirt, Blue SVPS shorts, long red socks, closed shoes
U13A	Red Shirt. blue shorts/skort, closed shoes	White shirt, white longs, closed shoes and 1st Team Cap

Swimming		
Team	Practice	Match
All	SVPS Swimming Costumes/Waterpolo Costume/SVPS Speedo/Jammer shorts (Available from the Boutique), branded White cap	SVPS Swimming Costumes/Waterpolo Costume/SVPS Speedo/Jammer shorts (Available from the Boutique), branded Blue Squad cap.

Waterpolo		
Team	Practice	Match
Girls	SVPS Waterpolo Costume, White branded	SVPS Waterpolo Costume, White branded
Boys	SVPS Speedo, White branded cap	SVPS Speedo, White branded cap

Athletics		
Team	Practice	Match
All	Red Shirt, blue shorts/skort, closed shoes	Red Shirt, blue shorts/skort, closed shoes

Social Sport		
Team	Practice	Match
All	Red Shirt, blue shorts/skort, closed shoes	Red Shirt, blue shorts/skort, closed shoes



Athletics					
Team	Gender	Practice	Time	Coach	Match
U7-U9	Co-Ed	Wednesday	07:00-07:45	T. Schumann, J. Hall, I. van Niekerk, C. Butler, N. Slabber, S. Solomons	Various Events
		Friday	13:30-14:30		
Athletics Squad U10-U13	Co-Ed	Wednesday	07:00-07:45	K. Simon, A. Kiel, S. Mkiva, C. Negus, I. van Niekerk	
		Friday	13:30-14:30		
Sprint	Co-Ed	Monday	16:15-17:00	A. Kiel J. Stewart R. Brandon Specialised sessions by invite only. Invite via SMS	
Long Jump			17:00-17:45		
High Jump	Co-Ed	Tuesday	16:15-17:45		
Hurdles	Co-Ed	Wednesday	16:15-17:45		
Shot-put, Discus and Javelin	Co-Ed	Thursday	16:15-17:45		
Specialised High Jump, Shot-put, Discus, Hurdles and Javelin are by Invite only					





Mini Cricket				
Team	Practice	Time	Coach	Match
Mini U7-U8	Monday	14:30-15:30	L. Rennie, Ca. De Lange, C. Howell, S. Mkiva, I. Johnson, C. Spreeth, C. Butler, E. Best, JI. Hall, R. Brandon, A. Stevenson, C. Philander	Manager: D. Skippers Wednesday
U8 Hardball (Specialised Training)	Friday (By invite only)	13:30-14:30	C. Butler	To be arranged

No practice if no Match is scheduled. If a match is scheduled and a player is not selected, there is no Practice

Cricket				
Team	Practice	Time	Coach	Match
U10A	Wednesday	14:30-16:00	S. Brenner	Monday
U10B			M. Armien	
U10C			C. van Rensburg	
U10D (U9A)			L. Wingrove	
U10E (U9B)			C. Butler	
U11A	Monday		P. Featherstone	Wednesday
U11B			M. Best	
U11C			H. Wyngaard	
U12A	Thursday		H. Hayes	Tuesday
U12B			J. Fourie	
U12C			H. Wyngaard	
1st Team	Tuesday and Thursday		R. Jooste	Saturday
U13B	Tuesday		A. Kiel	Thursday
U13C			C. Bradley	
Girls Cricket	Friday		13:30-14:30	All Rounder Coach



Swimming					
Team	Gender	Practice	Time	Coach	Match
U7	Co-Ed	Tuesday	14:30-15:15	J. Tuckniss, S. Mkiva, T. Schumann, M. Hall	Nil
U8-U9	Co-Ed		15:15-16:00		Selected Galas
U7-U9 Swimmers MUST be able to swim. This is not a learn to swim class					
Morning Squad Swimming	Co-Ed	Monday Tuesday Friday	07:00-07:45	J. Tuckniss	Thursday Galas
Early Squad U8-U10	Co-Ed	Monday	14:30-15:30	C. Scott, T. Schumann, M. Hall	
Late Squad U11-U13	Co-Ed	Monday	15:30-16:30	C. Scott, T. Schumann	
Squad Swimming U8-U13	Co-Ed	Wednesday	14:30-15:30	J. Tuckniss, E. Steyn	
Social Swimming	Co-Ed	Friday	13:30-14:30	C. van Rensburg, M. Meyer, S. Mkiva, T. Sylvester, Ch. Howell, C. Philander, A. Jooste, P. Altern, E. Brandon	Nil
<ul style="list-style-type: none"> • Squad Swimmers are selected based in Time Trials • Time Trials are done regularly at squad practice • Non-Squad Swimmers will be watched during PE and Social Swimming by the coaches and invited to Squad Sessions • Squad Swimmers may attend any/all of the above practices 					





Social Tennis					
Team	Gender	Practice	Time	Coach	Match
Gr 1	Co-Ed	Monday	14:30-15:30	Manager: M. Sitaraneois, C. Stredder, E. Brandon, S. Morse, T. Schuman, C. Howell, B. Burrige,S, Cullen, A Booii, O. Pretorius, A. Brown, B. Gusha, S. Solomons	Nil
Gr 2&3	Co-Ed	Thursday		Manager: M. Sitaraneois C. Stredder, M. Farley, B. Burrige, C. van Rensburg, M. Farley, A. Booii, O. Pretorius, S. Cullen, C. Philander, S. Solomons	
Gr 4-7	Co-Ed	Wednesday		Manager: M. Sitaraneois C. Harvey, M. Farley, C. Howell, T. Schuman, R. Brandon, Ch. Howell, C. Philander, A Brown, S. Solomons, B. Gusha	

Squad Tennis					
Team	Gender	Practice	Time	Coach	Match
U10A and B	Co-Ed	Tuesday	16:00-17:30	K. Rasaki	Nil
U11A					Thursday
U11B					Thursday
U13A, B, C	Co-Ed	Monday	15:30-17:00	K. Rasaki	Friday





WESTON CREWE JOINS THE TEAM

Weston has joined our team as Director of Waterpolo and Coaching Development. Weston has been actively involved in coaching at all levels. From Splash Waterpolo right to Currie Cup, Weston has achieved great success due to his coaching philosophy and emphasis placed on relationships which falls directly in line with the Sun Valley Way.

Weston is also the UCT Ladies Coach and the Westerford U19A Coach.

The future of Sun Valley Boys and Girls Waterpolo is BRIGHT.



Sun Valley
Primary School

Girls Waterpolo
Term 1

Girls Waterpolo					
Team	Practice	Time	Coach	Pool	Match
U10A and B	Monday	16:30-18:00	A: A. Senar B: K. Seymour	Heated	Wednesday
	Thursday	14:30-15:30		Polo	
U11A and B	Monday	16:30-18:00	A: L. Bell-Leask B: S. Smith	Heated	
	Thursday	14:30-15:30		Polo	
3rd Team	Monday	14:30-16:00	C. Marriott	Polo	
	Tuesday	17:30-18:30			
2nd Team	Monday	14:30-16:00	C. Abrahamse	Polo	
	Tuesday	17:30-18:30			
1st Team	Monday	14:30-16:00	W. Crewe	Polo	
	Tuesday	16:00-17:30			



Mini Boys and Girls Waterpolo					
Team	Practice	Time	Coach	Pool	Match
U9	Tuesday	16:00-17:00	C. Abrahamse, M. Osse	Heated	Nil
Must be a SQUAD swimmer. Contact the Sports Office if you wish to discuss your child's participation					

Boys Waterpolo					
Team	Practice	Time	Coach	Pool	Match
U10A and B	Tuesday	14:30-16:00	A: M. Osse B: K. Glass	Polo	Fridays
	Thursday	15:30-16:30		Heated	
U11A and B	Tuesday	14:30-16:00	A: Jo. Rojo-Roos B: S. Smith	Polo	
	Thursday	15:30-16:30		Heated	
U12A	Monday	16:30-18:00	C. Marriott	Polo	
	Thursday	16:30-17:30			
U13B	Monday	16:30-18:00	M. McGuinness	Polo	
	Thursday	16:30-17:30			
1st Team	Monday	16:00-17:30	Ju. Rojo-Roos	Polo	
	Thursday AM	07:00-07:45			





Social Sport						
Sport	Team	Gender	Practice	Time	Coach	Match
Volleyball	Gr 4-7	Co-Ed	Tuesday	14:30-15:30	I. Johnson	Nil
Table Tennis	Gr 4-7	Co-Ed	Friday	13:30-14:30	I. Johnson, E. Brandon	Nil
Summer Netball	Gr 4-7	Girls	Tuesday	14:30-16:00	L. Welthagen, A. Knowles, A. O'Malley	Nil
Summer Girls Soccer	Gr 2-7	Girls	Thursday	14:30-16:00	I. Johnson, T. Sylvester	Nil
Summer Hockey	Gr 4-7	Co-Ed	Friday	13:15-14:30	S. Solomons, F. Booii	Nil
Squash	By Invitation Only	Co-Ed	Tuesday	14:45-16:00	V. Christensen,	As scheduled
JiuJitsu	Gr 6-7	Co-Ed	Monday and Wednesday	07:00-07:45	J. Raphael	Nil





Internal Private Sport

Please read the Payment info below. Payment must be made by Monday, 20 January to secure placement.

Private Sport will begin in the week of 27 January and run for 7 weeks.

Your child will not be able to participate unless the registration form on page 14 and proof of payment has been received by the Finance Office.

Sport	Gender	Practice	Time	Coach	Cost
SNAG Golf	Gr 1-3	Wednesday	14:15-15:15	Andy McCann	R600
Fit Kids	Gr 1-3	Thursday	14:30-15:10	Simon Mc Queen	R600

Fit Kids uses fun and games to build strength, fitness and confidence. Kids use their imagination, learn how to use their bodies, and move for the entire class. See www.fitkids-sa.co.za for details and videos of classes.

External Private Sport

Sport	Gender	Practice	Time	Coach	Match
Cricket Gr R-7	Boys	Contact the All-Rounder Academy to book private/group lessons for your son: Wayne Hendricks 084 200 0590 Sun Valley is the official Deep South All Rounder Hub. All private training sessions take place at the Sun Valley Cricket facility.			
Dance Gr 1-7	Co-Ed	Contact Bronwyn Banfield on 072 252 3359 or 021 785 2326 to secure your child's placement			

Payment Info

- To secure placement in the Sport Academy, send proof of FULL payment with the application form in this booklet to the SVPS Finance Office. If payment is by EFT, please use the applicants Surname and Sport as a reference.
- Full Payment is due by Monday, 20 January
- Silvermine Private Sport Academy will commence on Monday, 27 January (7 week programme)
- We have a strict No Pay-No Play policy, and you will not be able to attend lessons if proof of payment and registration forms aren't supplied by the deadline date.
- Finance Office Details - 0217852722 or finance@sunvalleygroup.co.za.
- Mondays-Thursdays, 07:30-16:00 and Friday, 07:30-13:30.
- **Banking Details:**
 - Bank: FNB
 - Branch Code: 260300 (Longbeach Mall)
 - Account Number: 62498374538
 - Reference: Surname, Sports Choice



Sun Valley Students Registration Form: Term 1				
Name:				
Class:				
Name of Parent/Guardian:				
Contact Number:				
Email Address:				
Signature:				
Off Campus Permission Slips				
<i>Sport</i>	<i>Day</i>	<i>Time</i>	<i>Cost</i>	<i>Selection (Tick)</i>
Squash - Gr 4-7	Tuesday	14:45-16:00	Nil	
My child requires transport to the Fish Hoek Squash Club on a weekly basis				Y / N

Private Sport Enrolment				
SNAG Golf	Wednesday	14:15-15:15	R645 Per Term	
FIT Kidz	Thursday	14:30-15:10	R645 Per Term	
I give my child permission to run off-campus on a weekly basis				Y / N
Payment of Sport for Term 1				
<i>Payment Method</i>	<i>Selection (Tick)</i>	Banking Details:		
EFT		Bank: FNB Branch: Longbeach Mall Branch Code: 260300 Account name: Silvermine Academy Account Number: 62498374538 Reference: Surname, Child's Name		
Cash				
Finance Office				
Payment Due Date for Term 1 - Monday, 20 January				

South Side Netball Development

Leasje Welthagen, founder of South Side Netball Development offers qualified, professional netball development workshops every Saturday at Fish Hoek High School indoor court.

Sessions are designed to build on each players individual talent, while working in a group. At SSN we believe versatility is key.

All players ages 7 - 17 are welcome to join.

Please contact Lease Welthagen directly: ssnetballacademy@gmail.com

Session Times

Senior Workshops (ages 12-17): Saturday 09:00 - 10:30

Junior Workshops (ages 7 - 11): Saturday 10:30-12:00

Cost

The cost per clinic (8 Sessions) is R 650.00

Session Dates

1. 18 January
2. 25 January
3. 1 February
4. 8 February
5. 15 February
6. 22 February
7. 29 February
8. 7 March

SSN also offers Senior Social Netball for the Rusty and Advanced players on Tuesday and Thursday evenings from 6pm - 9 pm. Contact Lease on: 083 417 6121 if you are interested.

SAVE THE DATE

Date	Event
17 January	Sunbird Sports Trials
20 January	SVPS Sports Begins
21 January	Grade 4&5 Swimming Trials
22 January	Grade 6&7 Swimming Trials
23 January	Grade 2&3 Swimming Trials
24 January	Inter-Sen Phase Athletics Day
24 January	U13 Reddam Action Waterpolo Tournament
25 January	U13 Reddam Action Waterpolo Tournament
27 January	Sunbird and Private Sports begins
30 Jan - 2 Feb	Swimming Tour to Knysna
31 January	Community Athletics Festival
4 February	Grade 2-7 Inter-House Swimming
6 February	Grade 1-3 Athletics Trials
6 - 9 February	U12 Girls and U13 Boys Waterpolo Tour to Knysna
8 February	Zonal Athletics - Round 1
11 February	Foundation Phase Athletics Day
13 February	SVPS U11 Boys Waterpolo Tournament
14 February	SVPS U11 Girls Waterpolo Tournament
14 February	SVPS U13 Doubles Tennis Festival
27 February	Zonal Gala
28 February	SVPS Athletics Champs
3 March	SVPS Relay Gala
4 - 7 March	U13 Tennis Tour to Knysna
6 March	Sunbird Winter Sports Trial
6 - 8 March	U13 Girls Action Waterpolo Tournament
6 March	SVPS Summer Sports Ends
9 March	SVPS Winter Sports Week
10 March	U13 Rugby Tournament at Eikestad
13 March	U13 Rugby Festival at Beaumont Primary
19 - 22 March	U13 Girls and Boys Hockey Tour to Knysna



Sun Valley
Group of Schools