

RGJS SUMMER SPORT 2017

ALL GIRLS ARE REQUIRED TO SIGN UP FOR SPORT ON THE SPORTS NOTICE BOARD

Grade 4 – 7

Swimming Team & General	All girls from Grade 4 - 7 will take part in swimming trials within the first week of Term 1. Certain girls will be invited back to take part in a 2 nd Call Back trial. The U10 – U13 A & B team squads will be selected from these trials based on the times taken. If a girl does not make the team squad, she may sign up for general swimming.
SEALS Swimming	Girls who attend Seals Swimming by <u>INVITE</u> only. We strongly encourage girls who are invited to attend Seals Swimming to attend in both term 1 and 4. These girls benefit from more specialised stroke correction.
Water Polo Team & General	Team polo will take place at UCT and a staff member will be available to walk the girls to the pool at UCT or Grotto-general polo. Girls not making the team may sign up for General polo.
Tennis Team & General	Girls must bring their own raquets. Girls will be walked to Grotto.
TAG Rugby General	Girls will be walked to the UCT Middle Campus and back to school by a member of staff
Multi Sport General	Girls will take part in a variety of sports and PE games in the hall and in the school grounds. Eg: rounders, table tennis, volley ball, dodge ball and fun fitness
African Dance General	Offered to Grade 4 – 7 girls as a general sport and takes place in the hall.

RGJS Cultural & Musical Activities

Art Club	
Early Act	
Eco Club	
Bridge	
Techbugs	
Debating Club	Grade 6, 7 only
Orchestra	
Senior Choir	

RGJS WINTER 2017

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Grade 4 – 7

Cross Country	Any girl from grade 4 - 7 may take part in cross country. Practices are on a Monday and races are on a Friday. Races are not compulsory but girls are encouraged to participate.
Hockey	Any Grade 4 - 7 girl may take part in hockey trials towards the end of Term 1. Certain girls will be invited back to take part in a 2 nd Call Back trial. The U10 – U13 team squads will be selected from these trials. If a girl does not make the team squad, she may sign up for general hockey.
Netball	Any Grade 4 - 7 girl may take part in netball trials towards the end of Term 1. Certain girls will be invited back to take part in a 2 nd Call Back trial. The U10 – U13 team squads will be selected from these trials. If a girl does not make the team squad, she may sign up for general netball.
Multi Sport General	Girls will take part in a variety of sports and PE games in the hall and in the school grounds. Eg: rounders, table tennis, volley ball, dodge ball and fun fitness
African Dance General	Offered to Grade 4 – 7 girls as a general sport and takes place in the hall.

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