



Sports & extra-mural programme 2020

Term 1

ELS

Monday	Tuesday	Wednesday	Thursday	Friday
Get Active 12h45 – 13h15	Mindful Movement Stage 4 – 5 13h00 – 13h30 Stage 3	Gymnastics 13h35 – 14h05	Anti-bullying & mixed martial arts Stage 4 & 5 13h00 – 13h35	Soccer Kidz 12h30 – 13h15
	Learn To Swim Stage 4 & 5 12h45 – 13h30	Golf Academy 13h15 – 14h00	Learn To Swim Stage 4 & 5 12h45 – 13h30	

Grade 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
13h30 – 14h15	Mini-cricket (Boys & girls)	Learn To Swim (Boys & girls)	Mini cricket (Boys & girls)	Learn To Swim (Boys & girls)	
		Athletics (Boys & girls)	Mini cricket matches	Tennis (Boys & girls)	
14h30 – 15h00	Stroke Development (Bronze, Silver, Gold)		Stroke Development (Bronze, Silver, Gold)		Stroke Development 13h15 – 14h45
14h45 – 15h30	Beginner	Beginner	Beginner	Beginner	Beginner

Grade 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
13h30– 14h15	Mini cricket (Boys & girls)	Learn To Swim (Boys & girls)	Mini cricket (Boys & Girls)	Learn To Swim (Boys & girls)	
		Athletics (Boys & girls)	Mini cricket matches	Tennis (Boys & girls)	
14h30 – 15h00	Stroke Development (Bronze, Silver, Gold)		Stroke Development (Bronze, Silver, Gold)		Stroke Development 13h15 – 14h45
14h45 – 15h30	Beginner	Beginner	Beginner	Beginner	Beginner

Grade 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday
13h30 – 14h15	Mini cricket (Boys & girls)	Learn To Swim (Boys & girls)	Mini cricket (Boys & girls)	Learn To Swim (Boys & girls)	
		Athletics (Boys & girls)	Mini cricket matches	Tennis (Boys & girls)	
14h30 – 15h00	Stroke Development (Bronze, Silver, Gold)		Stroke Development (Bronze, Silver, Gold)		Stroke Development 13h15 – 14h45
14h45 – 15h30	Beginner	Beginner	Beginner	Beginner	Beginner

Extra-mural sport (Grade 1-3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Stars FC 16h00 – 17h00 Venue: Lower Field	Karate / Self-defense 14h30 – 15h30 JP Hall	Gymnastics 14h30 – 15h15 JP Hall	Anti-bullying & mixed martial arts 14h30 – 15h30 JP Hall	
	Mindful Movement 14h30 – 15h30 Stage 3 Atlier	Golf Academy 14h30 – 15h15 Lower Field		

Grade 4 – 7 Sports Programme

Time	Monday	Tuesday	Wednesday	Thursday	Friday
14h30 – 15h30	Cricket (Boys)	Cricket (Boys)	Tennis (Boys & girls)	Team Swimming (Boys & girls)	Intermediate Advanced Elite Swim 5h30-06h30
	Water polo (Boys & girls)		Water polo (Boys & girls)	Athletics (Boys & girls)	
		Cricket league fixtures	7's Rugby (Girls)	Tennis league fixtures	
14h30 – 15h00	Stroke Development (Bronze, Silver, Gold)		Stroke Development (Bronze, Silver, Gold)		Stroke Development 13h15 – 14h45
14h45 – 15h30	Beginner	Beginner	Beginner	Beginner	Beginner
15h30 – 16h30	Intermediate	Intermediate	Intermediate	Intermediate	
16h30 – 17h30	Advanced	Advanced	Advanced	Advanced	Advanced 15h15 – 17h30

Extra-mural sports programme

Grades 4 - 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All Stars FC 16h00 – 17h00 Lower Field	Spike Ball 15h30 – 16h30	Anti-bullying & mixed martial arts 15h40 – 16h30	
Water polo Club 16h30– 17h30	Water polo Club 16h30 – 17h30	Golf Academy 15h30 -16h30		

Grade 8 – 12 Sports programme

Time	Monday	Tuesday	Wednesday	Thursday	Friday
15h30 – 16h30	Cricket (Boys)	Volleyball (Boys & girls)	Cricket (Boys)	Tennis (Boys & girls)	Intermediate Advanced Elite Swim 5h30 – 6h30
	Tennis (Boys & girls)	Water polo (Boys & girls)		Water polo (Boys & girls)	
	Summer hockey (Girls)	Golf (Boys & Girls)	Summer soccer (Boys)	Athletics (Boys & girls)	
	Summer soccer (Boys)		7's Rugby (Girls)		
15h30 – 16h30	Intermediate Swimming	Intermediate	Intermediate	Intermediate	
16h30 – 17h30	Advanced Swimming	Advanced	Advanced	Advanced	Advanced 15h15 – 17h30

Extra-mural sport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Karate / Self-defense 15h30 – 16h30			
Water polo Club 16h30 – 17h30	Water polo Club 16h30 – 17h30			

Sport/School Uniform

- Pupils must ensure that they wear the correct uniforms to all sports practices and matches. If they are not dressed correctly, they will not be allowed to participate. Compulsory to wear a Reddam House swim cap to training sessions.

Absent from a practice or match

- Only a valid reason will be accepted for missing a team practice or match and this needs to be communicated to the Director of Sport in good time.

Swimming

Team swimming – it is compulsory for all children who wish to represent their school at galas to attend at least two of the swimming sessions.

Stroke Development & Beginner sessions are only available to Reddam House students. A child is only allowed to swim in the group that Coach Hendri had assigned them.

Extra-mural sports information

EOGA Golf Academy

Please contact Murray murray@eoga.co.za for more information.

Soccer Kidz

Classes: Friday

We give children a positive introduction to sport by teaching quality football skills in a friendly, pressure-free environment at school. Contact Coach Christian to book your child's place and for more information. Limited number per group. Email: cristianvitali08@gmail.com

Gymnastics:

We are a gymnastics club offering group classes for boys & girls aged 3 years old, up to Grade 3 this year. Artistic gymnastics consists of performing movements and routines on four different apparatus. Gymnastics develops skills in co-ordination, agility, balance, strength and flexibility. Contact: Genevieve Adams

Email: royalsgymclub@gmail.com

Spikeball

Spikeball is a new sport that's sweeping the world. It's commonly referred to as the love child between volleyball and four-square. It is played 2vs2, with a taut hula hoop sized spikeball net placed between the two teams. This a sport that will help develop ones hand-eye coordination as well as ones agility and fitness. Spikeball is a sport not to be missed and should definitely be tried out.

Grades 4-7

Email: francois.nel@reddam.house

Learn-To-Swim Programme (Stage 4 – Grade 3)

Contact Mr Hendri Mouton hendri.mouton@reddam.house for more information.

All Stars Football Club

Venue: Reddam House Somerset

Our vision is to develop young players to their full potential.

Contact cristianvitali08@gmail.com

Get Active

The main focus is to encourage children to be active and to get moving whilst having fun with their friends. The programme is designed to develop children's fundamental movement skills. (Kicking, catching, hopping, striking, running, balancing, throwing and galloping). Contact cristianvitali08@gmail.com for more information. Limited spaces.

Karate

I am an instructor with the South African Okinawan Goju Ruy Karate Association(SAGA). I am also the head instructor of the Strand Dojo. We offer a self-defense program through the art of traditional karate to schools in our Helderberg Basin. The benefits of a martial art for all ages is well- known. The values we striving to uphold and teach are: Respect, Discipline, Loyalty to name but a few.

Email Eugene Alexander emacons1@mweb.co.za for more information.

Anti-bullying, Mixed Martial Arts & Self Defence

I am a full time Professional Martial Arts and Self Defence Instructor, and have been practicing my art for over 30 years. I am the undisputed MMA champion of RSA for 9 years and have a second degree black belt in Brazilian Jiu Jitsu. Our academy educates students in: Self-esteem, Physical development, Self-defence, Awareness, Fun and Grading.

For more information about our classes please contact Rico Hattingh

bullystopmma@yahoo.com

Reddam Water polo Club @ Reddam

We play water polo throughout the year! Join the club and be coached by our passionate team of coaches. Hone your skills, improve your skills and have FUN. Contact Conrad.bubb@reddam.house for more information.

Mindful Movement

Mindful Movement is about equipping children with the tools and techniques to move mindfully through life. Classes are interactive, educational and play based including: Yoga, Mindfulness, Meditation, Breath work and fun.

Email: Katherine directly at blossomandbeeyoga@gmail.com for more information.

➤ A REMINDER THAT ALL SESSIONS WILL BEGIN IN THE SECOND WEEK OF EVERY TERM <

Reddam House Aquatics

STROKE DEVELOPMENT (BRONZE)

Aims:

- To develop and create the love for swimming
- To develop the necessary skills required for each stroke and getting them ready for School and lower level galas

Objectives:

- Prioritise technique and skill development as main training focus
- Teaching the foundation of freestyle and backstroke
- Introduction into breaststroke and butterfly kick

Entry Criteria:

- Age guide 6+ (younger swimmers may be accommodated but this will depend on coach)
- Positive attitude towards training

Commitment Criteria:

- Arrive at poolside at least 10 minutes before the start of every session
- Bring correct training gear (goggles, swim cap, kickboard and flippers)
- Enter and compete in all competitions as outlined by coach

Exit Criteria:

- Progression into stroke development (Silver Squad)
- Swimmer/Parent unable to adhere to Code of Conduct

STROKE DEVELOPMENT (SILVER)

Aims:

- To develop and create the love for swimming
- To develop the necessary skills required for each stroke and further their learning of breaststroke and butterfly

Objectives:

- Prioritise technique and skill development as main training focus
- Building on the foundation laid in Bronze Group in regard to freestyle and backstroke
- Building foundation for butterfly and breaststroke
- Introduce underwater work and flip turns

Entry Criteria:

- Age guide 6+ (younger swimmers may be accommodated, but will depend on coach)
- Positive attitude towards training
- Be able to swim 25 Freestyle and Backstroke with correct body position and show the basics of breaststroke kick

Commitment Criteria:

- Arrive at poolside at least 10 minutes before the start of every session
- Bring correct training gear (goggles, swim cap, kickboard and flippers)
- Attend at least 2x classes per week

Exit Criteria:

- Progression into Stroke Development Gold Squad
- Swimmer regressing in strokes learned due to not attending enough classes
- Swimmer/Parent unable to adhere to Code of Conduct

STROKE DEVELOPMENT (GOLD)

Aims:

- To develop and create the love for swimming
- To develop the necessary skills required for each stroke and getting them ready for school and lower level galas

Objectives:

- Prioritise technique and skill development as main training focus
- Building on the foundation laid in Silver Group in regard to freestyle, backstroke and Breaststroke and Butterfly
- Perfecting the Butterfly technique and making sure swimmers are ready to compete at school and club galas
- Build on underwater work, turns and dives

Entry Criteria:

- Age guide 6+ (younger swimmers may be accommodated, but will depend on coach)
- Positive attitude towards training
- Be able to swim 50 Freestyle and Backstroke and 25m Breaststroke with correct technique and bodyposition

Commitment Criteria:

- Arrive at poolside at least 10 minutes before the start of every session
- Bring correct training gear (goggles, swim cap, kickboard and flippers)
- Attend at least 2x classes a week

Exit Criteria:

- Progression into Beginner Squad
- Swimmer regressing in strokes learned due to not attending enough classes
- Swimmer/Parent unable to adhere to Code of Conduct

BEGINNER SQUAD

Aims:

- To develop a highly skilled, committed and enthusiastic squad of swimmers
- To Increase the number of Age Group Swimmers qualifying for Level 1 and 2 / Senior League gala's and W.P Junior League Championships
- Prepare swimmers for entry into National Level 2 and Intermediate Squad

Objectives:

- Prioritise technique and skill development as main training focus
- Introduction to I.M swimming, endurance and speed training
- Usage of a pace clock
- Introduce swimmer into a group training environment
- Introduce swimmer to low-level competition

Entry Criteria:

- Age guide 9+ (younger swimmers may be accommodated but will depend on coach)
- Positive attitude towards training and competition
- Must be able to swim all 4 strokes with correct turns and be able to dive

Commitment Criteria:

- Arrive at pool deck at least 10 minutes before the start of every session
- Bring correct training gear (goggles, swim cap, kickboard and flippers)
- Enter and compete in all competitions as outlined by coach

Exit Criteria:

- Progression into Intermediate Squad
- Swimmer regresses and unable to keep up with training due to lack of attendance
- Swimmer/Parent unable to adhere to Code of Conduct

INTERMEDIATE SQUAD

Aims:

- To develop a highly skilled, committed and enthusiastic squad of swimmers
- To increase the number of swimmers qualifying, making finals at National Level 2 and 3 galas, Western Cape Championships, and Jack Currie
- To prepare swimmers to qualify for Junior Nationals
- To provide swimmers with ample training opportunities in order to achieve their goals

Objectives:

- Enhanced stroke and drill progressions
- Creating an annual plan to optimise the talent of each individual swimmer in line with LTAD
- Make significant improvements in each swimmers' aerobic capacity
- Introduction to and increasing emphasis on more intensive forms of training; Race Pace, Aerobic Power, Anaerobic Capacity, Power and Dryland
- Develop tactical skills and optimal race pacing/strategies

Entry Criteria:

- Age guide 10+
- Minimum of 60% attendance in Beginners Squad
- Qualified or on route to Qualifying for National Level 3
- Regular participation in competitions with a positive attitude towards training and competition

PERFORMANCE CRITERIA

- Swim 10x 100m freestyle on 1:35 send off with correct turns
- Swim 10x 100m backstroke on 1:45 send off with correct turns
- Be confident in swimming 200m I.M and under 3:00 in a competition

Commitment Criteria:

- Attend at least five sessions a week out of which one can be a morning training
- Arrive at poolside at least 15 minutes before the start of every session
- Do stretch and or warm-up routine before training
- Bring correct training gear (goggles, swim cap, swimming snorkel, kickboard and flippers)
 - Swimmers 12 and older need to have paddles as well
- Enter and compete in all competitions as outlined by coach
- Strive to be a positive role model for swimmers in other squads

Exit Criteria:

- Progression into Advance Squad
- Swimmer unable to maintain the above listed commitment criteria
- Swimmer unable to maintain performance criteria
- Swimmer/Parent unable to adhere to Code of Conduct

ADVANCED SQUAD

Aims:

- To develop a highly skilled, committed and enthusiastic squad of swimmers
- To get our swimmers to Senior National Championship level and High-Performance Programme
- To place swimmers on Youth National level as well as final and podium positions at Junior National competitions

Objectives:

- Continue to make improvements in the athlete's aerobic capacity
- Greater emphasis on intensive forms of training such as Race Pace, Anaerobic Capacity, Anaerobic Power and Aerobic Power as part of a periodised training plan
- Do two dryland sessions a week
- Maintain / Increase training volume post-maturation
- Develop tactical skills and optimal race pacing/strategies

Entry Criteria:

- Age guide 14+
- Minimum 75% pool session attendance in Intermediate group
- Regular participation in competitions and demonstrate a positive attitude towards training & racing

PERFORMANCE CRITERIA:

- Swimmers should be achieving Junior National Qualifying times or close to them
- Be able to swim 200 I.M under 2:45 minutes in a gala
- Be able to maintain the following starting times: - 1:25 in 100m freestyle, 1:30 in 100m backstroke, 1:45 in 100m breaststroke, 1:30 in 100m butterfly

Commitment Criteria:

- Attend a minimum of seven pool sessions per week (flexible during exam periods and age after consultation with Squad Coach)
- Arrive at the poolside at least 15 minutes before the start of every session
- Do stretch and or warm-up routine before training
- Bring correct training gear (goggles, swim cap, swimming snorkel, kickboard and flippers)
- 100% commitment to swimming outside of the pool, to include sleep habits and nutrition.
- Enter and compete in all meets as outlined by the squad coach.

- Strive to be a positive role model for swimmers in other squads

Exit Criteria:

- Movement to Elite Squad or a University / College
- Swimmer unable to maintain the above listed commitment criteria and performance criteria
- Swimmer/Parent unable to adhere to the Code of Conduct

ELITE SQUAD

Aims:

- To get our swimmers to International meets and into High-Performance Programmes
- To place swimmers on Senior National level as well as final and podium positions at Junior National competitions

Objectives:

- Greater emphasis on intensive forms of training such as Race Pace, Anaerobic Capacity, Anaerobic Power and Aerobic Power as part of a periodised training plan
- Mental preparation for the stress that comes with needing to perform on a high level
- Do three dryland sessions a week
- Maintain / Increase training volume post-maturation
- Develop tactical skills and optimal race pacing/strategies

Entry Criteria:

- Age guide 14+
- Minimum 75% pool session attendance in Intermediate group
- Regular participation in competitions and demonstrate a positive attitude towards training & racing

PERFORMANCE CRITERIA:

- Swimmers should be achieving Junior National Qualifying times or close to them
- Be able to swim 200m I.M under 2:45 minutes in a gala
- Be able to maintain the following starting times:
 - 1:25 in 100m freestyle, :in 100m backstroke, 1:45 in 100m breaststroke, 1:30 in 100m butterfly

Commitment Criteria:

- Attend a minimum of seven pool sessions per week (flexible during exam periods and age after consultation with Squad Coach)
- Arrive at the poolside at least 15 minutes before the start of every session
- Do stretch and or warm-up routine before training
- Bring correct training gear (goggles, swim cap, swimming snorkel, kickboard and flippers)
- 100% commitment to swimming outside of the pool, to include sleep habits and nutrition.
- Enter and compete in all meets as outlined by the squad coach.
- Strive to be a positive role model for swimmers in other squads

Exit Criteria:

- Movement to a University / College
- Swimmer unable to maintain the above listed commitment criteria and performance criteria
- Swimmer/Parent unable to adhere to the Code of Conduct