



# STIRLING HIGH SUMMMER EXTRA MURAL PROGRAMME 2017

<u>ACTIVITY</u>	<u>TEAM</u>	<u>DAY</u>	<u>TIME</u>	<u>COACH/TEACHER</u>		
<b><u>CRICKET</u></b>	U14A & B / U15B	Monday & Wednesday	14:30-16:00	Mr Jacobs/Mr Marais/ Mr Hendricks		
	U15A	Tuesday & Thursday	14:30-16:00	Mr Webster		
	1 <sup>st</sup> + 2 <sup>nd</sup>	Tuesday & Thursday	14:30-16:00	Mr De Beer / Mr Gerber		
	Girls	Monday & Thursday	14:30-15:30	Mr Raju / Ms Pala		
	3rd	Tuesday	14:30-16:00	Mr Bentley		
	U14A+B	Tuesday	Matches			
	U15A/2 <sup>nd</sup> /1 <sup>st</sup>	Wednesday	Matches			
	3rd	Thursday	Matches			
Girls	Monday	Matches				
<b><u>WATER POLO</u></b>	Girls Swimming Junior Boys Stanmore Academy 1 <sup>st</sup> Team Girls	MONDAY	05:30-07:00 14:30-16:00 16:00-17:30 17:30-19:30	Mr Manson / Ms Terblanche Ms Wessels / Mr Wessels Mr Manson / Ms Terblanche		
	Boys Swimming Stirling Primary Junior Girls 1 <sup>st</sup> Team Boys	TUESDAY	05:30-07:00 14:00-15:00 15:00-16:30 16:30-18:30	Mr Manson / Mr Wessels Ms Wessels / Mrs Le Marquand Mr Manson / Mr Wessels		
	Girls Swimming Stanmore Stokers	WEDNESDAY	05:30-07:00 14:30-16:00	Mr Manson / Ms Terblanche		
	Boys Swimming Junior Girls Junior Boys 1 <sup>st</sup> Team Boys 1 <sup>st</sup> Team Girls	THURSDAY	05:00-07:00 14:00-15:00 15:00-16:30 16:30-18:30 18:00-20:30	Mr Manson / Mr Wessels Ms Wessels / Mrs Lerquand Ms Wessels Mr Manson / Mr Wessels Mr Manson / Ms Terblanche		
	Catch up swimming Stirling Primary Stanmore Academy	FRIDAY	05:30-07:00 13:00-15:00 16:00-17:30	Mr Manson		
	1ST Team B & G	SUNDAY	15:00-17:00	Mr Manson/Ms Terblanche		
	<b><u>SQUASH</u></b>	1 <sup>st</sup> Boys	Monday & Wednesday	14:30-15:30	Mr van Rensburg	
2 <sup>nd</sup> Boys		Monday & Wednesday	15:30-16:30	Mr Matthew		
All Girls		Monday (League matches) Tuesday & Thursday	14:4-16:00 14:45-16:00	Mr Scott		
<b><u>TENNIS</u></b>	All Senior	Monday & Wednesday	14:30-15:45	Mr & Mrs Welsh		
	All Junior	Tuesday & Thursday	14:30-15:30	Mrs Lentz/Mrs Neethling/Mrs Pheko		
<b><u>SWIMMING</u></b>	All	Monday Tuesday Wednesday Thursday	15:45-16:30 15:30-16:30 15:45-16:30 15:30-16:30	Mrs Nancarrow Ms Klette Ms Collen Ms Collen		
	<b><u>ATHLETICS</u></b>	All	Tuesday & Thursday	14:30-16:00	Mr Jacobs/Mrs Pickering?Mrs Llewellyn/Mrs Ekron	
		<b><u>BADMINTON</u></b>	All	Monday & Thursday	14:30-16:00	Mr Radue
			<b><u>GOLF</u></b>	Matches	Monday	14:30-18:00
Practice	Fridays	14:30-15:30				
<b><u>DIVING</u></b>	All	Tuesday & Thursday	16:00-17:00	Mrs Eley		
<b><u>BIATHLE</u></b>	All	Tues & Thur (Running)	14:15-15:30	Mrs Meistre		



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<b><u>BAND</u></b>	Big	Monday & Tuesday Friday	19:00-20:30 14:30-15:30	Mr Webster
	Junior	Friday	14:30-15:30	Ms Horton
	Intermediate	Monday	16:30-18:00	Ms Horton
<b><u>ECO-CLUB</u></b>	All (Room 151)	Wednesday	14:15-15:45	Mrs Kemp
<b><u>DRAMA CLUB</u></b>	All	Monday & Wednesday	14:15-15:15	Mrs Von Wielligh
<b><u>CHOIR</u></b>	Chamber Choir	Tuesday	14:30-16:30	Ms Armour
	Girls Choir	Thursday	15:30-17:30	Ms Armour
<b><u>CHESS</u></b>	All	Tuesday	14:15-15:00	Mrs Pheko
<b><u>DEBATING</u></b>	All	Monday & Wednesday	14:15-15:30	Mr Marshall
<b><u>WILD NATURE</u></b>	All	Tuesday & Thursday	14:30-15:30	Mr Marais