

WINTER SPORTS PROGRAMME 2026 Final

TEAM SPORTS for Terms 2 & 3: Cross Country; Football; Hockey;
Netball; Squash

SOCIAL SPORTS for Terms 2 & 3: Football; On the Move; Netball

Monday	<u>Hockey</u> U14A Conditioning 06:00 - 07:00 U16C & U19C 15:15 - 16:30 U14B & U14C 16h30-17h30 U16A & U19A 17h30 - 18h45 U16B & U19B 18:45 - 19:55 Goalkeepers: 15:30 - 16:30 U14A, U16A,B & U19A-C 16:30 - 17:30 U14B-D & U16C-E	<u>Netball</u> U14A & B 15h30 - 16h30 U14C & D 15h30 - 16h30 U15 A & B 16h15 - 17h30 U17A 16h00 - 17h30 U19 A & B 16h15 - 17h45	<u>Cross Country</u> Training 15h15 -16h15 <u>Squash Matches</u>
Tuesday	<u>Hockey</u> U16A & B Conditioning 16:00 - 17:00 U19A & B Conditioning 17:15 - 18:15 U16C + specialist skills on request 17:30 - 18:30 U19A & U14A 18:30 - 19:45 U16D & E 15h15-16h30 (Grass Field)	<u>Netball</u> U14 A & B 15h15 - 16h30 U16 A & B 16h15 - 17h30 U/19A & B Team Shooters, GK, GD & GA 16H15-17H15	<u>Football</u> 15h15 – 16h30 1st & 2nd Team practice or matches (various venues) <u>On-the-Move</u> 15h15-16h00
Wednesday	<u>Hockey</u> u14C on Grass 16:15 - 17:15 U14B & 16D & E 15:15 - 16:30 U19A & B 16:30 - 17:30 U16B & U19C 17:30 - 18:45 U16A & U14A 18:45 - 19:55	<u>Netball</u> 06h50-07h50 All U14/15/16/17 Team shooters <u>Social Netball</u> 15h15-16h15 <u>Netball</u> U14C & D 16h15 – 17h30 U15 A & B 16h15 - 17h30 U/16 15H30 - 16H30 U17A 16:15 - 17:30 U19 A & B 16h15 - 17h45	<u>Cross Country</u> Ladder Challenge OR Races 15h30-17h30 (Various venues) <u>Football</u> 15h15 – 16h30 1st & 2nd Team practice or matches (various venues) <u>Squash</u> Kelvin Grove 15h20–16h15 (Intermediate & Advanced) 16h15-17h00 (Beginners)

Thursday	<u>Hockey</u> U19A,B & U16A Conditioning 06:00 - 07:00	<u>Netball</u> Netball Matches	<u>On-the-Move</u> 15h15-16h00 <u>Social Football</u> 15h30 – 16h30
Friday	Hockey Matches 14h00-20h00		
Saturday	Hockey matches 07h30-13h00		

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