

Summer Sport Fixtures and Practice Times 2022

Athletics

PRACTICE DAYS AND TIMES:

- **MONDAY + WEDNESDAY:**
 - Shotput/Javelin/Discus (Mr Baartzes)
 - Sprints (Mr Ponzio)
- **TUESDAY + THURSDAY:**
 - Long distance (Ms Roberts)
 - Hurdles (Ms Morrison)

ZONAL MEETING: 8 FEB 2022

PE HIGH SCHOOLS: 18 - 19 FEB 2022

METRO: 25 - 26 FEB 2022

**N.B. ONLY THE OFFICIAL ALEX ATHLETICS VEST AND
BLACK OR WHITE PANTS MAY BE WORN FOR ALL THE
ABOVE MENTIONED MEETINGS.**

Boys Cricket

PRACTICES

Day	Time	School Nets
Monday	14:30 -16:00	14A & 15A
	14:30-16:00	14B & 15 B
Tuesday	14:30-16:00	1st ,2nds & 3 rd Team
Wednesday	14:30-16:00	14A & 15A
	14:30-16:00	14B & 15 B
Thursday	14:30-16:00	1st ,2nds & 3 rd Team

CRICKET FIXTURES 2022

(Saturday Cricket)

1st, 2nds ,u15A & U14A

TERM	MONTH	DATE	SCHOOL	HOME/AWAY
1	January	29	WOODRIDGE	Home/Away
	February	5	GREY	Home/Away
		12	MUIR	Home/Away
		19	WESTERING	Home/Away
		26	VP	Home/Away
	March	5	GRAEME	Home/Away
3	September	10	BRANDWAG	Home/Away
		17	VICTORIA PARK	Home/Away
	September/ October	29-3	YOUTH CRICKET FESTIVAL	AWAY(CT)
4	October	15	MUIR	Home/Away
		22	GRAEME	Home/Away

Boys Cricket Midweek Matches

3rd Team Wednesday Matches

Date	3rds
Wednesday 26/01	Bergsig 1 (Home)
Wednesday 2/02	Grey 5 (Away)
Wednesday 9/02	VP 3 (Home)
Wednesday 16/02	Framesby 3 (Home)
Wednesday 23/02	McLachlan 1 (Home)
Wednesday 02/03	Woolhope 1 (Home)

U15 B Wednesday Matches

Date	u15B
Wednesday 26/01	Grey C (Home)
Wednesday 2/02	Pearson B (Home)
Wednesday 9/02	Gelvan Hub (Home)
Wednesday 16/02	Brandwag (Away)
Wednesday 23/02	Daniel Pienaar (Home)
Monday 28/02	St Dominics (Home)

U 14 B Monday Matches

Date	u14B
Monday 31/01	Westering (Away)
Monday 7/02	BYE
Monday 14/02	Grey C (Home)
Monday 21/02	Framesby (Home)
Monday 28/01	Brandwag (Away)

Girls Cricket

GIRLS Cricket Practice Times		
Day	Time/Venue	Common Nets
Tuesday	14:30-16:00	1 st Team
Thursday	14:30-16:00	2nd team

GIRLS' CRICKET FIXTURES 2022

1 ST TEAM		
THU 3 FEB	FRAMESBY	AWAY
THU 10 FEB	WOODRIDGE	HOME
THU 17 FEB	BYE	
THU 24 FEB	WESTERING	HOME
THU 3 MAR	COLLEGIATE	HOME

2 ND TEAM		
TUE 1 FEB	PEARSON	HOME
TUE 8 FEB	ST DOMINIC'S	AWAY
TUE 15 FEB	GELVAN HUB	HOME
TUE 22 FEB	WESTERING	AWAY
TUE 1 MAR	ST DOMINICS	AWAY

ALEX BOYS' WATERPOLO PRACTICE TIMES

U14 + U15 BOYS:

TUESDAY 15:30 – 16:30

THURSDAY 14:30- 15::30

1ST + 2ND BOYS:

TUESDAY 14:30 – 15:30

THURSDAY 15:30 – 16:30

FRIDAY PRACTICE WILL BE HELD FOR CERTAIN
TEAMS/PLAYERS

MORNING TRAINING TIMES 06:30 – 07:30

BOYS WATER POLO

FIXTURES TERM 1 2022

<u>DATE</u>	<u>TEAMS</u>	<u>VENUE</u>
SAT 22 JAN	U14 CLINIC AND TRIALS	ALEX
WED 26 JAN	1 ST TEAM VS PEARSON 2 ND	GREY
THURS 27 JAN	1 ST TEAM @ EP LEAGUE	ALEX
TUES 1 FEB	U14, U15 @ JUNIOR LEAGUE	ALEX
WED 2 FEB	1 ST TEAM @ GREY LEAGUE	GREY
THURS 3 FEB	1 ST TEAM @ EP LEAGUE	ALEX
TUES 8 FEB	U14, U15 @ JUNIOR LEAGUE	ALEX
WED 9 FEB	1 ST , 2 ND TEAMS @ GREY LEAGUE	GREY
THURS 10 FEB	1 ST TEAM @ EP LEAGUE	ALEX
SAT 12 FEB	ALL TEAMS TRIANGULAR DERBY	TBC
TUES 15 FEB	U14, U15 @ JUNIOR LEAGUE	ALEX
WED 16 FEB	1 ST , 2 ND TEAMS @ GREY LEAGUE	GREY
THURS 17 FEB	1 ST TEAM @ EP LEAGUE	ALEX
SAT 19 FEB	KINGSWOOD U15 TOURNAMENT	MAKHANDA
TUES 22 FEB	U14, U15 @ JUNIOR LEAGUE	ALEX
WED 23 FEB	1 ST , 2 ND TEAMS @ GREY LEAGUE	GREY
THURS 24 FEB	1 ST TEAM @ EP LEAGUE	ALEX
TUES 1 MARCH	U14, U15 @ JUNIOR LEAGUE	ALEX
WED 2 MARCH	1 ST , 2 ND TEAMS @ GREY LEAGUE	GREY
THURS 3 MARCH	1 ST TEAM @ EP LEAGUE	ALEX
FRI 4 MARCH	1 st , u15 FRIENDSHIP CUP MERRIFIELD	EAST LONDON
SAT 5 MARCH	1 st , u15 FRIENDSHIP CUP MERRIFIELD	EAST LONDON

ALEX GIRLS

WATERPOLO PRACTICE

TIMES

JUNIORS (U 14 U 15)

MONDAY 16:30- 17:30

WEDNESDAY 14:30-15:30

SENIORS (U 16 U 19)

MONDAY 15:30- 16:30

WEDNESDAY 15:30-16:30

GIRLS WATERPOLO

FIXTURES TERM 1 2022

<u>DATE</u>	<u>SCHOOLS</u>	<u>VENUE</u>
SAT 22 JAN	U14 CLINIC AND TRIALS	ALEX
	U15,U16,U19 TRIALS	ALEX
FRI 28 JAN	KINGSWOOD 1 ST TEAM TOURN	
SAT 29 JAN	KINGSWOOD 1 ST TEAM TOURN	
SUN 30 JAN	KINGSWOOD 1 ST TEAM TOURN	
FRI 4 FEB	ALEX GIRLS TOURN	ALEX
SAT 5 FEB	ALEX GIRLS TOURN	ALEX
SAT 12 FEB	KW V ALEX V COLL	KINGSWOOD
WED 16 FEB	ALEX V WOODRIDGE	WOODRIDGE
SAT 19 FEB	PEARSON V ALEX	PEARSON
THUR 24 FEB	ST PETERS	
FRI 25 FEB	ST PETERS	JOHANNESBURG
SAT 26 FEB	ST PETERS	
SUN 27 FEB	ST PETERS	
SAT 5 MAR	DSG V ALEX	ALEX
	DSG V COLL	
MON 7 MAR	INTERHOUSE	ALEX
	14:30-20:00	

Tennis

TERM 1

TUESDAY 25 January:

Team Tennis Practice/Trial **ONLY**: Mr Golightly, Mr Van As
14h30-16h15ish. Ms Smit: 14h30 -14h45

WED 26 January:

“Not in team yet tennis practice/ beginners” ONLY

Mr Golightly, Mr Van As

14h30-16h00. Ms Miller: 14h30 -14h45 registration

THURSDAY 27 January: (14H30-17H15ish)

Team Tennis Practice/Trial players **ONLY**

Mr Van As, Mr JP Botha, Ms Simpson: Arrange rotational Singles, mini matches to sort out seedings. 14h30-16h00

MONDAY 31 Jan:

TEAM practice only for Boys and Girls on list on notice board in GM corridor on Friday 28 Jan. 2H30-4H30 Mr Golightly & Mr Van As

TUESDAY 1 FEB: GIRLS Matches

Meet at 1st break in GM07

GIRLS 1STS vs Global Leadership Academy at Jeffery’s Bay: MR JP Botha

GIRLS 2NDS vs Pearson at Pearson: Ms G Smit

WEDNESDAY 2 FEB:

Practice for “Not in team Yet” players only

2H30-4H00 Mr Golightly & Mr Van As

THURSDAY 3 FEB: BOYS Matches

Meet at 1st break in GM05

BOYS 1STS vs Kirkwood at Alex: Ms M Simpson

BOYS 2NDS vs Pearson 8th at Alex: Ms A Miller

TENNIS MATCHES

TENNIS MATCHES PLAYING RULES

1 vs 1 , 2 V 2, 3 vs 3, 4 vs 4

PRO SETS played: first to 8 games. If 7-7 then a tie breaker is played.

COMPULSORY MEETINGS ON THE DAY OF TENNIS MATCHES

TUESDAYS:

ALL **GIRLS** IN THE SQUAD OF 12 TO MEET AT **FIRST** BREAK IN **GM07**

ALL GIRLS MUST BRING ALEX **MATCH KIT**.

THURSDAYS:

ALL **BOYS** IN THE SQUAD OF 12 TO MEET AT **FIRST** BREAK IN **GM05**

ALL BOYS MUST BRING ALEX **MATCH KIT**.

MONDAY 7 FEB:

TEAM practice only for Boys and Girls on list on notice board in GM corridor on Friday 4 Feb. 2H30-4H30 Mr Golightly & Mr Van As

TUESDAY 8 FEB: GIRLS Matches

Meet at 1st break in GM07

GIRLS 1STS vs Despatch at Despatch: MR JP Botha

GIRLS 2NDS vs Pearson 8th at Pearson: Ms G Smit

WEDNESDAY 9 FEB:

Practice for “Not in team Yet” players only

2H30-4H00 Mr Golightly & Mr Van As

THURSDAY 10 FEB: BOYS Matches

Meet at 1st break in GM05

BOYS 1STS vs Daniel Pienaar at Alex: Ms M Simpson

BOYS 2NDS vs Pearson 7th at Pearson: Ms A Miller

MONDAY 14 FEB:

TEAM practice only for Boys and Girls on list on notice board in GM corridor on Friday 4 Feb. 2H30-4H30 Mr Golightly & Mr Van As

TUESDAY 15 FEB: GIRLS Matches

Meet at 1st break in GM07

GIRLS 1STS vs Collegiate at Alex: MR JP Botha

GIRLS 2NDS vs Pearson 7th at Pearson: Ms G Smit

WEDNESDAY 16 FEB:

Practice for “Not in team Yet” players only

2H30-4H00 Mr Golightly & Mr Van As

THURSDAY 17 FEB: BOYS Matches

Meet at 1st break in GM05

BOYS 1STS vs Pearson 5th at Alex: Ms M Simpson

BOYS 2NDS vs Woodridge at Woodridge: Ms A Miller

MONDAY 21 FEB:

TEAM practice only for Boys and Girls on list on notice board in GM corridor on Friday 4 Feb. 2H30-4H30 Mr Golightly & Mr Van As

TUESDAY 22 FEB: GIRLS Matches

Meet at 1st break in GM07

GIRLS 1STS vs Kirkwood at Kirkwood: MR JP Botha

GIRLS 2NDS vs Pearson 6th at Alex: Ms G Smit

WEDNESDAY 23 FEB:

Practice for “Not in team Yet” players only

2H30-4H00 Mr Golightly & Mr Van As

THURSDAY 24 FEB: BOYS Matches

Meet at 1st break in GM05

BOYS 1STS vs St Dominics at St Dominics: Ms M Simpson

BOYS 2NDS vs Framesby 3rds at Alex: Ms A Miller

MONDAY 28 FEB:

TEAM practice only for Boys and Girls on list on notice board in GM corridor on Friday 4 Feb. 2H30-4H30 Mr Golightly & Mr Van As

TUESDAY 1 MAR: GIRLS Matches

Meet at 1st break in GM07

GIRLS 1STS vs Nico Malan at Alex: MR JP Botha

GIRLS 2NDS BYE no match: Ms G Smit

WEDNESDAY 2 MAR:

Practice for “Not in team Yet” players only

2H30-4H00 Mr Golightly & Mr Van As

THURSDAY 3 MAR: BOYS Matches

Meet at 1st break in GM05

BOYS 1STS vs Pearson 6ths at Pearson: Ms M Simpson

BOYS 2NDS vs Framesby 4ths at Alex: Ms A Miller

SWIMMING
PRACTICE TIMES

Monday 14:30-15:30

Wednesday 16:30- 17:30

Friday 15:30-16:30