

SPORT & KULTUUR ROOSTERS SPORT & CULTURAL TIMETABLES 2022



RIGLYNE

Die skoolbeleid maak voorsiening daarvoor dat leerders slegs EEN oefening in 'n spesifieke sportsoort moet bywoon om vir deelname aan 'n wedstryd te kwalifiseer.

In kort kom dit dus daarop neer dat ouers wie se kinders aan meer as een aktiwiteit deelneem, hulle week volgens prioriteite sal moet beplan.

VOORBEELD:

Leerder neem aan die volgende sport/kultuuraktiwiteite deel:

- Koor
- Netbal
- Swem
- Revue

- 1. Drie uit die vier aktiwiteite vind op 'n Maandag plaas: Koor, Netbal en Swem. Op 'n Maandag kry Koor byvoorbeeld voorkeur, aangesien Koor net op 'n Maandag plaasvind vir Graad 1 tot Graad 3. Koorlede (Graad 1 tot Graad 3) is dus verplig om Kooroefening op 'n Maandag by te woon.*
- 2. Dinsdag vind Swem en Netbal plaas. Aangesien ons nog besig is met die swemseisoen en die Netbal eers in die tweede kwartaal plaasvind, kry Swem voorkeur op 'n Dinsdag. Sodra die swemseisoen afgehandel is, kry Netbal weer voorkeur.*
- 3. Woensdag is ons amptelike Kultuurdag, waar Revue en Ridge Harmonics (SNR Koor) voorkeur bo alle ander aktiwiteite ontvang. GEEN sportsoorte, behalwe Swem, sal op 'n Woensdag plaasvind nie. Mini Monics (JNR Koor) het ongelukkig nie toegang tot die saal op 'n Woensdag nie, aangesien alle Revue-groepe ongelukkig eers teen 18:30 klaarmaak. Daarom is die Mini Monics (JNR Koor) se oefensessies vir Maandae geskeduleer. Indien 'n leerder nie betrokke is by Revue nie, kan die spesifieke leerder by swemoefening aansluit.*
- 4. Donderdag kan die leerder by die Netbal aansluit. Hy/sy hoef dan nie die swem-oefensessie by te woon nie.*
- 5. Vrydag kan gesien word as 'n af-middag, indien die leerders nie aan 'n gala deelneem nie.*

Ons vertrou bogenoemde help so bietjie om daardie roosters op te stel!!

GUIDELINES

The school policy stipulates that a learner only has to attend ONE practice session in a specific sporting activity in order to qualify for participation at matches/games. In short, parents whose children participate in more than one activity, will have to plan their week according to priorities.

EXAMPLE:

Learners are participating in the following Sport/Cultural activities

- Choir*
- Netball*
- Swimming*
- Revue*

- 1. Three out of the four activities above, take place on a Monday: choir, netball and swimming. On a Monday, choir takes precedence as it only takes place on a Monday for Grade 1 to Grade 3. Choir members (Grade 1-3) are thus obliged to attend choir practice on a Monday.*
- 2. Swimming and netball take place on a Tuesday. As it is still swimming season, and with netball only starting in the second term, swimming takes precedence on a Tuesday. Once the swimming season is completed, netball will again take precedence.*
- 3. Wednesday is our official Culture Day, where Revue and Ridge Harmonics (SNR Choir) receives priority over all other activities. No sport (except swimming) will take place on a Wednesday. Unfortunately, Mini Monics (JNR Choir) does not have access to the hall on a Wednesday due to the Revue Groups only finishing at 18:30, and is therefore scheduled for Mondays. If a learner is not involved in Revue, the specific learner can join swimming practice at the pool.*
- 4. On Thursdays, learners can join the netball. The learner does not have to attend another swimming practice session.*
- 6. Friday is regarded as an afternoon off, should the learner not participate in a swimming gala.*

We trust the above guidelines will help to set-up those hectic timetables!

ATLETIEK / ATHLETICS
Midstream Ridge Athletic Field
Begin / Starts 18 Januarie / January
Eindig / Ends 24 Februarie / February

DINSDAG & DONDERDAG**TUESDAY & THURSDAY**

Dag/Day	Ouderdoms-groep Age Group	13:15-14:00	13:45-14:30	14:30-15:15	15:15-16:00
Dinsdag & Donderdag	u/7 & u/8	Naellope Sprints			
Tuesday & Thursday	u/09 – u/13		Naellope Diskus Langafstande Sprints Discus Middle Distance	Hekkies Gewigstoot Hoogspring Hurdles Shot Put High Jump	Verspring Spiesgooi Long Jump Javelin

KONTAKPERSOON/CONTACT PERSON:

GARTH DINKELMANN

garthd@midstreamridgeprimary.co.za

TENNIS
Midstream Ridge New Tennis Courts
Begin / Start 17 Januarie / January
Eindig / Ends 14 Maart / March

MAANDAE: ONTWIKKELINGSPANNE
MONDAY: DEVELOPMENT TEAMS**VRYDAG: LIGASPANNE**
FRIDAY: LEAGUE TEAMS

<input type="checkbox"/> u/07 – u/08 OEFENING/PRACTICE	13:15-14:00
<input type="checkbox"/> u/09 – u/11 OEFENING/PRACTICE	14:00-15:00
<input type="checkbox"/> u/12 – u/13 OEFENING/PRACTICE	15:00-16:00

KONTAKPERSOON/CONTACT PERSON:

MARELI DAVIS

ILANA KRUGER

AURET JANSEN (072 767 0519)

marelid@midstreamridgeprimary.co.zailanak@midstreamridgeprimary.co.zaauret@jlstennisacademy.com

SWEM / SWIMMING
Swembad / Swimming Pool
Begin / Starts 24 Januarie / Januarie
Eindig / Ends 3 Maart / March

MAANDAG – DONDERDAG**MONDAY – THURSDAY**

- | | | |
|--------------------------|----------------------------------|--------------------|
| <input type="checkbox"/> | JUNIORS OEFENTYE/PRACTICE | 13:20-14:00 |
| <input type="checkbox"/> | SENIORS OEFENTYE/PRACTICE | 14:00-15:00 |

KONTAKPERSOON/CONTACT PERSON:

LAUREN PIENAAR (Juniors)

lauren@midstreamridgeprimary.co.za

NICOLE WENTWORTH (Seniors)

nicolew@midstreamridgeprimary.co.za

LEILANI CORREIA (Private Coaching)

lani.correia@gmail.com

NETBAL / NETBALL
Midstream Ridge Netball Fields
Begin / Starts 31 Januarie / January
Eindig / Ends 2 Junie / June

NETBAL VOORSEISOEN BEGIN / NETBALL SEASON STARTS 31 JANUARY
NETBALL PRE - SEASON PRACTICE WILL ONLY BE ON MONDAYS FROM
14:00-15:30 UNTIL 21 FEBRUARY
FROM 28 FEBRUARY NORMAL PRACTICE DAYS WILL APPLY

MAANDAG-DINSDAG-DONDERDAG**MONDAY-TUESDAY-THURSDAY**

- | | | | |
|--------------------------|--------------|--------------------|---|
| <input type="checkbox"/> | u/10: | 14:00-15:30 | MAANDAE VAARDIGHEID/MONDAYS SKILLS |
| | | 14:00-15:30 | SPANOEFENING/TEAM PRACTICE |
| <input type="checkbox"/> | u/11: | 14:00-15:30 | MAANDAE VAARDIGHEID/MONDAYS SKILLS |
| | | 14:00-15:30 | SPANOEFENING/TEAM PRACTICE |
| <input type="checkbox"/> | u/12: | 14:00-15:30 | MAANDAE VAARDIGHEID/MONDAYS SKILLS |
| | | 14:00-15:30 | SPANOEFENING/TEAM PRACTICE |
| <input type="checkbox"/> | u/13: | 14:00-15:30 | MAANDAE VAARDIGHEID/MONDAYS SKILLS |
| | | 15:15-17:00 | SPANOEFENING/TEAM PRACTICE |

KONTAKPERSOON/CONTACT PERSON:

ANKE JORDAAN

ankej@midstreamridgeprimary.co.za

RUGBY
Midstream Ridge Rugby Fields
Begin / Start 31 Januarie / January
Eindig 2 Junie / June

RUGBY VOOR-SEISOEN BEGIN / RUGBY PRE-SEASON STARTS 31 JANUARY
PRE-SEASON PRACTICE WILL ONLY BE ON MONDAYS FROM 14:00-15:30
UNTIL 24 FEBRUARY

MAANDAG / MONDAY

☐ **RUGBYOEFENING/PRACTICE:** 14:00-15:30 **VAARDIGHEID/SKILLS**

FROM THE 24TH OF FEBRUARY NORMAL PRACTICE DAYS WILL APPLY

MAANDAG / MONDAY

RUGBYOEFENING/PRACTICE: 14:00-15:30 **SPANOEFENING/TEAM PRACTICE**

DINSDAG/DONDERDAG

RUGBYOEFENING/PRACTICE: 14:00-16:00 **TUESDAY/THURSDAY**
SPANOEFENING/TEAM PRACTICE

KONTAKPERSOON/CONTACT PERSON:
ESJE ESTERHUY

esjee@midstreamridgeprimary.co.za

BULLETTJIE RUGBY
Midstream Ridge Main Rugby Field
Begin / Starts 28 Februarie / Februarie
Eindig / Ends 11 Junie / June

MAANDAG & WOENSDAG

☐ **BULLETTJIES OEFENING/PRACTICE:** 17:00-18:00

MONDAY & WEDNESDAY

KONTAKPERSOON/CONTACT PERSON:
MARCEL JANSEN VAN NIEUWENHUIZEN

marcelj@midstreamridgeprimary.co.za

MINI-NETBAL / MINI NETBALL
Midstream Ridge Netball Fields
Begin / Starts 28 Februarie / February
Eindig / Ends 19 Mei / May

MAANDAG-DINSDAG-DONDERDAG**MONDAY-TUESDAY-THURSDAY**

<input type="checkbox"/>	MINI NETBALL PRACTICE:	u/07 & u/08	13:15-14:15
		u/09	14:00-15:30

KONTAKPERSOON/CONTACT PERSON:
SUSAN SMALL

susans@midstreamridgeprimary.co.za

MUURBAL / SQUASH
Muurbalbane / Squash Courts
Begin / Starts 27 Januarie / January
Eindig / Ends 30 November

DONDERDAG**THURSDAY**

<input type="checkbox"/>	OEFENING/PRACTICE:	Tuesday Group	14:00-15:00
<input type="checkbox"/>	OEFENING/PRACTICE:	Group 1	13:15-14:00
<input type="checkbox"/>	OEFENING/PRACTICE:	Group 2	14:00-15:00
<input type="checkbox"/>	OEFENING/PRACTICE:	Group 3	15:00-16:00
<input type="checkbox"/>	OEFENING/PRACTICE:	Group 4	16:00-17:00

KONTAKPERSOON/CONTACT PERSON:

JOHAN VAN WYK
MARYNA FOURIE

johanv@midstreamridgeprimary.co.za
072 130 9381 / info@cjsquash.co.za

BOOGSKIET / ARCHERY
Midstream Ridge C RUGBY FIELD
Privaat Sport / Private Sport

MAANDAG & WOENSDAG**MONDAY & WEDNESDAY**

<input type="checkbox"/>	OEFENING/PRACTICE:	MAANDAG / MONDAY 15:00-16:00
<input type="checkbox"/>	OEFENING/PRACTICE:	WOENSDAG / WEDNESDAY 14:00-16:00

KONTAKPERSOON/CONTACT PERSON:

ARCHERY: 083-321-5169
GARTH DINKELMANN

EliteArcheryExperience@gmail.com
garthd@midstreamridgeprimary.co.za

I-GHOLF / I-GOLF
Midstream Ridge Primary School
Privaat Sport / Private Sport



KONTAKPERSOON/CONTACT PERSON:

Johan Steyn (082 995 3015)
 WERNER MARNEWECK

johan@igolfcoach.co.za
wernerm@midstreamridgeprimary.co.za

KLUBKRIEKET / CLUB CRICKET
Irene Country Club
Privaat Sport / Private Sport

MAANDAG & VRYDAG

- ☐ u/09 – 10 : 16:00-18:00
- ☐ u/12 – 13 : 16:00-18:00



MONDAY & FRIDAY

SPANOEFFENING/TEAM PRACTICE
SPANOEFFENING/TEAM PRACTICE

KONTAKPERSOON/CONTACT PERSON:

PIERRE COETZER

pierre.coetzer@gmail.com

KRIEKET AKADEMIE / CRICKET ACADEMY
Midstream Ridge Primary
Privaat Sport / Private Sport

Coach Easy Team

Email: info@coacheasy.co.za
 Website: www.coacheasy.co.za
 Facebook: [@CoachEasySA](https://www.facebook.com/CoachEasySA)



LEE-ANNE COETZER
 HANNES LAMBRECHTS

leeannecoetzer@gmail.com
hannesl@midstreamridgeprimary.co.za

LANDLOOP / CROSS COUNTRY
Begin / Starts 22 Februarie / February
Liga Seisoen Begin / League Season Starts 25 Jul
Eindig / Ends 17 September

MAANDAG - DONDERDAG

- Voorseisoen / Pre-season
- Liga seisoen / League season

Dinsdae en Donderdae
 Maandae tot Donderdae

MONDAY – THURSDAY

13:45-14:30
 13:45-14:30

KONTAKPERSOON/CONTACT PERSON:

MINETTE BORNMAN
ZELDA SANDERS

minetteb@midstreamridgeprimary.co.za
zeldas@midstreamridgeprimary.co.za

SKAAK / CHESS
Begin / Starts 3 Februarie / February
Eindig / Ends 15 September

MAANDAG / DONDERDAG

- OEFENING/PRACTICE: Graad / Grade 3 (Slegs Maandag / Only Monday) 13:30-14:30
- OEFENING/PRACTICE: Graad / Grade 2 (Slegs Donderdag / Only Thursday) 13:15-14:00
- OEFENING/PRACTICE: Graad / Grade 4-7 (Slegs Donderdag / Only Thursday) 14:00-15:30

MONDAY / THURSDAY**KONTAKPERSOON/CONTACT PERSON:**

DAVID GREYLING (GR 4-7)
MARNI JANSEN VAN VUUREN (GR 2-3)

davidg@midstreamridgeprimary.co.za
marnij@midstreamridgeprimary.co.za

SKOOL KRIEKET / SCHOOL CRICKET
Midstream Ridge Cricket Fields
Begin / Starts 1 Junie / June
Eindig / Ends 29 Oktober / October

KRIEKET OEFENING BEGIN / CRICKET PRACTICE STARTS 1 JUN

MAANDAG & WOENSDAG

- u/09 A-B 14:00-15:30
- u/10 A-B 14:00-15:30
- u/11 A-C 14:00-15:30
- u/12 A 15:20-16:50
- u/12 B 15:20-16:50
- u/13 A 15:20-16:50

MONDAY & WEDNESDAY

- (Slegs Maandag / Only Monday) – BOYS
- SPANOEFENING/TEAM PRACTICE – BOYS
- SPANOEFENING/TEAM PRACTICE – BOYS
- SPANOEFENING/TEAM PRACTICE – BOYS
- (Slegs Woensdag / Only Wednesday) – BOYS
- SPANOEFENING/TEAM PRACTICE – BOYS

DONDERDAG

- u/09 A-B 14:00-15:30
- u/12 B 15:20-16:50

THURSDAY

- SPANOEFENING/TEAM PRACTICE – BOYS
- SPANOEFENING/TEAM PRACTICE – BOYS

KONTAKPERSOON/CONTACT PERSON:

HANNES LAMBRECHTS

hannesl@midstreamridgeprimary.co.za

MINI-KRIEKET / CRICKET
Begin / Starts 30 Mei / May
Eindig / Ends 27 Oktober / October

MAANDAG & WOENSDAG

- u/06 – u/07: 13:15-14:00

MONDAY & WEDNESDAY

- SPANOEFENING/TEAM PRACTICE – BOYS

KONTAKPERSOON/CONTACT PERSON

WESSEL VAN ROOYEN

wesselv@midstreamridgeprimary.co.za

SKOOL HOKKIE / SCHOOL HOCKEY
Midstream Ridge Hockey Fields
Begin / Starts 1 Junie / June
Eindig / Ends 16 September

MAANDAG & MONDAY

<input type="checkbox"/> u/11:	14:00-15:00	SPANOEFFENING/TEAM PRACTICE – GIRLS
<input type="checkbox"/> u/12:	14:00-15:00	SPANOEFFENING/TEAM PRACTICE – GIRLS
<input type="checkbox"/> u/13:	14:00-15:00	SPANOEFFENING/TEAM PRACTICE – GIRLS

DINSDAG & TUESDAY

<input type="checkbox"/> u/10:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – GIRLS
<input type="checkbox"/> u/10:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – BOYS
<input type="checkbox"/> u/11:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – BOYS

WOENSDAG & WEDNESDAY

<input type="checkbox"/> u/11:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – GIRLS
<input type="checkbox"/> u/12:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – GIRLS
<input type="checkbox"/> u/13:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – GIRLS
<input type="checkbox"/> u/10:	15:20-16:50	SPANOEFFENING/TEAM PRACTICE – BOYS
<input type="checkbox"/> u/11:	15:20-16:50	SPANOEFFENING/TEAM PRACTICE – BOYS
<input type="checkbox"/> u/12:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – BOYS
<input type="checkbox"/> u/13:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – BOYS

DONDERDAG & THURSDAY

<input type="checkbox"/> u/10:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – GIRLS
<input type="checkbox"/> u/12:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – BOYS
<input type="checkbox"/> u/13:	14:00-15:30	SPANOEFFENING/TEAM PRACTICE – BOYS

KONTAKPERSOON/CONTACT PERSON:

LEANDRI BRITNELL
 ESJ ESTERHUYSE
 LEE-ANNE COETZER

leandrib@midstreamridgeprimary.co.za
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leeannecoetzer@gmail.com

MINI-HOKKIE/HOCKEY
Midstream Ridge Hockey Fields
Begin / Starts 6 Junie
Eindig / Ends 16 September

MAANDAG & WOENSDAG

<input type="checkbox"/> u/07:	13:15-14:15
<input type="checkbox"/> u/08:	13:15-14:15
<input type="checkbox"/> u/09:	14:00-15:30

DINSDAG & DONDERDAG

<input type="checkbox"/> u/07:	13:15-14:15
<input type="checkbox"/> u/08:	13:15-14:15
<input type="checkbox"/> u/09:	14:00-15:30
<input type="checkbox"/> u/09:	15:15-16:45

KONTAKPERSOON/CONTACT PERSON:
 CHANÉ SMALL

MONDAY & WEDNESDAY

SPANOEFFENING/TEAM PRACTICE – GIRLS
 SPANOEFFENING/TEAM PRACTICE – GIRLS
 SPANOEFFENING/TEAM PRACTICE – GIRLS

TUESDAY & THURSDAY

SPANOEFFENING/TEAM PRACTICE – BOYS
 SPANOEFFENING/TEAM PRACTICE – BOYS
 SPANOEFFENING/TEAM PRACTICE – BOYS
 SLEGS DONDERDAG/ONLY THURSDAY – BOYS

chanes@midstreamridgeprimary.co.za

SKOOL GHOLF / SCHOOL GOLF
Midstream Ridge Primary School
Begin / Starts 12 September
Eindig / Ends 30 Oktober / October

KONTAKPERSOON/CONTACT PERSON:

Johan Steyn (082 995 3015) (FOR PRIVATE LESSONS)
 WERNER MARNEWECK

johan@igolfcoach.co.za
wernerm@midstreamridgeprimary.co.za

KULTUURAKTIWITEITE
CULTURAL ACTIVITIES

JUNIOR REVUE

WOENDAG – WEDNESDAY

JUNIORS OEFENTYE/PRACTICE 13:30-15:30

KONTAKPERSOON/CONTACT PERSON

Teegan janse van Rensburg

teeganj@midstreamridgeprimary.co.za

SENIOR REVUE

WOENDAG – WEDNESDAY

SENIOR OEFENTYE/PRACTICE 16:30-18:30

KONTAKPERSOON/CONTACT PERSON:

Bregitta van Wyk

bregittav@midstreamridgeprimary.co.za

MINI MONICS (JUNIOR KOOR/CHOIR)

MAANDAG & DINSDAG**MONDAY & TUESDAY**

JUNIORS OEFENTYE/PRACTICE MAANDAG / MONDAY 07:00-07:45
 JUNIORS OEFENTYE/PRACTICE DINSDAG / TUESDAY 07:00-07:45

KONTAKPERSOON/CONTACT PERSON

Liesl Dinkelmann

tinav@midstreamridgeprimary.co.za

RIDGE HARMONICS (SENIOR KOOR/CHOIR)

WOENSDAG / WEDNESDAY

- SENIORS OEFENTYE/PRACTICE 07:00-07:45
- SENIORS OEFENTYE/PRACTICE 15:30-16:30

KONTAKPERSOON/CONTACT PERSON:

Liesl Dinkelmann

liesld@midstreamridgeprimary.co.za

ORCHESTRA @RakkerCare

WOENSDAG & VRYDAG

WEDNESDAY & FRIDAY

- OEFENTYE/PRACTICE WOENSDAG / WEDNESDAY 15:30-16:30
- OEFENTYE/PRACTICE VRYDAG / FRIDAY 07:00-07:45

KONTAKPERSOON/CONTACT PERSON:

BABERET BOTES

baberetb@midstreamridgeprimary.co.za

ENSEMBLE

VRYDAG / FRIDAY

- OEFENTYE/PRACTICE 07:45-08:45

KONTAKPERSOON/CONTACT PERSON:

BABERET BOTES

baberetb@midstreamridgeprimary.co.za

TRUTH @RakkerCare

MAANDAG / MONDAY

- TRUTH 12:00

KONTAKPERSOON/CONTACT PERSON:

MINETTE BORNMAN

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ANDER AKTIWITEITE/ OTHER ACTIVITIES CULTIVARIA / MUSIC CENTRE

KONTAKPERSOON/CONTACT PERSON

CULTIVARIA: TRACY VAN BYLEVELT

tracyv@midstreamridgeprimary.co.za

MUSIC CENTRE: BABERET BOTHA

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