



SPORT & KULTUUR ROOSTERS SPORT & CULTURAL TIMETABLES

Januarie / January 2024

ATLETIEK / ATHLETICS

MAANDAG & DINSDAG

MONDAY & TUESDAY

Dag/Day	Ouderdoms-groep Age Group	13:15-14:15	13:45-14:30	14:30-15:15	15:15-16:00
Maandag & Dinsdag	u.07 & u.08	Naellope Sprints			
Monday & Tuesday	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

MINI-KRIEKET / MINI CRICKET

MINI-KRIEKET BEGIN 03 JUNIE / MINI-CRICKET STARTS 03 JUNE 2024

MAANDAG & WOENSDAG

MONDAY & WEDNESDAY

□ **o.06 & o.07:**

13:15-14:15 SPANOEFFENING/TEAM PRACTICE – BOYS

KONTAKPERSOON/CONTACT PERSON

NICO MARTIN

082 978 2786

RENIER BOWER

renierb@midstreamridgeprimary.co.za

BULLETTJIE RUGBY
Midstream Ridge Main Rugby Field

BULLETTJIE RUGBY
OEFENING BEGIN 27 FEBRUARY / PRACTICE STARTS 26 FEBRUARY 2024

MAANDAG & WOENSDAG

MONDAY & WEDNESDAY

□ **BULLETTJIES OEFENING/PRACTICE:**

17:00-18:00

KONTAKPERSOON/CONTACT PERSON:

MARCEL JANSEN VAN NIEUWENHUIZEN

marcelj@midstreamridgeprimary.co.za

GHOLF / GOLF
Midstream Ridge Primary School

GHOLF BEGIN IN KWARTAAL 4 / GOLF STARTS IN TERM 4 2024

KONTAKPERSOON/CONTACT PERSON:

WERNER MARNEWECK

wernererm@midstreamridgeprimary.co.za

STOEI / WRESTLING
PRIVATE COACHING

KONTAKPERSOON/CONTACT PERSON:

SLONE / Wrestling club
Midstream Wrestling

060 762 8908 / 060 762 8922
082 3200809

HOKKIE / HOCKEY

Midstream Ridge Hockey Fields

HOKKIE BEGIN 3 JUNIE / HOCKEY STARTS 3 JUNE 2024

MAANDAG / MONDAY

- u.12: 14:00-15:30
- u.13: 14:00-15:30

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

DINSDAG / TUESDAY

- u.10: 14:00-15:30
- u.11: 14:00-15:30
- u.10: 14:00-15:30
- u.11: 14:00-15:30

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

WOENSDAG / WEDNESDAY

- u.12: 14:00-15:30
- u.13: 14:00-15:30
- u.10: 15:20-16:50
- u.11: 15:20-16:50
- u.12: 14:00-15:30
- u.13: 14:00-15:30

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

DONDERDAG / THURSDAY

- u.10: 14:00-15:30
- u.11: 14:00-15:30
- u.12: 14:00-15:30
- u.13: 14:00-15:30

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

KONTAKPERSOON/CONTACT PERSON:

TANIQUE WILKEN (GIRLS)

taniquew@midstreamridgeprimary.co.za

NICHOLL WALTERS (BOYS)

nichollw@midstreamridgeprimary.co.za

MINI-HOKKIE/HOCKEY Midstream Ridge Hockey Fields

MINI-HOKKIE BEGIN 10 JUNIE / MINI HOCKEY STARTS 10 JUNE 2024

MAANDAG & WOENSDAG

- o.07: 13:15-14:15
- o.08: 13:15-14:15
- o.09: 14:00-15:15

DINSDAG & DONDERDAG

- o.07: 13:15-14:15
- o.08: 13:15-14:15
- o.09: 14:00-15:15 (Din. Tue)
- o.09: 15:15-16:15 (Do. Thu)

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

KRIEKET / CRICKET Midstream Ridge Cricket Fields

KRIEKET OEFENING BEGIN 3 JUNIE / CRICKET PRACTICE STARTS 3 JUNE 2024

MAANDAG & WOENSDAG

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

DONDERDAG

- o.09 A-B 14:00-15:30
- o.12 B 15:20-16:50

MONDAY & WEDNESDAY

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

THURSDAY

- SPANOEFFENING/TEAM PRACTICE – BOYS
- SPANOEFFENING/TEAM PRACTICE – BOYS

DOGTERSKRIEKET BEGIN 3 JUNIE / GIRLS' CRICKET STARTS 3 JUNE 2024

MAANDAG & WOENSDAG

o.12 – o.13

Maandag:

Woensdag:

MONDAY & WEDNESDAY

15:20-16:50

15:20-16:50

KONTAKPERSOON/CONTACT PERSON:

HANNES LAMBRECHTS

hannesl@midstreamridgeprimary.co.za

KLUBKRIEKET / CLUB CRICKET PRIVATE CLUB CRICKET

NICO MARTIN ACADEMY PROVIDES PRIVATE COACHING DURING THE YEAR

KONTAKPERSOON/CONTACT PERSON:

NICO MARTIN

082 978 2786

LANDLOOP / CROSS COUNTRY

LANDLOOPOEFENING BEGIN 27 FEBRUARIE /
CROSS COUNTRY PRACTICE STARTS 27 FEBRUARY 2024

MAANDAG – DONDERDAG

Voorseisoen / Pre-season

Ligaseisoen / League season

Dinsdag en Donderdag

Tuesday and Thursday

Maandag tot Donderdag

Monday and Thursday

MONDAY – THURSDAY

13:45-14:30

13:45-14:30

KONTAKPERSOON/CONTACT PERSON:

MINETTE BORNMAN

minetteb@midstreamridgeprimary.co.za

MTB MOUNTAIN BIKE LEAGUE

MTB MOUNTAIN BIKING IS A PRIVATE SPORT AND IS NOT COACHED BY THE SCHOOL. THE SCHOOL WILL COMMUNICATE TO THE PARENTS AS SOON AS THE 2024 SCHEDULE IS AVAILABLE

KONTAKPERSOON/CONTACT PERSON:
ESMIE GRIFFIOEN

esmieg@midstreamridgeprimary.co.za

MUURBAL / SQUASH Muurbalbane / Squash Courts

MUURBALOEFENING BEGIN 31 JANUARIE /
SQUASH PRACTICE STARTS 31 JANUARY 2024

WOENSDAG / DONDERDAG

- OEFENING/PRACTICE: Thursday only
- OEFENING/PRACTICE:
- OEFENING/PRACTICE:
- OEFENING/PRACTICE:

School Group
Group 1
Group 2
Group 3

WEDNESDAY / THURSDAY

13:15-14:00
14:00-15:00
15:00-16:00
16:00-17:00

KONTAKPERSOON/CONTACT PERSON:
JOHAN VAN WYK
MARYNA FOURIE

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

SKAAK / CHESS

MAANDAG / DONDERDAG

- ☐ OEFENING/PRACTICE: Gr. 3 (Slegs Maandag / Only Monday) 13:30-14:30
- ☐ OEFENING/PRACTICE: Gr. 2 (Slegs Donderdag / Only Thursday) 13:15-14:00
- ☐ OEFENING/PRACTICE: Gr. 4 – 7 (Slegs Donderdag / Only Thursday) 14:00-15:30

MONDAY / THURSDAY

KONTAKPERSOON/CONTACT PERSON:

MICOLE NEL (GR 1-3)

micolen@midstreamridgeprimary.co.za

DAVID GREYLING (GR 4-7)

davidg@midstreamridgeprimary.co.za

NETBAL / NETBALL Midstream Ridge Netball Fields

NETBALSEISOEN BEGIN 27 FEBRUARIE / NETBALL SEASON STARTS 27 FEBRUARY 2024

MAANDAG-DINSDAG-DONDERDAG

- ☐ u.10 14:00 – 15:30
- ☐ u.11 14:00 – 15:30
- ☐ u.12 15:15 – 17:00
- ☐ u.13 15:15 – 17:00

MONDAY-TUESDAY-THURSDAY

- SPANOEFENING/TEAM PRACTICE
- SPANOEFENING/TEAM PRACTICE
- SPANOEFENING/TEAM PRACTICE
- SPANOEFENING/TEAM PRACTICE

KONTAKPERSOON/CONTACT PERSON:

ANKE MARX

ankem@midstreamridgeprimary.co.za

LEANDRI BRITNELL

leandrib@midstreamridgeprimary.co.za

MINI-NETBAL / MINI NETBALL
Midstream Ridge Netball Fields

**MINI-NETBAL OEFENING BEGIN 27 FEBRUARIE /
MINI NETBALL PRACTICE STARTS 27 FEBRUARY 2024**

MAANDAG-DINSDAG-DONDERDAG

MONDAY-TUESDAY-THURSDAY

□ **MINI NETBALL PRACTICE:**

**u.07 & u.08
u.09**

**13:15 – 14:15
14:00 – 15:15**

KONTAKPERSOON/CONTACT PERSON

LANA JANSEN VAN NIEWENHUIZEN

lanaj@midstreamridgeprimary.co.za

RUGBY
Midstream Ridge Rugby Fields

**RUGBY VOOR-SEISOEN BEGIN 26 FEBRUARIE /
RUGBY PRE-SEASON STARTS 26 FEBRUARY 2024**

MAANDAG/DINSDAG/DONDERDAG

MONDAY/TUESDAY/THURSDAY

RUGBYOEFENING/PRACTICE:

14:00-15:30 SPANOEFENING/TEAM PRACTICE

KONTAKPERSOON/CONTACT PERSON:

ESJE ESTERHUYSE

esjee@midstreamridgeprimary.co.za

SWEM / SWIMMING

Swembad/Pool

SWEMOEFENING BEGIN 22 JANUARIE /
SWIMMING PRACTICE STARTS 22 JANUARY 2024

MAANDAG – DONDERDAG

MONDAY – THURSDAY

- | | | |
|--------------------------|---------------------------|-------------|
| <input type="checkbox"/> | JUNIORS OEFENTY/ PRACTICE | 13:30-14:00 |
| <input type="checkbox"/> | SENIORS OEFENTY/ PRACTICE | 14:00-15:00 |

KONTAKPERSOON/CONTACT PERSON:

LAUREN PIENAAR (Juniors)

lauren@midstreamridgeprimary.co.za

WERNER MARNEWECK (Seniors)

werner@midstreamridgeprimary.co.za

TENNIS

Midstream Ridge New Tennis Courts

TENNIS OEFENING BEGIN 22 JANUARIE /
PRACTICE STARTS 22 JANUARY 2024

MAANDAE: ONTWIKKELINGSPANNE

VRYDAG: LIGASPANNE

MONDAY: DEVELOPMENT TEAMS

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

marelid@midstreamridgeprimary.co.za

AURET JANSEN (072 767 0519)

auret@jlstennisacademy.com

KULTUURAKTIWITEITE CULTURAL ACTIVITIES

JUNIOR REVUE

WOENDAG – WEDNESDAY

- ☐ JUNIORS OEFENTYE/PRACTICE 13:30-15:30

KONTAKPERSOON/CONTACT PERSON:

LEZANNE ROESCH

lezanner@midstreamridgeprimary.co.za

SENIOR REVUE

WOENDAG – WEDNESDAY

- ☐ SENIOR OEFENTYE/PRACTICE 16:30-18:30

KONTAKPERSOON/CONTACT PERSON:

BREGITTA VAN WYK

bregittav@midstreamridgeprimary.co.za

JUNIOR KOOR/CHOIR (MINI MONICS)

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:

TINA VAN WYK

tinav@midstreamridgeprimary.co.za

SENIOR KOOR/CHOIR (RIDGE HARMONICS)

WOENSDAG / DONDERDAG

WEDNESDAY / THURSDAY

- ☐ SENIORS OEFENTYE/PRACTICE WOENSDAG/ WEDNESDAY 07:00-07:45
- ☐ SENIORS OEFENTYE/PRACTICE DONDERDAG/ THURSDAY 07:00-07:45

KONTAKPERSOON/CONTACT PERSON:

LIESL DINKELMANN

liesld@midstreamridgeprimary.co.za**ORCHESTRA @ CLASSROOM G17****DINSDAG / TUESDAY**

- OEFENTY/ PRACTICE DINSDAE / TUESDAY 17:00-19:00
- OEFENTY/ PRACTICE VRYDAG / FRIDAY 07:00-07:45

KONTAKPERSOON/CONTACT PERSON:

JP DE VILLIERS

jpdevilliers@midstreamridgeprimary.co.za**MARIMBA @ CLASSROOM G17****WOENSDAG / WEDNESDAY**

- SENIOR MARIMBA OEFENTY/ PRACTICE 13:30-14:30
- JUNIOR MARIMBA OEFENTY/ PRACTICE 14:30-15:30

KONTAKPERSOON/CONTACT PERSON:

JP DE VILLIERS

jpdevilliers@midstreamridgeprimary.co.za**TRUTH @RakkerCare****MAANDAG / MONDAY**
DONDERDAE / THURSDAYS**(GR. 1-3) 12:00**
(GR. 4-7) 12:00**KONTAKPERSOON/CONTACT PERSON:**

MINETTE BORNMAN

minetteb@midstreamridgeprimary.co.za**ANDER AKTIWITEITE/ OTHER ACTIVITIES**
Cultivaria / MUSIC CENTRE**KONTAKPERSOON/CONTACT PERSON**

CULTIVARIA: BREGITTA VAN WYK

bregittev@midstreamridgeprimary.co.za

MUSIC CENTRE: JP DE VILLIERS

jpdevilliers@midstreamridgeprimary.co.za

SPEAK EASY: LUCIANO DA SILVA

lucianod@midstreamridgeprimary.co.za