



9 March 2018

NEWSLETTER NO. 8

Dear Parents

This past weekend saw our rowing club and three water polo teams travel to Gauteng to take part in National Championships and different festivals. At each of the four venues I was struck by the extremely positive vibe amongst our SACS participants, our coaches and supporters. I was extremely proud of the way our boys carried themselves as ambassadors for our school over the course of the weekend. Teddy Roosevelt said, "nothing easily gained is worth having and is soon forgotten." I thought of this when reflecting on our young men that returned from this weekend with national medals. They have not come easily and have involved tremendous sacrifice – early mornings, weekends and holiday time given up, as well as tired bodies. These sacrifices are often shared by our families as well. "Is it all worth it?" we will sometimes ask. The answer came in the look of unbridled joy and pride in the eyes of our young men who had won medals at Roodeplaat dam on Saturday. These are achievements our young men will remember and cherish for the rest of their lives. That fact that such scenarios occur across such a broad range of activities at our school is one of the reasons I love being at SACS.

DR MELLE CRICKET CUPS

Robin Aspeling (Grade 11) received the Dr Melle Senior Cup this week for scoring sixty not-out against Newlands High School in a six wicket win for the First Cricket team.

Daniel Dos Santos (Grade 9) was awarded the Junior Cup for an excellent forty in a run chase and for taking two wickets for the U15C team's victory against Bishops.



PREFECTS CHARITY BALL

The annual Paul Roos Gynasium Prefects' Charity Ball took place on Wednesday evening. Our young men certainly enjoyed the occasion.



BIATHLON CHAMPIONSHIPS

Christopher du Plessis (Grade 12) won the bronze medal (Boys U19) at the recent Western Province Biathlon Championships. He was also awarded provincial colours and selected to represent Western Province at the South African Biathlon Championships to be held in Pretoria later this month.

WEEKEND TOURNAMENTS RESULTS AND NEWS

JEPPE WATER POLO TOURNAMENT

Our U14A Water Polo team travelled to Johannesburg for the Jeppe High School for Boys Water Polo Tournament over the weekend.

The team won eight out of their nine matches, with Matthew Hay (Grade 8) being judged as the best goalkeeper of the Tournament.



Westville Boys' High School	11 - 1	St John's College	3 - 4
St Benedict's College	5 - 1	St David's Marist	3 - 1
St Stithian's College	5 - 0	Played St Stithian's College for fifth position	
Grey College	6 - 2		6 - 0

ROWING CHAMPIONSHIPS



Our oarsmen earned an excellent set of results at the South African Schools Rowing Championships over the weekend, a perfect ending to the season. In the B Finals, our U19 First Coxed Four won a silver medal and our U19 First Eight won gold. In the A Finals, our U16 VIII won silver medals, making them the second fastest crew in South Africa, and the U19 First Coxless won bronze medals.

KES WATER POLO TOURNAMENT

Our First Water Polo team took part in the King Edward VII Water Polo Tournament over the weekend. They had an excellent weekend, going through a very tough pool stage unbeaten.

Sebastian Anema (Grade 12) and Jack van Heerden (Grade 12) were selected for the Tournament team. The team also won the King Edward VII School Fair Play Trophy for their excellent behavior, manners and sportsmanship for the third time in four years.



Pool Games	Jeppe High School for Boys	Won 9 - 7
	St John's College	Won 6 - 5
	Hilton College	Won 12 - 10
Quarter Final	St Andrew's College	Won 12 - 5
Semi-Final	Rondebosch Boys' High School	Lost 4 - 6
Third/Fourth Play-Off	St Stithian's College	Won 7 - 6

PARKTOWN WATER POLO TOURNAMENT

Our U15A Water Polo team travelled to Johannesburg over the weekend to participate in the Parktown Boys' Water Polo Tournament.

They won four out of their seven matches and lost the others by narrow margins.



Northwood School	9 - 0	St David's Marist	2 - 3
Afrikaanse Hoër Seunskool	5 - 2	Jeppe High School for Boys	1 - 2
St Alban's College	2 - 3	Played Afrikaanse Hoër Seunskool for ninth position	
Paul Roos Gymnasium	3 - 2		4 - 2

INDOOR HOCKEY UPDATE

Some of our hockey boys had an excellent day at the U16 PSI Regional All Stars Indoor Hockey Tournament, with the Cape Seals (Daniel Opperman, Thomas Brocklehurst, Matthew May, Damian Knott and Liam Glasby) beating the Boland Foxes (James Raisbeck) 3-0 in the final. The Cape Sharks (Jamie Senekal and Gianluca Virissimo) finished in third position, convincingly beating the Barracudas 6-1.



THIS WEEKEND

Our cricketers compete against Paul Roos Gymnasium this weekend, whilst our water polo players compete against Bishops. Our First Cricket Team plays on Saturday at 9:30am on de Villiers Field (H) (50 Overs) and our First Water Polo Team on Saturday at 12:00pm (H).



INFORMATION ATTACHED

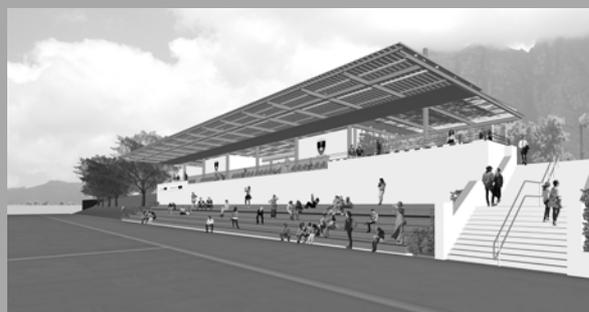
Please find attached information on concussion and a pre-order form for rain jackets.



SPORTS PAVILION CONSTRUCTION

The construction of the sports pavilion has commenced and is scheduled for completion at the end of May.

As mentioned, this project has been planned and fundraised for over the past four years. When completed, it will be a welcome addition to our facilities.



SGB PARENT ELECTIONS

A reminder that the School Governing Body Parent Election takes place on Tuesday 13 March 2018 at 5:30pm in the Hofmeyr Hall.

Should a quorum not be achieved at this meeting, the second election meeting will take place on Tuesday 20 March 2018 at 5:30pm in the Hofmeyr Hall.

Yours sincerely

B.J. GRANT
HEADMASTER