

PORT ALFRED HIGH SCHOOL

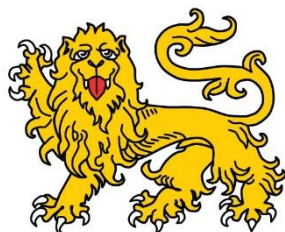
SPORT, CULTURE & ENRICHMENT

GRADE 4 – 12

ACTIVITY TIMETABLE 3rd TERM 2025



Sport	Age Group Team	Coach Facilitator	Day	Time	Member in Charge
Jnr Netball	U9	Mrs Wevers / Mrs Bakaqana	M/W	14:00 – 15:00	Mrs Riddin
	U10	Ms Marais	M/W	14:00 – 15:00	
	U11	Ms Matika	M/W	14:00 – 15:00	
	U12	Coach Heidi / Ms Makwindi	M/W	15:00 - 16:00	
	U13	Mrs Riddin	M/W	15:00 - 16:00	
Snr Netball	U14	Ms Mxhanywa/ Ms Dlomo	T/TH	14:00 - 15:00	Mrs Roberts
	U15	Ms Duxbury/ Ms Gulwa	T/TH	14:00 - 15:00	
	U16	Coach Heidi / Ms Hambridge	T/TH	15:00 - 16:30	
	U17 + U19	Coach Roberts	T/TH	15:00 - 16:30	
Jnr & Snr Girls Hockey	U9	Mrs Swanepoel	T/TH	14:00 - 15:00	Mrs Botha
	U10	Mr Philpot	T/TH	14:00 – 15:00	
	U11	Ms Botha	T/TH	14:00 - 15:00	
	U13B	Ms Avis	T/TH	15:00 – 16:00	
	U13A	Ms Avis	T/TH	15:00 – 16:00	
	U14	Mrs Samuels	M/W	14:00 – 15:30	
	U16 & 2nd	Coach Zanrich	M/W	15:00 – 16:30	
	1 st Team	Coach Pike	M/W	15:00 – 16:30	
Jnr & Snr Boys Hockey	U9	Coach Naks	T/TH	16:00 – 17:00	Mr Makoni
	U10	Mr Chiware	T/TH	14:00 – 15:00	
	U11	Mr Hofmeyr	T/TH	14:00 – 15:00	
	U13 A & B	Coach Naks	T/TH	15:00 – 16:00	
	U16	Mr Naude / Coach Thala	M/W	14:00 – 15:00	
	1 st Team	Coach Raco / Mr Makoni	M/W	15:00 – 16:15	
Jnr Rugby	U9	Mr Moolman	M/W	14:00 – 15:00	Mr Moolman
	U11	Coach Nel	M/W	14:00 – 15:30	
	U13	Coach William/Mr Dlepu	M/W	15:00 – 16:30	
Snr Rugby	U15	Coach Brooks /Mr Centwa	T/TH	14:00 – 15:30	Mr Murray
	2 nd team	Mr Herrington/ Coach Buhle	T/TH	15:30 – 17:00	
	1 st Team	Mr Murray	T/TH	15:30 – 17:00	
Soccer (only starts Sept)	Snr Boys	Mr Makoni/ Mr Naude	M/W	14:00 – 15:00	Mr Makoni
	Snr Girls	Mr Chiware	T/TH	14:00 – 15:00	
Tennis	Jnr Team U11	Ms Parkinson/Coach Handri	T	15:00 – 16:00	Ms Parkinson
	Jnr Team U13	Ms Parkinson/Coach Handri	T	14:00 – 15:00	
	Jnr Team U9/U10	Ms Barry/Coach Handri	TH	14:00 – 15:00	
	Snr Girls Team	Ms Makwindi/Ms Masoua	T	14:00 – 16:00	
	Snr Boys	Mr Gosh	TH	14:00 – 16:00	
Table Tennis	Jnrs	Mr Chiwara	M	14:00 – 15:00	Mr Chiwara
	Snr	Mr Chiwara	TH	14:00 – 15:00	



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Maths Clinic	FET	Mrs L'ange	M/T/TH	14h00 – 15h00	Mrs L'ange
Debating	Jnr & Snr Team	Mrs Atteridge	M/W	14h00 – 15h00	Mrs Atteridge
Chess	Jnr Team	Mr Singh	M/W	14h00 – 15h00	Mr Singh
	Snr Team	Mr Singh	M/W	14h00 – 15h00	Mr Singh
First Aid	FET	Mr Herrington Mrs Botha	Cont	Matches	Mrs Botha
Interact	FET	Mrs Dry	FRI	13h00 – 14h00	Mrs Willemse
UCSA Band	FET	Mr Herrington	W	Break Time	Mr Herrington
UCSA	FET	Mrs Tyutyu Mr Herrington	M/W	Break Time	Mrs Tyutyu
Drama		Mr Singh	FRI	14h00 – 16h00	Mr Singh
Jnr Choir	Jnr	Ms Matika	M/W	2 nd Break	Ms Matika
Snr Choir	Snr	Mr Singh	T/TH	Break Time	Mr Singh
School Newspaper	Snr	Mr Singh	TH	2 nd Break	Mr Singh