



PORT ALFRED HIGH SCHOOL

SPORT, CULTURE & ENRICHMENT



GRADE 4 – 12

ACTIVITY TIMETABLE 1ST TERM 2025

Sport	Age Group Team	Coach Facilitator	Day	Time	Member in Charge
Swimming	Beginner Girls	Mrs Samuels / Mrs Tyutyu	M/W	14h00 – 15h00	Mr Hofmeyr
	C league Girls	Ms Barry	M/W	15h00 – 16h00	
	Beginner Boys	Ms Hambridge / Ms Duxbury	T/TH	14h00 – 15h00	
	C league Boys (and Tennis Boys)	Mr Hofmeyr / Mr Makoni	T/TH	15h00 – 16h00	
	Team Swimming (A & B league)	Mr Hofmeyr / Miss Tweedie	M/T/TH	16h00 – 17h30	
Cricket	U9	Mr Moolman	M/W	14h00 – 15h00	Mr Moolman & Mr Herrington
	U11	TBC	M/W	14h00 – 15h30	
	U13	Mr Brookes	M/W	15h00 – 16h30	
	U15 1 st team	Mr Herrington Mr Gosh	T/TH T/TH	14h00 – 15h30 15h30 – 17h00	
	Snr Girls	TBC	T/TH	14h00 – 15h00	
Tennis	U11 Girls	Miss Matika	M/W	14h00 – 15h00	Ms Parkinson & Mr Murray
	U13 Girls	Mrs Marais	M/W	14h00 – 15h00	
	U11 Boys	Ms Makwindi	T/TH	14h00 – 15h00	
	U13 Boys (Town)	Ms Parkinson	T/TH	14h00 – 15h00	
	Snr Tennis Boys	Mr Murray	T/TH	15h00 - 16h00	
	Snr Tennis Girls	Ms Avis	M/W	15h00 – 16h00	
	Girls & Boys Social	Mrs Riddin	M/TH	15h00 – 16h00	
Jnr Athletics	Jnr Athletics	Mrs Botha / Mrs Adcock Mr Dlepu / Mr Chiware	T/TH	15h00 – 16h00	Mrs Botha
Snr Athletics	Snr Athletics	Mrs Roberts Mrs Zimmerman Mr Naude	M/W	14h00 – 15h00	Mrs Roberts
Archery	Jnr & Snr	Mr Tweedie	WED	14h00 – 15h00	Mrs Tweedie
Table Tennis	Jnr Snr	Mr Adams Mr Chiwara	M Th	14h00 – 15h00	Mr Adams
Maths Clinic	FET	Mrs L'ange	M/T/TH	14h00 – 15h30	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	
First Aid	FET	Mr Herrington	Continuous	Matches	Mr Herrington
Interact	FET	Mrs Dry	T/FRI	13h35 – 14h45	Mrs Tweedie
UCSA	FET	Mrs Tyutyu	M/W	Break Time	Mrs Tyutyu