



GLENWOOD HIGH SCHOOL

2026

SPORT & CULTURE

BOOKLET



GLENWOOD@GLENWOODHIGHSCHOOL.CO.ZA



[@GLENWOODHIGHSCHOOL](https://www.facebook.com/GLENWOODHIGHSCHOOL)



[@GLENWOODHIGHSCHOOL](https://www.instagram.com/GLENWOODHIGHSCHOOL)



031 2055241



+27 031 205 5241

1 ZK Matthews Road, Glenwood, 4001

glenwood@glenwoodhighschool.co.za

www.glenwoodhighschool.co.za

Building Great Men since 1910

1December 2025

Dear Parents It gives me great pleasure to welcome you to the Glenwood sporting community. At

Glenwood, sport is far more than a physical activity, it is a powerful vehicle for character development, resilience, teamwork, and school pride. Whether on the field, in the pool, on the court, or in the gym, every boy has the opportunity to discover his strengths, build discipline, and contribute to something greater than himself.

Our sports programme is built on a proud tradition of excellence. Glenwood has produced remarkable athletes over many decades, and we continue to nurture talent through expert coaching, outstanding facilities, and a culture that celebrates commitment and hard work. Just as importantly, we remain dedicated to ensuring that every boy feels supported, included, and motivated to grow, no matter his starting point.

As you page through this booklet, you will gain insight into the wide range of sporting codes we offer, the expectations we hold, and the standards that define Glenwood. I encourage each boy to participate wholeheartedly, uphold our values, and wear the Green and Gold with honour.

To our parents, thank you for your support, it plays an essential role in ensuring the continued success of our boys and our school.

We look forward to witnessing many memorable seasons ahead and to celebrating every achievement, big or small.

Welcome to Glenwood Sport, where passion meets purpose.

Yours sincerely

MR MORNE SCOTT
HEADMASTER - ACTING

FIND US ON:



@glenwoodhighschool



@glenwoodhigh



Glenwood High School Durban





+27 031 205 5241

1 ZK Matthews Road, Glenwood, 4001

glenwood@glenwoodhighschool.co.za

www.glenwoodhighschool.co.za

Building Great Men since 1910

1December 2025

Dear Parents and Guardians

It is my privilege to welcome you and your son to the Glenwood High School sporting community.

Sport plays an integral role in the holistic development of every Glenwood boy. Whether he chooses to pursue high-performance competition or simply aims to enjoy the camaraderie and personal growth that sport brings, we believe that every young man deserves the opportunity to discover his potential and strive for excellence.

This Sports Booklet has been designed to guide you through the wide range of **sporting and cultural activities** offered at Glenwood. Inside, you will find information on:

Our various **sports codes and cultural opportunities**

Sports academies designed to develop both skill and character

Fixtures for the year

Expectations and commitments required from boys

Clothing and kit requirements for each sport

We encourage boys to participate fully, to challenge themselves, and to embrace the values of discipline, respect, sportsmanship, and teamwork, values that lie at the heart of Glenwood life. Participation not only builds physical ability, but also leadership, confidence, resilience, and lifelong friendships.

To our parents and guardians, thank you for your ongoing support. Your encouragement, presence on the side-lines, and commitment to your son's involvement in sport make a significant difference, and we are deeply grateful.

We look forward to the year ahead filled with growth, learning, and memorable moments, both on and off the field.

Let us continue to wear the Green and Gold with pride.

Yours in sport

MRZAYNE BUX
DIRECTOR OF SPORT

FIND US ON:



@glenwoodhighschool



@glenwoodhigh



Glenwood High School Durban



SPORTS VISION

At Glenwood High School, we believe that sport is more than competition, it is a catalyst for discipline, leadership, personal growth, and lifelong brotherhood. Our vision is to develop well-rounded sportsmen who strive for excellence, compete with honour, and embody the spirit of Green and Gold on and off the field.

We envision a school where:

- Sport is administered with professionalism, precision, and pride.
- Staff, coaches, and learners lead with discipline, clarity, accountability, and respect.
- Every boy, whether recreational or high-performance, experiences a programme that develops him as both a competitor and a young man.
- Competitive excellence, strong character, full participation, and a thriving sports culture are at the heart of everything we do.

We are committed to:

Pursuing Excellence Across All Sporting Codes

Providing world-class coaching, facilities, conditioning, and support so every athlete can perform at their highest potential.

Building Strong, Resilient, and Disciplined Young Men

Teaching perseverance, accountability, sportsmanship, and respect through every training session and fixture.

Fostering Unity and Brotherhood Through Team Sport

Creating an environment where each boy plays for his teammates, his school, and the legacy of those who came before him.

Growing Talent and Developing Future Champions

From grassroots to high performance, we nurture young athletes to grow in confidence and skill, opening pathways to provincial, national, and international representation.

Living the Glenwood Values — Always

Our sportsmen are ambassadors of Glenwood, demonstrating humility in victory, dignity in defeat, and pride in wearing the badge.

Through passion, commitment, and opportunity, we aim to ensure that every boy discovers his potential **#FindingTheFalconInYou**, and leaves Glenwood not only as a skilled athlete but as a principled, confident young man prepared for life.



SPORTS MISSION STATEMENT

At Glenwood High School, our mission is to provide every learner with the opportunity to develop their athletic talent, character, and leadership skills through structured, high-quality sporting programmes, while fostering a culture of discipline, professionalism, and pride.

We strive to:

- **Encourage Participation:** Ensure all boys experience the joy, challenge, and camaraderie of sport.
- **Develop Excellence:** Equip athletes with the skills, fitness, and mindset to compete at school, provincial, and national levels.
- **Instill Values:** Promote sportsmanship, resilience, respect, and integrity in every training session, match, and tournament.
- **Foster Teamwork and Brotherhood:** Build strong, supportive teams where every boy contributes to collective success.
- **Celebrate Achievement:** Recognise dedication, effort, and excellence, both on and off the field.

Every member of the Glenwood community, students, staff, and coaches, shares the responsibility to strengthen and uplift Glenwood sport every time they enter the school gates.

We commit to:

- Approaching each day with purpose, discipline, and professionalism.
- Meeting challenges with resilience, ownership, and accountability.
- Serving the school and one another with integrity and humility.
- Honouring a culture where effort, respect, and responsibility are non-negotiable.

At Glenwood, sport is not just an activity, it is a standard, a responsibility, and a calling shared by every boy and every adult who wears the Green and Gold. Through this mission, we aim to nurture well-rounded sportsmen who represent Glenwood with pride, passion, and purpose, truly **#FindingTheFalconInYou**.

"Whatever you do, work at it as if working for the Lord." — Colossians 3:23



SPORTS OFFERINGS IN 2026

SPORT	CONTACT	E-MAIL
Director of Sport	Mr Zayne Bux	bux@glenwoodhighschool.co.za
Sport Operations Coordinator & Athletics	Mr Ian de Fouw	deFouw.I@glenwoodhighschool.co.za
Basketball	Mr Andile Sithole	sithole@glenwoodhighschool.co.za
Chess	Mr Reuben Arumugam	Chess@glenwoodhighschool.co.za
Cricket	Mr Sithabiso Zungu	zungu@glenwoodhighschool.co.za
Cross Country	Mrs Marion Loudon	loudon@glenwoodhighschool.co.za
Golf	Mr Jason Gilliver	gilliverj@glenwoodhighschool.co.za
Hockey	Mr Braydon Naidoo	Naidoo.B@glenwoodhighschool.co.za
Rugby	Mr Justin Hollis	justin.hollis@glenwoodhighschool.co.za
Sailing	Mr Ron Pett	pet@glenwoodhighschool.co.za
Soccer	Mr Khaya Mngwengwe	khaya.m@glenwoodhighschool.co.za
Softball	TBC	TBC
Squash	Mr Akhail Singh	singh@glenwoodhighschool.co.za
Swimming	Mr Rob Ambler	ambler@glenwoodhighschool.co.za
Target Shooting	Mr Brett Jennings	jennings.b@glenwoodhighschool.co.za
Water Polo	Mr Rob Ambler	ambler@glenwoodhighschool.co.za



CULTURE OFFERINGS IN 2026

SPORT	CONTACT	E-MAIL
Open Studio (Art)	Ms Xanthe Jackson	JacksonX@glenwoodhighschool.co.za
Interact Club	Ms Kamcilla Pillay	pillay.k@glenwoodhighschool.co.za
Band	Mr Akhail Singh	singh@glenwoodhighschool.co.za
Ballroom Dancing	Neville Letard	
Coding & Robotics	Mr Simili Magomba	Magomba@glenwoodhighschool.co.za
Debating	Mr Geordie Muller	Muller@glenwoodhighschool.co.za
Drama	Mrs Marion Loudon	Loudon@glenwoodhighschool.co.za
eSports	Ms Charmaine Drury	drury@glenwoodhighschool.co.za
EcoClub	Ms Charmaine Drury	drury@glenwoodhighschool.co.za
First Aid	Mr Jonathan Shore	shore.j@glenwoodhighschool.co.za
Public Speaking	Mr Geordie Muller	Muller@glenwoodhighschool.co.za
Toastmasters	Mr Geordie Muller	Muller@glenwoodhighschool.co.za



OUR PARTNERSHIP WITH MACRON

Glenwood is currently in an exciting transition phase as we move from Puma and Canterbury to our new official kit supplier, **Macron**.

Macron is an iconic Italian brand recognised worldwide for high-performance sportswear. With over 20 years of exceptional growth, the brand has become a leader in athletic apparel through its innovative design, superior quality, and cutting-edge technology.

Who Wears Macron?

Macron is trusted by top sporting teams across the globe, including:

International Rugby Teams: Scotland, Wales, Italy, USA

National Teams: Scottish Rugby Union, Welsh National Team, Italian National Team, USA Rugby, Georgia, Uruguay, Romania, Portugal, Barbarians

Professional Club Rugby: Lions, Cheetahs, Cardiff (Wales), Connacht (Ireland), Edinburgh (Scotland), Glasgow (Scotland), Ospreys (Wales), Zebre (Italy)

Cricket: South African Cricket

Schools: Grey College, Paarl Gimnasium, Hoërskool Waterkloof, Hoërskool Menlopark

Glenwood is proud to be associated with the **Macron brand** and look forward to outfitting our boys in world-class performance wear that reflects our tradition of excellence.





PARTICIPATION EXPECTATIONS

In line with the Glenwood Code of Conduct and the commitments made by each learner on admission, every boy is required to participate in at least one sport or cultural activity per term. This is not optional. Compliance will be monitored through the ECA registration and attendance register process, and any failure to meet this expectation will be addressed directly with the learner and parent.

Sporting seasons may shift within a term, and learners may move between codes when seasonal transitions occur.

For example:

- In Term 3, a boy may complete Rugby and then move into Cricket.

This approach applies to all sporting and cultural codes. It is the responsibility of the learner and the parent to ensure these commitments are honoured. No excuses will be accepted. Guidance will be given at each transition, but ultimately, participation is compulsory.

Parents should contact the school only if there is genuine uncertainty; otherwise, it is expected that every boy meets the school's standards.





Expectations

- As above every learner is required to participate in an extra-mural activity each term and season. This is a non-negotiable expectation of the school.
- Extra-mural involvement is a cornerstone of discipline, fitness, belonging, and personal development, and every boy is expected to uphold these standards without exception.
- Training is compulsory. Learners must attend all scheduled practices, on time, and in the correct kit.
- Match attendance is compulsory. Selected players are expected to honour all fixtures unless formally excused.
- For any medical absence, a signed doctor's note is required.
- For non-medical absences, an email from a parent or guardian must be submitted to the Director of Sport, Sport Operations Coordinator, and the Grade Head at least 72 hours before the fixture for consideration.

Consequences:

- Glenwood will enforce the disciplinary measures for non-participation or failure to meet extramural commitments.
- Registers will be shared with parents and relevant staff once the full process is confirmed.

Homework Club is a structured academic space. It may not be used as a reason to avoid compulsory extra-mural commitments. We rely on parents and guardians to reinforce these expectations and ensure full participation.



SPORTING CODES

Summer Code	Winter Code	Multi Season Codes
Aquatics – Swimming & Water Polo	Rugby	Golf
Athletics	Hockey	Sailing
Basketball	Cross Country	Squash
Cricket	Soccer (Partial Term Code - Term 3)	Target shooting
		Chess



GLENWOOD@GLENWOODHIGHSCHOOL.CO.ZA



@GLENWOODHIGHSCHOOL



@GLENWOODHIGHSCHOOL



031 2055241

CULTURAL CODES

Term 1	Term 2	Term 3	Term 4
Chior	Chior	Chior	Chior
Band	Band	Band	Band
Eco Club	Eco Club	Eco Club	Eco Club
Public Speaking	Public Speaking	Public Speaking	Public Speaking
Debating	Debating	E-Sports	Coding and Robotics
E-Sports	Coding and Robotics	Coding and Robotics	Ballroom dancing
Coding and Robotics	First Aid	First Aid	Interact Club
Drama	Drama	Drama	
Ballroom dancing	Ballroom dancing	Toastmasters	
Open Studio (Art)	Open Studio (Art)	Ballroom dancing	
Interact Club	Interact Club	Open Studio (Art)	
		Interact Club	



Sporting Transition Examples

TERM 1 Summer Codes	TERM 2 Winter Codes	TERM 3 Winter Codes		TERM 4 Summer Codes
Aquatics (Water Polo & Swimming) →	Rugby/Hockey	Rugby/Hockey	→ Basketball	Aquatics (Water Polo & Swimming)
Basketball →	Rugby/Hockey	Rugby/Hockey	→ Cricket	Basketball
Cricket →	Rugby/Hockey	Rugby/Hockey	→ Soccer →	Summer Code

**(FULL-TERM PARTICIPATION
REQUIRED)**

We are actively seeking partnerships and sponsorship opportunities to aid us in boosting our sport offerings and hosting capabilities. Please contact Bux@glenwoodhighschool.co.za and Marketing@glenwoodhighschool.co.za if you would like to discuss this further.

Bux@glenwoodhighschool.co.za | Marketing@glenwoodhighschool.co.za

PARTNERSHIPS & SPONSORSHIPS



GLENWOOD@GLENWOODHIGHCHOOL.CO.ZA



[@GLENWOODHIGHCHOOL](https://www.facebook.com/GLENWOODHIGHCHOOL)



[@GLENWOODHIGHCHOOL](https://www.instagram.com/GLENWOODHIGHCHOOL)



031 2055241

SPORTS FIXTURES 2026

Find sports fixtures attached.

COMPULSORIES IN 2026

TERM	DATE	EVENT	DETAILS
1	23 January	Interhouse Relay Gala	13:00 - 15:00
1	12 February	Interhouse Championship Gala	17:00 - 20:00
1	19 February	Interhouse Athletics (TBC)	
2	11 April	Maritzburg College (H)	Compulsory attendance for all learners 10 & 11 April
2	9 May	Hilton (H)	Compulsory attendance for all learners (Gr 8 - 12)
2	23 May	Westville (H)	Compulsory attendance for all learners (Gr 8 - 12)
2	30 May	Clifton (H)	Compulsory attendance for all learners (Gr 8 - 12)
3	25 July	Northwood (H)	Old Boys Day Compulsory attendance for all learners (Gr 8 - 12)
3	12 September	Soccer	Compulsory attendance for all learners (Gr 8 - 12)



SPORTS ACADEMIES 2026

CODE	PAYMENT REF EXAMPLE
Athletics	InitialSurname-ATH-ACA
Basketball	InitialSurname-BASK-ACA
Cricket	InitialSurname-CRIC-ACA
Golf	InitialSurname-GOLF-ACA
Hockey	InitialSurname-HOC-ACA
Rugby	InitialSurname-RUG-ACA
Soccer	InitialSurname-SOC-ACA
Squash	InitialSurname-SQUA-ACA
Target Shooting	InitialSurname-TS-ACA
Water Polo	InitialSurname-WP-ACA

Academy Days: Tuesday & Wednesday

Academy Times: 13:45 - 15:00

Payment information: R600 upfront before each term

All academy fees must be paid to the Glenwood Finance Office.

Reference: Student Initials, Surname & Sport Code

Proof of payment must be emailed to:

payments@glenwoodhighschool.co.za



GLENWOOD@GLENWOODHIGH SCHOOL.CO.ZA



@GLENWOODHIGH SCHOOL



@GLENWOODHIGH SCHOOL



031 2055241

DRESS CODE FOR PRACTICES:

GHS Sports Practice Dress Code for Students					
Code	Shorts	Shirt	Headwear	Socks	Shoes
Hockey	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Long green Glenwood socks	Takkies/Hockey boots
Soccer	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Long green Glenwood socks	Takkies/Soccer boots
Cricket	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Short white socks	Takkies/Cricket spikes/rubbers
Rugby	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Short white socks	Takkies/ Rugby boots
Squash	Green shorts	White hopper shirt	Green GHS cap or baggy cap	Short white socks	Takkies/Squash shoes
Athletics	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Short white socks	Takkies/Running spikes
Tennis	Green shorts	White hopper shirt	Green GHS cap or baggy cap	Short white socks	Takkies/Tennis shoes
PE	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Short white socks	Takkies
Basketball	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Short white socks	Takkies/Basketball shoes
Gym	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Short white socks	Takkies
Golf	Beige chino shorts/longs	Green GHS golfer	Green GHS cap or baggy cap	Short white socks	Takkies/Golf shoes
Target Shooting	TBC				
Sailing	TBC				
Softball	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Short white socks	Takkies
Water polo	GHS Speedo, GHS swim cap, green shorts & green hopper shirt				

Considerations for practice apparel.

- 1) 1st teams are permitted to wear their 1st team apparel, provided that every player is dressed the same.
- 2) Rugby practice jerseys except for the 1st/2nd squads to be sourced, sold and purchased at the Collar n Cuff.
- 3) No crocs/flip flops are to be worn. Takkies/trainers must be worn with practice apparel.
- 4) The short white socks must be predominantly white.
- 5) Hockey, soccer and rugby boots must be predominantly black.
- 6) Cricket shoes must be predominantly white.

DRESS CODE FOR MATCHES:

GHS Sports Matches Dress Code for Learners					
Code	Shorts	Shirt	Headwear	Socks	Shoes
Hockey	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Long green Glenwood socks	Hockey boots
Soccer	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Long green Glenwood socks	Soccer boots
Cricket	White longs	White collared GHS cricket shirt	Green GHS cap or baggy cap	Short white socks	Cricket spikes/rubbers
Rugby	White shorts	GHS rugby jersey	TBC	Long green Glenwood socks	Rugby boots
Squash	Green shorts	White hopper shirt	Green GHS cap or baggy cap	Short white socks	Squash shoes
Athletics	Green shorts	Green GHS athletics vest	Green GHS cap or baggy cap	Short white socks	Takkies/Running spikes
Tennis	Green shorts	White hopper shirt	Green GHS cap or baggy cap	Short white socks	Tennis shoes
Basketball	Green shorts	Green hopper shirt	Green GHS cap or baggy cap	Long green Glenwood socks	Takkies/Basketball shoes
Golf	Beige chino shorts/longs	White GHS golfer	Green GHS cap or baggy cap	Short white socks	Golf shoes
Target Shooting	TBC				
Sailing	TBC				
Softball	TBC				
Water polo	GHS Speedo, GHS swim cap, green shorts & green hopper shirt				



Considerations for Match Apparel

1. 1st teams are permitted to wear their 1st team apparel, provided that every player is dressed the same.
2. No crocs/flip flops are to be worn. Takkies/trainers must be worn with match apparel where necessary.
3. The short white socks must be predominantly white.
4. Hockey, soccer and rugby boots must be predominantly black.
5. Cricket shoes must be predominantly white.

Matches:

1. Learners must wear the official Glenwood match kit with black boots.
2. A full school tracksuit with takkies is required before and after matches.

Not permitted under any circumstances at practices, matches and PE:

- Crocs
- Slops
- Socks-only
- Slippers

Physical Education (PE):

- The full Glenwood PE kit must be worn.

Practices (all sport)

- Learners must wear the official Glenwood practice kit with white socks.
- School tracksuits may be worn before and after practice, with takkies only.
- Permitted footwear:
- Proper sports takkies/sneakers.



BEHAVIOUR GUIDELINES:

The Glenwood sporting programme is guided by the values of Excellence, Integrity, Discipline, and Respect. All players, parents, supporters, and coaches are expected to uphold these standards at every training session, fixture, tour, or sporting event.

PLAYER EXPECTATIONS

All Glenwood sportsmen must:

- Display good sportsmanship at all times
- Respect referees, opponents, coaches, managers, and teammates
- Represent Glenwood with pride on and off the field
- Attend all practices and fixtures as scheduled
- Arrive on time and correctly dressed
- Follow coaching instructions and team structures
- Maintain personal discipline in effort, attitude, and behaviour
- Commit fully to their summer and winter sporting codes

PLAYER CONDUCT – NOT PERMITTED

Players may not:

- Argue with or confront referees or officials
- Use rude, offensive, or disrespectful language
- Engage in sideline coaching or disrupt team structures
- Disrespect teammates, coaches, staff, or opponents
- Miss practices or fixtures without a valid and communicated reason
- Wear incorrect or informal clothing such as crocs, slops, slippers, or non-Glenwood uniform
- Display unsportsmanlike behaviour of any kind

SUPPORTER EXPECTATIONS

Parents and supporters are expected to:

- Support their sons and the team in a positive manner
- Encourage good sportsmanship at all times
- Respect officials, opponents, and coaching staff
- Allow coaches to coach without interference
- Model the Glenwood values in their conduct
- Place emphasis on teamwork, development, discipline, and effort – not only results

SUPPORTER CONDUCT – NOT PERMITTED

Parents and supporters may not:

- Shout at, insult, or argue with match officials
- Engage in sideline coaching or contradict coaching instructions
- Confront referees, coaches, or opposition staff
- Display behaviour that reflects poorly on Glenwood or its image

With collective responsibility, discipline, and respect, Glenwood sport remains a proud and competitive environment for young men to grow and excel.

PARENTAL SUPPORT

At Glenwood, we expect parents to be a team behind the team. Your presence and support are not merely appreciated, they are part of the standard we uphold as a school. We strongly encourage every parent to attend fixtures, stand behind your son, his teammates, and the school he represents.

We also remind our community that many of our boys, especially boarders and those without active family support, compete each weekend without anyone on the sideline for them. This can be an isolating experience, particularly when results do not go their way. Glenwood parents are asked to stand behind all our boys, not only their own.

We take pride in making home fixtures a meaningful occasion. Our goal is to create an environment where parents are present, visible, and supportive right through to the 1st XV match. The boys notice it, and it matters.

Your commitment to showing up, supporting the team, and contributing to a united school atmosphere is an expectation of the Glenwood standard. Together, we ensure every boy feels backed by a strong, proud, and engaged school community.