



+27 031 205 5241



1 ZK Matthews Road,
Glenwood, 4001



glenwood@glenwoodhighschool.co.za



22 November 2024

Dear Parents/ Guardians

RE: HIGH PERFORMANCE SPORT CAMP: 13-14 JANUARY 2025

We will be hosting a compulsory High Performance Sport Camp for next season's 1st team, U16, U15 Squad on the 13th and 14th of January 2025. We will start with session 1 at 9am and the camp will finish at 15:30.

School opens on Wednesday 15 January next year. Boarders are to return after 14:00 on Sunday the 12th of January. Please do not arrive early, as the Grade 8 boarders and parents will be busy until then. The first meal for boarders will be provided at dinner on Sunday 12th January. The day boys will just come into school as per normal and must bring their own lunch with them, The Up & Under will be open for boys to get cold drinks and extra food.

All boys are to wear their green Glenwood sport shirt or 'Hopper' shirt and green shorts or 1st team Glenwood Practice Kit. All boys are to bring plenty of water, caps, sunblock, sweat towel and swimming towel.

Cricket: Please bring your own kit if you have.
Rugby: Please pack in rugby boots, running shoes, extra t-shirt and rugby jersey for contact.
Swimming: Glenwood costume and towel.
Water polo: Glenwood costume and towel.
Hockey: Hockey sticks and shin pads.

Regards

MR G. PYOOS
Director of Sport

MR P. JACOBS
Headmaster



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Monday 13 January

Time	U 14	U15	U16	Open
9:00 – 10:30	Winter Sport: Rugby/Hockey	Winter Sport: Rugby/Hockey	Winter Sport: Rugby/Hockey	Directors to determine Programme for 1 st & 2 nd team squads.
10:30 – 10:45	Break	Break	Break	
10:45 – 12:15	Winter Sport: Rugby/Hockey	Winter Sport: Rugby/Hockey	Winter Sport: Rugby/Hockey	
12:20 - 13:00	Lunch	Lunch	Lunch	
13:10 - 14:10	Winter Sport: Rugby/Hockey	Winter Sport: Rugby/Hockey	Winter Sport: Rugby/Hockey	
14:10 - 14:20	Break	Break	Break	
14:30 – 15:30	Winter Sport: Rugby/Hockey	Winter Sport: Rugby/Hockey	Winter Sport: Rugby/Hockey	

Tuesday 14 January

Time	U 14	U15	U16	Open
9:00 – 10:30	Summer Sport: Cricket/ Water polo/ Swimming Trials	Summer Sport: Cricket/ Water polo	Summer Sport: Cricket/ Water polo	Directors to determine Programme for 1 st & 2 nd team squads.
10:30 – 10:45	Break	Break	Break	
10:45 – 12:15	Summer Sport: Cricket/ Water polo/ Swimming Trials	Summer Sport: Cricket/ Water polo	Summer Sport: Cricket/ Water polo	
12:20 - 13:00	Lunch	Lunch	Lunch	
13:10 - 14:10	Summer Sport: Cricket/ Water polo	Summer Sport: Cricket/ Water polo	Summer Sport: Cricket/ Water polo	
14:10 - 14:20	Break	Break	Break	
14:30 – 15:30	Summer Sport: Cricket/Water polo/ Swimming Trials	Summer Sport: Cricket/ Water polo	Summer Sport: Cricket/ Water polo	