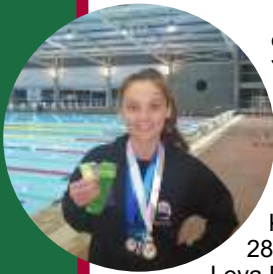




Sport





Senior Team Swimming

By Keely-Ann Maritz

There was four B-Age Group Galas during the 2019-2020 swimming season. Keely-Ann Maritz (Captain) and Leya Bosman participated in all the galas. Cameron Jackson attended the fourth gala. The team showed dedication and enthusiasm. There was a lot of stiff competition, but the girls showed what they were made of by improving on all their personal best times.

Keely-Ann Maritz and Leya Bosman were chosen to compete in the EP Top 8 Invitational Gala on 28 February. This is a prestigious event held at the Newton Park Swimming Pool in Port Elizabeth.

Leya Bosman achieved her best time for Butterfly. Keely-Ann Maritz achieved 2nd place in Butterfly, 1st place in Backstroke, 2nd place in breaststroke and 2nd place in Freestyle.

We are proud of our swimmers who took part in the oldest swimming event in South Africa, the Sunday's River Mile. The swimmers who took part were: Cameron Jackson, Leya Bosman, Callan Elie and Nikaylynne Ford.

It has been an honour being captain of the swimming team, with Chaneal Labercensie as our vice-captain. Thank you to Miss de Beer and Mr Reynolds for all the support, dedication and time you have taken to coach the swimming team.

Junior Beginner Swimming

By Mrs C. Jonas

It may be an extra-mural, but it is so much more for the girls whenever they have beginner swimming. Excitement fills the air when the girls enter the gates of the swimming pool. They are keen to learn. Some girls arrive at swimming filled with fear, with the idea that they can't swim – some see the swimming pool as a monster ready to swallow them up. But, as the weeks go by, they find that floating on your back and tummy is actually really fun. Mr Reynolds does all sorts of fun activities with them such as dolphin diving, bunny hop, doggy paddle and handstands. However, the girls also do 'serious' swimming such as breaststroke, backstroke, an attempt at butterfly, freestyle without stopping and doing widths under water. The girls have learnt that trying is all it takes.

Junior General swimming

By Miss A. Johnson

Once again, we had a very large, very enthusiastic bunch of girls wanting to splash and play in the water. With the help of Mr Reynolds, through various fun games, the girls slowly started learning swimming skills. They went from being afraid to put their faces in the water to doing it without thinking as we did bunny hops and dolphin dives across the pool. We also taught safety skills and what to do when you feel you are in danger in the water. Soon the girls started feeling confident and it was so rewarding to see them slowly becoming better swimmers and showing much progress. We taught some stroke correction and even got them to do the start of breaststroke and a bit of butterfly (even though, just a start). It is so heart warming to see how the girls develop skills while having a lot of fun.

Junior Team Swimming

By Mrs S. Haynes-Africa

Although we had a quiet swimming season, the girls who participated were always filled with enthusiasm. The girls participated in the Ashes against Muir College on Valentines Day. Although the Muirites stole the win, the Riebeek girls stole the show by presenting their fellow competitors with a rose, seeing as it is a leap year. Caslyn Sodien, Lauren Labercensie, Callan Elie, Zaneta Louis and Ciara Jantjies showed great sportsmanship and said that they look forward to a rematch in future. Kee-Lynn Armoed, Keira-Lee Armoed, Teagan Jantjies, Lauren Labercensie, Ciara Jantjies participated in the Nelson Mandela Bay River Mile and the Gravity Kids races held at the Sunday's River. The weather was wonderful, and the girls gave it their all. Callan Elie swam the race with two goals in mind. Her first goal was to better her time, which has been a goal for the 5 years of her participation. Her second goal was to finish in the top 100. Through hard work, she managed to accomplish both her goals! She said that swimming with Mrs Viljoen and Mrs Haynes-Africa, who always made swimming a blast and pushed them to the best of their abilities, made a big difference, and wants to thank them for all their encouragement and help this season. The girls are looking forward to the new swimming season with great enthusiasm.

Thank you, Mr Reynolds

By Miss L de Beer

We have been very privileged to have Mr Alan Reynolds as part of our swimming team for the past 12 years. Mr Reynolds has been involved as a swimming official since 1984 and was nominated to serve on the FINA panel of world swimming referees. He is the Technical Director and Chief Referee for Nelson Mandela Bay Aquatics, where he oversaw the training of timekeepers, judges, starters and referees. His vast experience with beginner, intermediate and international level swimming helped him to advise on the latest methods swimmers were using to improve. You will always see Mr Reynolds encouraging the girls on and praising them with a 'High Five', whether at school or by the pool side at a gala.

His favourite Riebeek swimming memories are seeing the Senior Team swimmers improving their times through hard work. He says that there is nothing like watching the Grade 4 and 5 beginner swimmers, as their faces light up the moment they realise that they just swam a width in the pool unaided.

Mr. Reynolds would like to share the following words of wisdom with the girls: "My advice to all swimmers is that you will only get out what you have put in and the bigger the effort the better the result will be."

Thank you, Mr Reynolds, for all you have done for us over the years. We hope to see you often at the side of the pool and earning many 'High Five's' at galas.





Senior Team Swimming



Back row: T Bosch, J Oldham, S McFarlane, S van Jaarsveld, K Brink, S Zulu, O Ntshanyana, C Jackson, J Mirams, T August, C Peters, M Clingen, K Harvey, J Miller, A Miles
Front row: J Damons, S Bagley, S Mzileni, J Afrikaner, A La Bercenie, L Klassen, M Phongoma, L Bosman, S Hena, S de Kock, N Ford, J Rudman, M van Rayner,
Seated: C Erasmus, C Labercensie, Mr A Reynolds, Miss L de Beer, K Maritz, T Petzer



Junior Team Swimming



Back row: L Labercensie, Z Louis, T Jantjies, G Langford, C Elie, C Jantjies
Front row: V Hoffman, M Melville, C Meintjes, R Prince, K-L Armoed, C Sodien
Seated: L Africa, A Fischer, Mrs S Haynes-Africa, T Henman, S Bush



Tennis

"Sports teaches you character. It teaches you to play by the rules. It teaches you to know what it feels like to win and lose. It teaches you about life."

Senior Team Tennis

By Hasti Pansuriya

"There's no way around hard work. Embrace it." These inspirational words from Roger Federer exemplifies the spirit of the senior tennis team. The team worked hard to obtain their victories and learnt to have a positive attitude towards their losses. The passionate young ladies became more of a family than a team that helped one another in so many ways. Though the duration of the tennis season was not as long as we hoped, the players made a handful of memories that will not be forgotten.

Monday and Wednesday afternoons were thrilling and entertaining! Each practice involved improving skills, enhancing fitness levels and enjoying players get hit with the ball by others. Wade-Lee Müller said, "My highlight for the year has to be the team spirit throughout each practice and match. There is always a positive energy on the courts and plenty of surprise shots that end in laughter." Hasti Pansuriya added, "Being on the tennis courts is a different kind of happy! Once we place our foot on those courts, it becomes our home and we literally need to get reminded a few hundred times that practice is over. My best highlight has to be my doubles partner, Wade-Lee and I catching each other give some ballerina and Superman shots and laughing until our stomachs ached."

Highlights of the season had to include the road trips to away matches. Meledy Jones fittingly adds, "My favourite moments have to include the bus drives to away matches and Mr Bowles buying us Apple Munchies. Getting to know our different teammates has also been fun and interesting. Also, getting to play with Cameron, my doubles partner of five years, was such a delight!"

Luckily, we never had only work and no play. Alongside training, we managed to create hilarious memories in unintentional ways. Cameron Zeelie said, "Something I enjoyed at our practices was that every time I got hit with a ball everyone would be super concerned if I was fine while still continuing to laugh at me!"

It has truly been a blessing for all of us to be together to bring and share so much entertainment and determination onto the courts. With all that every player had to offer, the season has been such a joy, where we have become way more than just a team!

Senior General Tennis

By Mrs J. Bowles

Passionate, perseverant, and patient. These three words epitomize the general tennis players that came in their masses to learn to play the game this year. Although we were faced with many rain delays, heatwaves and ultimately a shorter season, the girls endured these challenges and still walked onto the court with immense eagerness to master new skills.

Practice sessions were always entertaining as the girls we not shy to be themselves and try their best. The girls thoroughly enjoyed playing Kings versus Warriors until they could not run anymore and took great satisfaction in getting their friends out in the game. The general girls did not only celebrate winning friendly games against one another, but also took pride in the small victories of those managing to hit the ball over the net and those not missing all the time. They were content and confident in their baby steps to become better players. Chevelle Ludeke adds that, "No matter what, we all had fun and laughed. Even though we were not the best, we always tried our best and although some of us were initially strangers, at the end of the day we became friends"

Special mention must be made of the many grade 8 girls who signed up to play and never wanted to be separated. This ended with more than 12 girls on one court trying to play against each other. I have never heard so much screaming and giggling from girls before as they managed to hit one another with the ball and often had to go run after balls that went over the tennis wall and landed on the hockey field instead...

Although the general players did not have as much court time as they hoped for, they have made strides in learning new skills and practicing sportsmanship they can be proud of. It is only the beginning for these players... the best is yet to come!

Junior Beginners and General Tennis

By Miss S. Arthur

A very big beginners group of about thirty players showed heaps of enthusiasm and energy. Due to us only being allocated two courts for our practises in the first term, it was difficult for the players to learn all the tennis strokes. They were, however, able to learn forehands and they had much fun when their coach hit balls to them and were able to score points, depending on where the ball was returned on the court. Warm-up exercises were always fun practising various ball skills. The more experienced general group had the opportunity to play some singles and doubles matches. It was such a pity that it all had to end so suddenly and we hope that, not in the too distant future, we'll be able to continue from where we left off and again have fun on the tennis court.

Results

2nd Team

Riebeek vs Framesby

28 January 2020

Riebeek won 8 - 4

Riebeek vs Harvest

11 February 2020

Harvest won 8 - 4

Riebeek vs Humansdorp

25 February 2020

Riebeek won 12 - 0

1st Team

Riebeek vs Framesby

25 February 2020

Riebeek won 10 - 2

Despatch vs Riebeek

24 February 2020

Riebeek won 10 - 2





The 2nd tennis team played a match against Framesby High School. The girls did exceptionally well for their first match of the season. The results were: Kay-Leigh Wilmot won her singles match and her doubles match with partner, Teneal Rudman. Allyson Cunningham and Chulummanco Nkohli won one of their two doubles matches. Riebeek won the match 3 - 2



Tennis

"In sport and in business, there are three types of people. Those who make it happen, those who watch it happen, and those who wonder what happened"



Hockey



Many players hardly made a start to the 2020 hockey season, before it came to an abrupt end. In true Riebeek fashion, there was a lot of excitement and spirit during fitness sessions. Some teams were fortunate enough to participate in pre-season festivals or friendly matches in preparation for the league fixtures in term 2. Girls, we might not have had a lot of hockey this season at all, but this just adds to the expectation and excitement of our next season. Adventure awaits!

1ST TEAM (U/14 A)

By Mr. B. Jonas

The season has been short-lived but it was an amazing experience. The team expected many fun league games and festivals, like the annual Union Festival in Graaff-Reinet during the July holiday, but unfortunately these had to be cancelled due to the global Covid-19 pandemic. The girls obviously are very disappointed, especially the cancellation of the Union Festival which, everyone will agree, is the highlight of their season.

JUNIOR 1ST HOCKEY TEAM

BOOYSEN CORBIN, BORSTNAR SARAH, CUBA YOLISA, DANIELS SIBABALWE, DOLLIE DEENAH (CAPTAIN), ELIE CALLAN, GITYWA LIYASA, JANTJIES CIARA, LABERCENSIE LAUREN (VICE CAPTAIN), MAZOSIWE SIMPHIWE, NGCINGOLO KWAKHANYA, SINGENI LISAKHANYA, SODIEN CASLYNN (VICE CAPTAIN).



We did, however, play in one festival, The Lorraine Primary School Tri-Sports Festival, on Saturday 14 March.

Unfortunately, we have had our first injuries of the season. Callan Elie was injured in the first match and Sibabalwe Daniels in the second. We were left without substitutes, but still manage to draw both games. This showed me the calibre of these fine girls. Their discipline, determination and dedication to the team was evident against Charlo and Sunridge. I am very proud of them.

The girls played very well as a TEAM and started to bond as a unit. They did not play many games but made sure that they had fun and a lot of laughter at all times. I honestly would have loved to coach these fun and energetic girls, but it is what it is.

This year was also the first season that I had only Grade 7 pupils in my team. Most of them were in the 2nd team last year and I would have loved to prepare them well for the senior school.

We would like to thank Mr De Beer for his contribution to the team. A huge thank you goes, as always, to the parents who supported and transported their daughters to the festival.

Well done girls! As per usual, you must be complimented on your impeccable behaviour at these festivals. This obviously makes me very proud to be your coach and teacher at a school who takes pride of instilling these values.

Results:

Riebeek 0 – 1 Volkskool

Lorraine 2 – 0 Riebeek

Charlo 0 – 0 Riebeek

Riebeek 1 – 1 Sunridge (goal scorer: Lauren Labercensie)



"A good hockey player plays where the ball is. A great hockey player plays where the puck is going to be."



Hockey

"Hockey is like life. It requires perseverance, self-denial, hard work, sacrifice, dedication, and respect for authority."



A sporting thanks to the following individuals and groups for their help in the almost 2020 season:

- The First Aid Committee for taking care of our players
- Mr Reynolds, Mr Koekemoer and the grounds staff for prepping our fields
- All our coaches and managers who sacrifice their hours (and many headaches) for the sake of their team's progress.



U/14 A

By Mr S. Seale and Miss S. Klaas

The U/14 A team started off the season by showing off their talents at the Alexander Roads Festival, held on 13-14 March, where they left their mark playing against some of the top PE schools. The team managed to win both their matches against Westering and Pearson 1-0. The highlight for the team was playing against one of the most competitive schools in their region and managing to beat Collegiate 4-0. A huge thanks to Mr de Beer for kindly offering to help out as stand in coach during the festival.

As if playing one of the best school wasn't enough, the girls also had to adapt to the feel and pace of playing on Astro. Our girls managed to keep their composure due to the practices the team had with their coach, as well as the set pieces finally paying off. This was definitely the boost the girls needed to show they were ready for the season to come.

The players that stood out during these games were: Zante Gouws, Taytum Paige Bosch, Angela Miles, Jade Zealand, Joy Gosani, Chané Van Jaarsveld and Dayna Dennis. This team will definitely be a team to look out for in the coming 2021 season.

Coach: Mr. Selwyn Seale

Captain: Taytum Paige Bosch

Vice-Captain: Lindokuhle Gosani,

Angela Miles, Chané Van Jaarsveld, Jade Zealand, Zante Gouws, Dayna Dennis, Avigail Goliath, Allyson Cunningham, Rebecca Wilkinson, Done September, Nikaylynne Ford, Nyssa Kettledas

1st Team

By Mr S. Seale and Miss S. Klaas

With so many promising players, the season was off to a cracking start. The season kicked off with two friendly games against Westville and Brandwag High School. The results were as follow: a 4-1 win against Westville and a 1-1 draw against Brandwag. Although these games were the first of the season, the girls showed a lot of resilience and tenacity and this attitude is one that can be seen throughout their games.

We participated in the Gill College Festival on 29 February, where, unfortunately, we lost against the hosts. However, our second match was against Union High and team managed a 0-0 draw against this formidable side. Mr. Seale commented that this match was the "most memorable game of my coaching stint at Riebeek College". Riebeek had most of the possession during the game and managed to control the game well. This win is the most memorable for the team as Union High is currently ranked in the Top 5 hockey playing schools is the Eastern Cape. As much as a win would have been desired, a draw is just reward for an incredible effort. This game had the girls' spirit high and positive for the 2020 season. As a coach, it would have been difficult for me to even try and single out any specific player, because this team has so much spirit and unity.

We had the opportunity to attend another The Despatch Sports' Festival on 13-14 March, where we played four matches (we won three matches and drew one). We cannot talk about the hockey season without mention of our girls who attended the EP trials in their respective age groups. Some of our 1st Team players advanced to the second round of trials.

U/14: Taytum Paige Bosch, Joy Ghosani, Jade Zealand and Zante Gouws .

U/16: Aphelele Toyis and Agcobile Gqubule

U/18: Jamie Kayser

Players who showed great promise during our short time together were: Jade Zealand, Brazil Killan, Taytum Paige Bosch, Zante Gouws, Kate-Lynne Forbes, Shanique Scharnick, Aphelele Toyis, Jamie Kayser and Chaneal Labercensie.

With the Corona Pandemic that has taken our country by storm, our season had to be cut short to ensure the safety of our learners and players. From a coach's perspective there is so many things to be positive about going forward to the 2021 season, especially with the quality of young players we currently have. I am hoping the young players that I am currently moulding, will not only compete with the top schools around the country, but also be the team that makes the Eastern Cape proud.





U/14 Netball

By Sesona Ngxenge

*It's not just a court, it's our home.
It's not just a kit, it's our skin.
It's not just a game, it's our life.
They're not just our teammates, they're our sisters.*

We started the year with high hopes for the netball season and with our awesome coach we knew we had an amazing season ahead of us. Although our season was cancelled, we made some unforgettable memories together.

Monday and Wednesday afternoons were both thrilling and tiring. The first few practises were dedicated to getting us fit and into shape for the anticipated netball season. After practise we would stay behind and wait for our coach to leave and then play against each other! We learned a lot of new skills and teamwork with Miss Jack.

We were invited to a Netball Festival at Alexander Road High School, held on 13-14 March. Although we didn't win all the matches, it was not about that. It was about having fun as a team and we learnt to never give up when faced with a tough challenge and have confidence in ourselves.

Highlights of the season must include how Miss Jack would always scold us for eating in the bus and when Unakho Mjoli fell over Akhanya Hote. We tried looking concerned, but we just could not help but laugh at them!

Lastly, our team would like to thank Miss Jack for helping us to understand more about the game by imparting new skills and knowledge to us. Our main goal for the netball season was to focus on our fitness and getting to know each other not just as teammates but as sisters. In the words of Michael Jordan, "Talent wins games, but teamwork and intelligence wins championships."

The U/14 Netball team for the 2020 season:

Poshika Ramsamy
Siyahluma Tyaliti
Unakho Ndiaye
Ayabulela Tom
Asiyolise Antonie
Unako Mjoli
Sesona Ngxenge
Buhlebethu Paais



Flashback
2019



"The time when there is no one there to feel sorry for you or to cheer for you is when a player is made."



What do you do when there is no sport extra murals and no physical education on the timetable? For the staff, the morning exercise of screening the girls took up an hour or more of standing, moving and monitoring. For the girls, though, even the walking between classes was reduced with fewer lessons per day. Innovation was required, and the Grade 4s and 12s took on the Jerusalem Challenge for some exercise and to promote emotional well being.

The Grade 12s took on their Jerusalem Challenge just before Women's Day and honoured women with their dance, followed by a moment's silence by the matrics and staff to honour the victims of Gender Based Violence. Here is the speech made by our Head Girl, Azraa Rockman: As an all-girls' school, we know exactly what our women mean to us. We understand that being a woman isn't always easy. That's why Riebeek College Girls' High School would love to extend a very warm "Happy Women's Day" to all our moms, grannies, and all of the astounding young women that have and continue to

add colour to the canvas of our nation.

It is however clear that gender-based violence is a sad truth that has become a reality to some, and as President Cyril Ramaphosa has said, "Violence against women has become more than just a national crisis." It is a frightening feeling, not knowing what the future will hold for our women, our phenomenal women who are more than capable of building the roofs above our heads and becoming the architects in the lives of our future's children. In solidarity with Uitenhage High School (who requested that schools in the area on Friday morning stand in solidarity against GBV), we would therefore wish to make our voices heard to drown out those who wish to keep us quiet. We wish to speak out against this pandemic, this crime against humanity that is not recognised nearly enough. Let us all join in on the say against the pain of our women and make 2020 the year where we scream the loudest and make our voices heard.

