

THE JOY OF LEARNING

Oakhill Prep Sport

Grade 1 - 7

Guide Book 2027

Welcome & Values

Welcome to Oakhill Sport

This quick guide is designed to help families understand how sport works at Oakhill — what to expect, how to stay informed, and how your child can get involved.

Our Values in Sport

- Respect – for coaches, teammates, opponents
- Commitment – show up and give your best
- Effort & Fair Play – always try hard and play honestly

Quick Reference:

- **Fixtures and Events**: Check the Prep Calendar & Weekly Planner
- **Key Contacts**: MICs of each sport (see last page)
- **Where to Find Info**: Calendar, Weekly Planner, and WhatsApp Community (for urgent updates)

Resources & Links (Grade 1-7)

Quick Links

- IP Co-Curricular Programme (Grade 4-7)
- FP Co-Curricular Programme (Grade 1-3)
- Summer Sport (Grade 1-7)
- Winter Sport (Grade 1-7)
- Prep Sport Attire (Grade 1-7)
- Prep Calendar (Grade 1-7)
- WhatsApp Community (Grade 3-7)

Dates to Diarise (fixtures are added termly)

- 2027 Overview (Grade 3-7)
- 2027 Approximate Tour Cost

Physical Education and the Co-Curricular Programme (Grade 1-3)

The Oakhill Foundation Phase Sports Development Programme provides a structured yet flexible pathway for children to explore movement, build confidence, and develop a lifelong love of sport and physical activity. All Foundation Phase children will participate in Physical Education lessons integrated into their weekly school schedule. Additionally, they are encouraged to engage in at least one extracurricular sport each week.

Our aim is to equip every child with the confidence and enthusiasm to enjoy sport for life by nurturing a lifelong love of movement, fair play, and participation.

Sport Seasons by Term

Dates	Season	Sports Offered
13 January - 28 February **23 August - 26 November**	Summer	Cricket, Tennis, and Swimming
1 March - 21 August	Winter	Hockey, Netball, and Soccer

👉 **Oakhill Foundation Phase Co-curricular Programme Overview**: Click Here.

Physical Education and the Co-Curricular Programme (Grade 4-7)

The Oakhill Intermediate Phase Sports Development Programme builds on the foundations established in the early years, providing students with opportunities to refine fundamental skills, develop sport-specific abilities and explore a variety of sporting codes. All students participate in Physical Education lessons integrated into their weekly school schedule, alongside the compulsory afternoon co-curricular sport programme.

Through structured training and competition, students develop tactical understanding, teamwork, confidence, resilience and a sense of responsibility. The programme also aims to create a clear pathway to College sport.

Our aim is to develop confident, capable and well-rounded young people who take pride in their participation, embrace teamwork and sportsmanship, and foster a lifelong appreciation for sport and physical activity.

Sport Seasons by Term

Dates	Season	Sports Offered
13 January - 28 February **23 August - 26 November**	Summer	Athletics, Cricket, Tennis, Swimming, and Water Polo
1 March - 21 August	Winter	Hockey, Netball, Soccer, and Mountain Biking / Trail Running

👉 **Oakhill Intermediate Phase Co-Curricular Programme Overview:** Click Here**.**

Fixtures & Logistics (Grade 3-7)

Fixtures & Schedules

- All fixtures are loaded on the **Prep Calendar** at the start of term.
- Details may change based on confirmations from other schools or sporting bodies.
- **Weekly Planner** has confirmed team lists and match details.

Transport

- **Weekday Training & Fixtures:** Students transported by school bus.
- Students **cannot wait at OSC**; late pickups are returned to school.
- **Whole-school Derby Days:** Plett bus available by sign-up only.

Attendance

- Practice and match attendance is **compulsory** unless excused by the coach/Sports Office.
- Notify MIC/coach at least **24 hours in advance** if absent.
- Extended health-related absences require a **doctor's note.**

Attire & Conduct (Grade 1-7)

Attire

- Correct Oakhill Attire is **mandatory** for all training and fixtures.
- Safety gear: **helmets, mouthguards, shin guards** (where required).
- **No jewellery or caps** allowed.
- Travel in the **Oakhill tracksuit**.
- For full details: Prep Sport Attire

Conduct

- Players, coaches, and supporters must demonstrate **pride, respect, and sportsmanship**.
- Unacceptable behaviour: foul language, dissent, verbal abuse, aggression.
- **Technical area/dugout** restricted to players, coaches, managers, first aiders, and tech table assistants.

Team Selection (Grade 4-7)

Team Selection

- **U13 A Teams:** selected on merit.
- **Other Teams:** prioritise participation.
- Movement between teams is **performance-based**.
- Players are encouraged to seek **coach feedback**.
- Parental support should focus on **resilience and growth**.

Sport Tours and Away Derbies

- Selection is a privilege and based on attendance, effort, attitude and good academic standing.
- Players represent the school at all times. All school rules apply and poor conduct may affect future selection.
- Parents must submit all consent and medical forms before departure and will receive full tour details in advance.
- Any missed academic work must be completed promptly after the tour.
- Approximate cost of Tours & Derbies - Click Here

Staying Informed (Grade 1-7)

Communication

- The Weekly Planner will remain the primary source of information regarding fixtures, team lists, key dates and general updates. It will continue to be emailed to parents and staff every Friday.
- Important updates or urgent announcements will be shared via WhatsApp Communities.
    - Parents will be able to join the specific communities relevant to the sports their child participates in, ensuring they receive instant notifications without unnecessary messages.
    - Please note this is a Parent/Guardian ONLY group, and no students may join
    - All communities will have privacy settings enabled, and only the sports department will be able to post.
    - Click Here to join the Oakhill Prep Sport Parents Community
- For any queries relating to a particular sporting code, parents must contact the MIC directly via email.

Staying Informed

- **Prep Calendar:** fixtures and sporting events are added termly
- **Tours:** 2 weeks before the tour/festival departs an email will be sent to parents detailing the tour and important information.
- **Derby day/fixtures:** Every Friday, a week before the fixture. Information will be communicated via the weekly planner.

Partnering With Parents (Grade 1-7)

At Oakhill, we believe that when parents and coaches work together, children experience sport as it should be — active, enjoyable, and focused on growth. In Prep School, students are developing skills, confidence, and teamwork. They learn best when the environment is calm, consistent, and supportive.

How Parents Can Help

1. **Treat Students as Young Athletes**
   All children, regardless of experience, deserve the space to learn and take ownership of their sport. Encourage independence with kit, teamwork, and effort.
2. **Give Space During Training**
   Training sessions are for learning. To avoid distractions, we ask parents to allow coaches to lead the session without sideline input or nearby conversations. This helps students stay focused and builds confidence.
3. **Support Fixtures Respectfully**
   Match days are exciting, and students value your support. Please wait until after the coach's team talk before approaching your child. Cheer positively and avoid coaching from the sidelines — one clear voice helps the whole team.
4. **Model Positive Sportsmanship**
   Celebrate effort, improvement, and teamwork. Your reactions shape how your child views sport and competition.
5. **Encourage an Active, Balanced Lifestyle**
   Help your child stay active at home, arrive prepared, stay hydrated, and get enough rest — these small habits make a big difference.

Oakhill Prep Sport Codes (Grade 1-7)

More information on the Co-curricular Sport options available to students in Grade 4-7.

Athletics (Grade 4-7)

Training takes place at the OSC every Friday during summer, with opportunities to participate in Inter-House events and the Knysna Schools Athletics Meet. Students develop running, jumping, and throwing skills while learning about dedication, teamwork, and goal-setting. Athletics provides a platform for personal achievement and building lifelong fitness habits.

Contact: Pieter Maritz p.maritz@oakhill.co.za

Cricket (Grade 1-7)

Oakhill fields U9, U11, and U13 mixed (boys' and girls') teams, with growing opportunities for girls to participate. The program teaches batting, bowling, and fielding skills, alongside teamwork, strategy, and sportsmanship. Students compete in the KPSSS Cricket League and inter-school fixtures, gaining confidence and a love for the game.

Contact: Irvin Campher i.campher@oakhill.co.za

Tennis (Grade 1-7)

Open to beginners, intermediate players, and top-level students. Foundation Phase and Social Tennis sessions are available for all, while Top 8 players are invited to Squad Training for league competitions and festivals. The tennis team (Top 4 boys and girls) represent Oakhill in the CX Tennis League, where they compete against local

schools. Emphasises skill development, match play, and sportsmanship, with the opportunity to represent Oakhill in local leagues and tournaments.
Contact: Rod Anderson r.anderson@oakhill.co.za

Swimming (Grade 1-7)
Open to swimmers of all abilities, with a focus on developing water confidence, stroke technique, fitness and water safety. Foundation Phase (Grades 1–3) combines Learn-to-Swim with fun introductory Splash Polo activities, while Intermediate Phase (Grades 4–7) focuses on technique, conditioning and preparation for water polo. Swimmers participate in the annual Inter-House Gala (Term 4), building confidence, fitness and a lifelong love of the water.
Contact: Kim Ransom kim.ransom@oakhill.co.za

Water Polo (Grade 4-7)
Develops swimming fitness, teamwork, and game-specific skills. Training is age-appropriate, with U10/U11 focusing on basic skills and an understanding of the game, and U12/U13 squads working on advanced tactics, teamwork, and competitive match preparation. U13A sides participate in the Oakhill Waterfront Chukka Festival, the Makenzie Cup Water Polo, SACS Water Polo Tournament, Kingswood Water Polo Festival, and Clarendon Water Polo Tour
Contact: René Korsten r.korsten@oakhill.co.za

Netball (Grade 1-7)
Encourages all skill levels to participate, emphasizing commitment, teamwork, and sportsmanship. Students develop passing, shooting, and defensive skills in practices and fixtures. The U9, U10, U11, U12 and U13 Teams compete locally in the KPSSS Netball League. U13 teams can look forward to the Oakhill Netball Festival.
FP Contact: Chandré Cullingworth c.cullingworth@oakhill.co.za
IP Contact: Crystal Speak c.speak@oakhill.co.za

Hockey (Grade 1-7)
Students of all abilities are welcome. Training emphasizes skill development, teamwork, and enjoyment of the game. All U9, U11, and U13 teams compete against local schools. The A Teams are entered into the Eden Hockey League, and can look forward to opportunities to attend the Oakhill Co-Ed Hockey Festival. The program promotes lifelong engagement with hockey while encouraging commitment, discipline, and sportsmanship.
Contact: Mechake Fanelo m.fanelo@oakhill.co.za

Soccer (Grade 1-7)
Emphasis is placed on skill development, teamwork, and sportsmanship, with opportunities to compete in local fixtures, inter-house competitions, and festivals. Students learn resilience, cooperation, and fair play in a positive, inclusive environment.
Contact: Irvin Campher i.campher@oakhill.co.za

Mountain Biking (Grade 4-7)
Fun, outdoor adventure on the OSC MTB track. Students develop endurance, bike handling skills, and confidence in a supportive environment. Opportunities exist to compete in the Southern Cape Schools MTB XCO Series. Parents are warmly invited to join in on Friday rides (during the Winter months).
Contact: Kim Ransom kim.ransom@oakhill.co.za

"Every child belongs on a team. Sport is for learning, fun, and growth."