



HOËRSKOOŁ CRADOCK
HIGH SCHOOL

PRIZE GIVING POLICY

SPORT

SPORT

1. **Deelname**

Slegs rooi sertifikaat.

2. **Spantoekennings**

Rooi sertifikaat plus bewys.

3. **Halfkleure**

Goue sertifikaat plus bewys.

4. **Volkleure**

Goue sertifikaat plus bewys.

5. **Bekers**

Rooi sertifikaat saam met beker.

1. ATLETIEK

27 Februarie 2023

1.1 Verslag in

1.2 Deelname

Almal wat aan die Chris Hani Wes-byeenkoms deelneem.

2 Spantoekennings

'n Lid is van die Chris Hani Wes-span wat aan **Oos-Kaap-byeenkoms** deelneem.

1.4 Halfkleure

Almal wat 1ste, 2de of 3de plekke by **Oos-Kaap-byeenkoms** behaal. (geld ook vir aflos-items) en 600 punte op die ASA-tabel behaal.

1.5 Volkleure

Almal wat lid is van die **Oos-Kaapspan** wat aan **SA Hoërskole** en /of lid van die **OP-span** wat aan **Atletiek Suid-Afrika se SA Juniors/SA Jeugbyeenkomste** deelneem.

1.6 BEKERS

1.6.1 **VICTOR LUDORUM: OM DU PREEZ**-beker vir die seun wat tydens die kleurebyeenkoms die meeste punte vir sy span aangeteken het. Deel beker indien punte gelyk. (kondig aan in saal na kleurebyeenkoms) Oorhandig by Sportprysuitdeling.

1.6.2 **VICTRIX LUDORUM: F KOLLMANN**-beker vir die dogter wat tydens die kleurebyeenkoms die meeste punte vir sy span aangeteken het. Deel beker indien punte gelyk. (kondig aan in saal na kleurebyeenkoms) Oorhandig by Sportprysuitdeling.

1.6.3 **DIRK DE WIT**-beker vir die seun wat die beste individuele prestasie by kleurebyeenkoms gelever het. Deel beker indien punte gelyk. (kondig aan in saal na kleurebyeenkoms) Oorhandig by Sportprysuitdeling.

1.6.4 **DIRK DE WIT**-beker vir die dogter wat die beste individuele prestasie by kleurebyeenkoms gelever het. Deel beker indien punte gelyk. (kondig aan in saal na kleurebyeenkoms) Oorhandig by Sportprysuitdeling.

1.6.5 **ABSA-Atletiektrofee** - seun met meeste punte op ASA-tabel tydens enige byeenkoms. (gee by prysuitdeling).

- 1.6.6 **ABSA-Aletiektrofee** - dogter met meeste punte op ASA-tabel tydens enige byeenkoms (gee by prysuitdeling).
- 1.6.7 **Du Toit v/d Merwe-beker** - seuns of dogter met die meeste punte op die ASA-tabel vir 100 of 200 m.

2. **GHOLF**

27 Februarie 2023

2.1 **Verslag** in

2.2 **Deelname-sertifikate**

Almal wat aan gholf deelgeneem het.

2.3 **Spantoekennings**

Almal wat ten minste die helfte van die wedstryde gespeel het.

2.4 **BEKERS**

2.4.1 CHS Gholf-trofee vir die skoolkampioen.

3. **HOKKIE:** **Dogters**

6 Augustus 2026

3.1 **Verslag** in

3.2 **Deelname**

Almal wat lid was van 'n hokkiespan en gereeld geoefen het.

3.3 **Spantoekennings**

Lid van eerste span vir minstens helfte van die wedstryde.

3.4 **Halfkleure**

Deelgeneem aan finale proewe vir OP-spanne.

3.5 **Volkleure**

Lid van 'n OP-span (o.14, o.16, o.18) wat aan 'n toernooi deelgeneem het.

3.6 **Bekers**

3.6.1 **SCHOEMAN**-beker vir die beste speler.

3.6.2 **VENTIE LOMBARD**-beker vir die speler wat die meeste vordering getoon het.

3.6.3 **BERGMAN/DU PREEZ**-beker vir die ywerigste en mees toegewyde speler.

3.6.4 **LIZE-MARIÉ LOMBARD**-beker mees belowende junior hokkiespeler.

3.6.5 **BOTHA/MICHAU**-beker vir die veelsydigste speler.

4. **HOKKIE: Seuns**

6 Augustus 2026

4.1 **Verslag** in

4.2 **Deelname**

Almal wat aan hokkie deelgeneem het.

4.3 **Spantoekennings**

Lid van eerste span vir minstens helfte van die wedstryde.

4.4 **Halfkleure**

Deelgeneem aan finale proewe vir OP-spanne.

4.5 **Volkleure**

Lid van 'n OP-span (o.14, o.16, o.18) wat aan 'n toernooi deelgeneem het.

4.6 **BEKERS**

4.6.1 **RABIE-SKILD** vir “most skilful, dedicated and loyal hockey-player”.

4.6.2 **THALéNE BURGER WISSELTROFEE** vir die speler wat die meeste ontwikkeling getoon het.

4.6.3 **ELSABé DU PLESSIS-beker** vir beste verdediger.

4.6.4 **C.A.T. MOTORS WISSELTROFEE** vir beste junior speler.

4.6.5 **WILLEM JANSE VAN RENSBURG WISSELTROFEE** vir Mees veelsydigste speler.

5. **KRIEKET**

27 Februarie 2023

5.1 **Verslag in**

5.2 **Deelname**

Almal wat lid was van 'n span en wat gereeld geoefen het.

5.3 **Spantoekennings**

Lid van eerste span vir minstens helfte van die wedstryde.

5.4 **Halfkleure**

Lid van die o.17-Winterbergspan.

5.5 **Volkleure**

Lid van o.18 OP-span.

Lid van die o.17-"EP Rural Inland team"

5.6 **BEKERS**

5.6.1 **GERT CLOETE** trophy for the most versatile player.

5.6.2 **THEO OOSTHUIZEN** trophy for the most diligent and devoted player.

5.6.3 **ROBIN BRACEWELL** trophy for the most improved player.

5.6.4 **GERBER, BOTHA AND GOWAR TROPHY** for the best bowler.

5.7 **Geldelike toekenning**

5.7.1 **ALBERT MEYBURGH** prys vir die eerste span speler met die beste kolfgemiddelde (ten minste 5 wedstryde gebruik).

Belegging deur skool geadministreer - vra aan by finans-afdeling.

6. **MUURBAL**

27 Februarie 2023

6.1 **Verslag** in

6.2 **Deelname**

Almal wat gedurende die jaar in 'n span gespeel het.

6.3 **Spantoekennings**

Lid van eerste span vir minstens helfte van die wedstryde.

6.4 **BEKERS**

6.4.1 **CHS-beker** vir beste vordering in muurbal.

6.4.2 **Karien Brits**-kapteinsbeker

7. **NETBAL**

6 Augustus 2026

7.1 **Verslag** in

7.2 **Deelname**

Almal wat lid was van o.19, o.16-, o.14-spanne of wat die hele seisoen gereeld geoefen het.

7.3 **Spantoekennings**

Lid van eerste span vir minstens helfte van wedstryde. (Sluit nie voor-seisoen toernooie in nie.)

7.4 **Halfkleure**

Almal wat gekies word vir Chris Hani Wes en deelneem aan finale Oos-Kaapproewe asook lid is van die o.19A of o.16A of o.14A vir die helfte van die wedstryde.

7.5 **Volkleure**

Almal wat gekies word en deelneem vir Oos-Kaapspanne by SA Nasionale toernooi vir o.14; o.15; o.16; o.17; o.18. (9 provinsies)

7.6 **BEKERS**

76.1 **CHS**-beker vir die speler wat die meeste vordering getoon het.

7.6.2 **ILSE OPPERMAN**-trofee vir die ywerigste en mees toegewyde speler.

7.6.3 **VAN ROOYEN**-trofee vir die speler van die jaar.

8. **NOODHULP**

6 Augustus 2026

8.1 **Verslag** in

8.2 **Deelname**

Almal wat ten minste by driekwart van die wedstryde of byeenkomste per jaar behulpsaam was by noodhulp.

8.3 **Toekennings**

Almal wat al vir minstens twee jaar aan deelname vereistes voldoen het.

8.4 **Halfkleure**

Verwerf Vlak 1 en vir minstens **twee** jaar lid wees van die **noodhulpspan**.

8.5 **Volkleure**

Verwerf Vlak 3 en vir minstens **drie** jaar lid wees van die **noodhulpspan**.

8.6 **BEKERS**

MARAZAAN VAN WYK- trofee vir die kaptein van die Noodhulpspan.

9. **SKAAK**

6 Augustus 2026

9.1 **Verslag** in

9.2 **Deelname**

Almal wat gereeld gedurende die jaar geoefen het.

9.3 **Spantoekennings**

Lid van span vir minstens helfte van die wedstryde.
(Moet ten minste twee of meer wedstryde die jaar gespeel het.)

9.4 **Halfkleure**

Lid van die Chris Hani Wes-span wat aan verdere proewe deelneem.
As lid van die streekspan verkies (na geslote proewe).
As lid van die streekspan verkies.

Deelname en prestasie in 3-4 toernooie deur die loop van die jaar:

- * Bloemfontein Toernooi (Grey College)
- * Alex Forbes Online Tournament (BattleBoards)
- * SPARTANS (District Tournament)

9.5 **Volkleure**

Lid van OP-/Oos-Kaapspan wat aan Nasionale toernooi deelneem.
Verteenwoordig 'n streekspan by Nasionale Toernooi.
Verteenwoordig 'n streekspan by die Suid-Afrikaanse Junior
Skaakkampioenskap.

} 50%
wedstryde
wen op
Nasionale
toernooi.

10. **RUGBY**

30 November 2023

10.1 **Verslag** in

10.2 **Deelname**

Almal wat lid was van 2de, 3de, 4de, o.16-, o.15- of o.14-spanne of wat die hele seisoen gereeld geoefen het.

10.3 **Spantoekennings**

Lid van eerste span vir ten minste die helfte van die wedstryde gespeel het:

1. Voorseisoen + ligawedstryde of
2. slegs ligawedstryde

10.4 **Halfkleure**

Vir spelers wat opgeneem word in die Middellande-span (alle skole in die Cradock streek) wat deurgaans na die volgende rondte in die OP.
Die speler moet 70% van die eerstespanwedstryde speel.

10.5 **Volkleure**

Cravenweek speel / Nasionale Toernooi / OP A-span enige ouderdom.

10.6 **Bekers**

10.6.1 **EERSTESPANKAPTEINS**-beker aan die kaptein van die eerste span.

10.6.2 **VAN HEERDEN**-trofee vir die eerstespanspeler wat die meeste punte aangeteken het.

10.6.3 **JAMES MACKENZIE**-beker vir die eerste span of tweede span wat die beste sportmangees openbaar het.

10.6.4 **ERNEST SYKES**-beker vir die span wat die aantreklikste rugby gespeel het.

10.6.5 **GERT JORDAAN**-beker vir die o.14- of o.15-speler wat die meeste punte vir sy span aangeteken het.

10.6.6 **CHS**-beker vir die mees toegewyde en ywerigste rugbyspeler.

10.6.7 **JAN VAN DER MERWE**-beker vir die speler wat die meeste vordering getoon het.

10.6.8 **DRU NASS**-beker vir die beste agterspeler in die eerstespan.

10.6.9 **JAN GROBBELAAR**-beker vir die beste voorspeler in die eerstespan.

10.6.10 **DUVENAGE KABINETMAKERS**-beker vir die mees belowende span.

11. **SWEM**

27 Februarie 2023

11.1 **Verslag** in

11.2 **Deelname**

Vir deelname aan die Karoo Swemgala.

11.3 **Algemene vereistes**

3. Klub, provinsiale of nasionale uitslae, kan slegs in aanmerking geneem word as dit aan skool verskaf word. Die onus berus dus by die swemmer of ouer om die uitslae aan die skool te verskaf.
4. Uitslae wat verskaf word moet afskrifte van amptelike uitslae wees.
5. Uitslae moet aan die einde van die eerste week van die derde kwartaal ingehandig wees by die swemkoördineerder.

11.4 **Spantoekennings**

Lid van span wat aan Middellande Interskole-gala deelneem.

11.5 **Halfkleure**

Behaal gedurende Middellande Interskole-gala 1ste of 2de plek
Swem minstens twee kwalifiserende tye volgens die aangehegte tabel in een seisoen. Die tye kan in verskillende items behaal word.

Of

Behaal drie kwalifiserende tye volgens die aangehegte tabel in een seisoen.

11.6 **Volkleure**

Swem minstens 3 tye volgens die aangehegte tabel in een seisoen. Die tye kan in verskillende items behaal word.

11.7 **BEKERS**

- 11.7.1 **W. ANTHONY**-trofee vir die beste prestasie deur 'n junior (o.14 of o.16) dogterswemmer. (Toegeken op grond van die beste tyd geswem tydens die seisoen gemeet teen die tabel van kwalifiserende tye vir vlak 2).
- 11.7.2 **HENDRIK LOMBARD**-trofee vir die beste prestasie deur 'n junior (o.14 of o.16) seunswemmer. (Toegeken op grond van die beste tyd geswem tydens die seisoen gemeet teen die tabel van kwalifiserende tye vir vlak 2).
- 11.7.3 **VICTOR LUDORUM**: -beker vir die seun wat tydens die kleurebyeenkoms die meeste punte vir sy span aangeteken het in 50 m of langer afstande. (gee so gou as moontlik na kleurebyeenkoms in saal) (deel beker indien punte gelyk - oorhandig by Sportprysuitdeling). Maak net bekend in saalbyeenkoms.
- 11.7.4 **VICTRIX LUDORUM**: -beker vir die dogter wat tydens die kleurebyeenkoms die meeste punte vir sy span aangeteken het in 50 m of langer afstande. (gee so gou as moontlik na kleurebyeenkoms in saal) (deel beker indien punte gelyk - oorhandig by Sportprysuitdeling). Maak net bekend in saalbyeenkoms.
- 11.7.5 **FRANCOIS ERASMUS**-trofee vir die veelsydigste dogterswemmer tydens die interskole gala (bereken volgens punte behaal in minimum van twee items).
- 11.7.6 **FRANCOIS ERASMUS**-trofee vir die veelsydigste seunswemmer tydens die interskole gala (bereken volgens punte behaal in minimum van twee items).
- 11.7.7 **LIANA OLIVIER**-trofee vir die beste prestasie deur 'n senior (o.19) dogterswemmer. (Toegeken op grond van die beste tyd geswem tydens die seisoen gemeet teen die tabel van kwalifiserende tye vir vlak 2).
- 11.7.8 **EUGENE OLIVIER**-trofee vir die beste prestasie deur 'n senior (o.19) seunswemmer. (Toegeken op grond van die beste tyd geswem tydens die seisoen gemeet teen die tabel van kwalifiserende tye vir vlak 2).

	BOYS		GIRLS	
	Full colours	Half colours	Full colours	Half colours
50 m Free	0.27	0.30	0.32	0.33
100 m Free	1:06	1:10	1:15	1:19
200 m Free	2:18,00	2:26,00	2:24,00	2:33,00
400 m Free	4:52,00	5:10,00	5:08,00	5:22,00
50 m Breast	0.36	0.38	0.40	0.42
100 m Breast	1:24	1.28	1.31	1:36
200 m Breast	2:50,00	3:00,00	3:02,00	3:14,00
50 m Back	0:35	0.37	0.37	0.39
100 m Back	1:21	1:25	1:35	1:37
200 m Back	2:40,00	2:48,00	2:46,00	2:56,00
50 m Fly	0.29	0.32	0.35	0.37
100 m Fly	1.10	1:16	1:25	1:29
4 x 50 m IM	2:46	3:01	2:56	3:06

VEELSYDIGSTE SWEMMER	
Deelname	2 punte
Derde plek	2 + 1 punte
Tweede plek	2 + 3 punte
Eerste plek	2 + 5 punte

Women Qualifying times Level 2

	u.14	u.16 & u.19
50 m Free	32.30	31.28
100 m Free	1:10.15	1:07.95
200 m Free	2:31.50	2:26.73
400 m Free	5:19.10	5:09.05
800 m Free		
1500 m Free		
50 m Back	36.87	35.73
100 m Back	1:20.21	1:17.74
200 m Back	2:52.55	2:47.24
50 Breast	40.76	39.50
100 Breast	1:29.71	1:26.95
200 Breast	3:12.67	3:06.74
50 Fly	34.03	32.99
100 Fly	1:17.16	1:14.78
200 Fly		
200 IM	2:54.50	2:49.09
400 IM		

Men Qualifying times Level 2

	u.14	u.16 & u.19
50 m Free	29.73	28.38
100 m Free	1:05.48	1:02.52
200 m Free	2:24.60	2:18.07
400 m Free	5:05.85	4:52.05
800 m Free		
1500 m Free		
50 m Back	34.19	32.68
100 m Back	1:14.99	1:11.68
200 m Back	2:42.82	2:35.64
50 Breast	37.44	35.79
100 Breast	1:23.74	1:20.04
200 Breast	3:01.82	2:53.80
50 Fly	32.00	30.59
100 Fly	1:11.89	1:08.72
200 Fly		
200 IM	2:43.89	2:36.61
400 IM		

12. **TENNIS**

24 Augustus 2026

12.1 **Verslag** in

12.2 **Deelname**

Almal wat vir die skool 'n wedstryd(e) gespeel het.

12.3 **Spantoekennings**

Lid van eerste span vir minstens helfte van die wedstryde **OF** lid was van die span wat aan minstens **twee** (bv. Tjaart Vorster, Marilie Moolman, Bethlehem) toernooie deelgeneem het.

12.4 **Halfkleure**

Lid van Oos-Kaap Synergy-span wat aan die Synergy Cup deelneem. (moet ook spantoekenning vir eerstespan ontvang)

12.5 **Volkleure**

Lid van Oos-Kaap-span wat aan SA Nasionale Interprotoernooi deelgeneem het. (IPT – 9 provinsies)

12.6 **BEKERS**

12.6.1 **HALLIER**-beker vir die dogter wat die meeste vordering getoon het.

12.6.2 **BOBBY EVANS**-beker vir die seun wat die meeste vordering getoon het.

12.6.3 **A HYAM**-trofee vir die ywerigste en mees toegewyde speler.

12.6.4 **COLAROSSO**-trofee vir die beste seunspeler. Dit is die speler wat vir die langste tydperk van die jaar nommer 1 op die CHS ranglys was. Die leerder moet ook vir ten minste 80% van die liga wedstryde en 75% van die toernooie die skool verteenwoordig.

12.6.5 **COLAROSSO**-trofee vir die beste dogterspeler. Dit is die speler wat vir die langste tydperk van die jaar nommer 1 op die CHS ranglys was. Die leerder moet ook vir ten minste 80% van die liga wedstryde en 75% van die toernooie die skool verteenwoordig.

12.6.6 **FRANCOIS MICHAU**-beker vir uitstaande tennis prestasie.

1. BUITESKOOLSE SPORT- en KULTUURTOEKENNINGS

1.1 Deelname

Indien bewys van deelname verskaf kan word, sal leerders 'n **Rooi sertifikaat** ontvang (sonder bewys).

1.2 Spantoekennings

Leerders wat in 'n sport-/kulturele aktiwiteit tot die **tweede uitdunronde** gevorder het, kan 'n **Rooi sertifikaat met bewys** ontvang.

1.3 Halfkleure

Leerders wat tot die **FINALE uitdunronde** gevorder het, kan **Halfkleure** ontvang (**Goue sertifikaat met bewys**).

1.4 Volkleure

Leerders wat gekies word om die **PROVINSIE** in 'n sport-/kulturele aktiwiteit te verteenwoordig, kan **Volkleure** ontvang (**Goue sertifikaat met bewys**).

2. INTERNASIONALE DEELNAME

Oorhandig medaljes (vir spesifieke sportsoort) plus **GOUE CERTIFIKATE** aan deelnemers.

3. HOOGSTE SPORTTOEKENNINGS

3.1 TROFEE VIR DIE BESTE PRESTASIE IN 'N BUITESKOOLSE SPORT

3.2 PHILLIPS trofee vir die beste individuele sportprestasië deur 'n seun.

3.3 TROFEE VIR DIE BESTE SPORTPRESTASIE DEUR 'N DOGTER - vir beste enkele sportprestasië deur 'n dogter.

3.4 TROFEE VIR DIE SPORTVROU VAN DIE JAAR - aan 'n dogter wat die veelsydigste in sport was. (Provinsiaal indien moontlik)

3.5 LOMBARDSKILD vir die Sportman van die Jaar - aan die seun wat die veelsydigste in sport was. (Provinsiaal indien moontlik).

(Vorms vir beoordeling)

TOEKENNING VAN VOLKLEURE

1. Matrieks

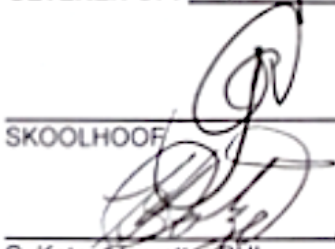
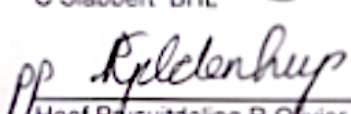
Sal toegeken word sodra prestasie vir eerste keer behaal is. (bewys)

2. Graad 8 tot 11 leerders

Word toegeken by die sportprysuitdeling in Oktober.
(Bewys ook by eerste toekenning)

Indien prestasie na sportprysuitdeling tot Desember van daardie jaar behaal is, word dit by Akademiese Prysuitdeling van die nuwe jaar toegeken (slegs bewys vir eerste toekenning).

GETEKEN OP: 27 | 8 | 26 (Datum)

SKOOLHOOF	ONDERHOOF
	
C. Kotze Voorster BHL	Me Carin Janse van Rensburg BHL
	
ET Buijs BHL	C Slabbert BHL
	
T Del Giudice BHL	Hoof Prysuitdeling R Olivier

SPORT

1. **Participation**

Red certificate only.

2. **Team Awards**

Red certificate plus proof.

3. **Half Colours**

Gold certificate plus proof.

4. **Full Colours**

Gold certificate plus proof.

5. **Trophies**

Red certificate together with trophy.

1. **ATHLETICS**

27 Februarie 2023

1.1 **Report** in

1.2 **Participation**

All learners who participate in the Chris Hani West event.

2 **Team Awards**

A member of the Chris Hani West team that participates in the Eastern Cape event.

1.4 **Half Colours**

All learners who achieve 1st, 2nd or 3rd places at the Eastern Cape event (also applies to relay events) and achieve 600 points on the ASA table.

1.5 **Full Colours**

All learners who are members of the Eastern Cape team participating at the SA High Schools Championships and/or members of the OP team participating at Athletics South Africa's SA Juniors/SA Youth events.

1.6 **TROPHIES**

1.6.1 **VICTOR LUDORUM: OM DU PREEZ Trophy** for the boy who scored the most points for his team during the Colours meeting. Share the trophy if points are tied. (Announce at assembly after the Colours meeting.) Presented at the Sports Prize-Giving.

1.6.2 **VICTRIX LUDORUM: F KOLLMANN Trophy** for the girl who scored the most points for her team during the Colours meeting. Share the trophy if points are tied. (Announce at assembly after the Colours meeting.) Presented at the Sports Prize-Giving.

1.6.3 **DIRK DE WIT Trophy** for the boy who achieved the best individual performance at the Colours meeting. Share the trophy if points are tied. (Announce at assembly after the Colours meeting.) Presented at the Sports Prize-Giving.

1.6.4 **DIRK DE WIT Trophy** for the girl who achieved the best individual performance at the Colours meeting. Share the trophy if points are tied. (Announce at assembly after the Colours meeting.) Presented at the Sports Prize-Giving.

1.6.5 **ABSA-Athletics trophy** - boy with most points at ASA-table during any meeting. (presented at the Prize-Giving).

- 1.6.6 **ABSA-Athletics trophy** - girl with most points at ASA-table during any meeting (presented at the Prize-Giving).
- 1.6.7 **Du Toit v/d Merwe Trophy** – boy or girl with the most points on the ASA table for 100 m or 200 m.

2. **GOLF**

27 Februarie 2023

2.1 **Report** in

2.2 **Participation** Certificates

All learners who participated in golf.

2.3 **Team Awards**

All learners who played at least half of the matches.

2.4 **TROPHIES**

2.4.1 **CHS Golf Trophy** for the School Champion.

3. **HOCKEY: Girls**

6 Augustus 2026

3.1 **Report** in

3.2 **Participation**

All learners who were members of a hockey team and trained regularly.

3.3 **Team Awards**

Member of first team for at least half of the matches.

3.4 **Half Colours**

Participated in the final trials for OP teams.

3.5 **Full Colours**

Member of an OP team (U14, U16, U18) that participated in a tournament.

3.6 **TROPHIES**

3.6.1 **SCHOEMAN-trophy** for the best player.

3.6.2 **VENTIE LOMBARD Trophy** for the player who has shown the most improvement.

3.6.3 **BERGMAN/DU PREEZ-trophy** for the most diligent and dedicated player.

3.6.4 **LIZE-MARIÉ LOMBARD Trophy** for the most promising junior hockey player.

3.6.5 **BOTHA/MICHAU-trophy** for the most versatile player.

4. **HOCKEY: Boys**

24 Augustus 2026

4.1 **Report** in

4.2 **Participation**

All learners who participated in hockey.

4.3 **Team Awards**

Member of first team for at least half of the matches.

4.4 **Half Colours**

Participated in the final trials for OP teams.

4.5 **Full Colours**

Member of an OP team (U14, U16, U18) that participated in a tournament.

4.6 **TROPHIES**

4.6.1 **RABIE-SHIELD** for “most skilful, dedicated and loyal hockey player”.

4.6.2 **THALÉNE BURGER PERPETUAL TROPHY** for the player who has shown the most development.

4.6.3 **ELSABÉ DU PLESSIS Trophy** for the best defender.

4.6.4 **C.A.T. MOTORS FLOATING TROPHY** for Best junior player.

4.6.5 **WILLEM JANSE VAN RENSBURG FLOATING TROPHY** for Best all Rounder.

5. **CRICKET**

27 February 2023

5.1 **Report** in

5.2 **Participation**

All learners who were members of a team and trained regularly.

5.3 **Team Awards**

Member of first team for at least half of the matches.

5.4 **Half Colours**

Member of the U17 Winterberg team.

5.5 **Full Colours**

Member of the U18 OP team.

Member of the U17 "EP Rural Inland team".

5.6 **TROPHIES**

5.6.1 **GERT CLOETE trophy** for the most versatile player.

5.6.2 **THEO OOSTHUIZEN trophy** for the most diligent and dedicated player.

5.6.3 **ROBIN BRACEWELL trophy** for the most improved player.

5.6.4 **GERBER, BOTHA AND GOWAR TROPHY** for the best bowler.

5.7 **Financial Award**

5.7.1 **ALBERT MEYBURGH Prize** for the first-team player with the best batting average (based on at least 5 matches).

Investment administered by the school – enquire at finance department.

6. **SQUASH**

27 February 2023

6.1 **Report** in

6.2 **Participation**

All learners who played in a team during the year.

6.3 **Team Awards**

Member of first team for at least half of the matches.

6.4 **TROPHIES**

6.4.1 **CHS Trophy** for the player who has shown the most improvement in squash.

6.4.2 **Karien Brits**-Captain's trophy

7. **NETBALL**

6 August 2026

7.1 **Report** in

7.2 **Participation**

All learners who were members of U19, U16 or U14 teams, or who trained regularly throughout the season.

7.3 **Team Awards**

Member of the first team for at least half of the matches. (Pre-season tournaments are not included.)

7.4 **Half Colours**

All learners selected for Chris Hani West who participate in the final Eastern Cape trials, as well as members of the U19A, U16A or U14A teams for half of the matches.

7.5 **Full Colours**

All learners selected for and participating in Eastern Cape teams at the SA National Tournament for U14, U15, U16, U17 or U18 (9 provinces).

7.6 **TROPHIES**

7.6.1 **CHS Trophy** for the player who has shown the most improvement.

7.6.2 **ILSE OPPERMAN-trophy** for the most diligent and dedicated player.

7.6.3 **VAN ROOYEN Trophy** for the Player of the Year.

8. **FIRST AID**

6 August 2026

8.1 **Report** in

8.2 **Participation**

All learners who assisted with First Aid at least three-quarters of the matches or events during the year.

8.3 **Awards**

All learners who have met the participation requirements for at least two years.

8.4 **Half Colours**

Achieve Level 1 and be a member of the First Aid team for at least two years.

8.5 **Full Colours**

Achieve Level 3 and be a member of the First Aid team for at least three years.

8.6 **TROPHIES**

MARAZAAN VAN WYK Trophy for the captain of the First Aid team.

9. **CHESS**

6 August 2026

9.1 **Report** in

9.2 **Participation**

All learners who trained regularly during the year.

9.3 **Team Awards**

Member of the team for at least half of the matches.
(Must have played at least two matches during the year.)

9.4 **Half Colours**

Member of the Chris Hani West team who participates in further trials.
Selected as a member of the regional team (after closed trials).
Selected as a member of the regional team.

Participation and performance in 3-4 tournaments throughout the year:

- * Bloemfontein Tournament (Grey College)
- * Alex Forbes Online Tournament (BattleBoards)
- * SPARTANS (District Tournament)

9.5 **Full Colours**

Member of the OP/Eastern Cape team participating in the National Tournament.

Represents a regional team at National Tournament.

Represents a regional team by the South African Junior Chess Championship.

} 50%
matches
wins at
National
Tournament.

10. **RUGBY**

30 November 2023

10.1 **Report** in

10.2 **Participation**

All learners who were members of the 2nd, 3rd, 4th, U16, U15 or U14 teams, or who trained regularly throughout the season.

10.3 **Team Awards**

Member of the first team who played at least half of the matches:

1. Pre-season + league matches or
2. league matches only

10.4 **Half Colours**

For players selected for the Midlands team (all schools in the Cradock region) who progress to the next round in the OP.

The player must play 70% of the first-team matches.

10.5 **Full Colours**

Play in Craven Week / National Tournament / OP A team to any age.

10.6 **TROPHIES**

10.6.1 **FIRST TEAM CAPTAIN'S Trophy** awarded to the captain of the first team.

10.6.2 **VAN HEERDEN Trophy** for the first-team player who scored the most points.

10.6.3 **JAMES MACKENZIE Trophy** for the first or second team that displayed the best sportsmanship.

10.6.4 **ERNEST SYKES Trophy** for the team that played the most attractive rugby.

10.6.5 **GERT JORDAAN Trophy** for the U14 or U15 player who scored the most points for their team.

10.6.6 **CHS Trophy** for the most dedicated and diligent rugby player.

10.6.7 **JAN VAN DER MERWE Trophy** for the player who has shown the most improvement.

10.6.8 **DRU NASS Trophy** for the best backline player in the first team.

10.6.9 **JAN GROBBELAAR Trophy** for the best forward in the first team.

10.6.10 **DUVENAGE KABINETMAKERS Trophy** for the most promising team.

11. **SWIMMING**

27 February 2023

11.1 **Report** in

11.2 **Participation**

For participation in the Karoo Swimming Gala.

11.3 General requirements

1. Club, provincial or national results may only be considered if submitted to the school. It is therefore the responsibility of the swimmer or parent to provide the results to the school.
2. Results submitted must be copies of official results.
3. Results must be submitted to the swimming co-ordinator by the end of the first week of the third term.

11.4 **Team Awards**

Member of the team participating in the Midlands Inter-Schools Gala.

11.5 **Half Colours**

Achieve 1st or 2nd place at the Midlands Inter-Schools Gala.

Swim at least two qualifying times according to the attached table in one season. The times may be achieved in different events.

Or

Achieve three qualifying times according to the attached table in one season.

11.6 **Full Colours**

Swim at least 3 qualifying times according to the attached table in one season. The times may be achieved in different events.

11.7 TROPHIES

- 11.7.1 **W. ANTHONY Trophy** for the best performance by a junior (U14 or U16) female swimmer. (Awarded based on the best time swum during the season, measured against the table of qualifying times for Level 2).
- 11.7.2 **HENDRIK LOMBARD-trophy** for the best performance by a junior (U14 or U16) male swimmer. (Awarded at based or the best time swum during the season measured against the table of qualifying times for Level 2).
- 11.7.3 **VICTOR LUDORUM: Trophy** for the boy who scored the most points for his team during the Colours meeting in events of 50 m or longer. (Present as soon as possible after the Colours meeting at assembly.) (Share the trophy if points are tied – present at the Sports Prize-Giving.) Announce only at assembly.
- 11.7.4 **VICTRIX LUDORUM: Trophy** for the girl who scored the most points for her team during the Colours meeting in events of 50 m or longer. (Present as soon as possible after the Colours meeting at assembly.) (Share the trophy if points are tied – present at the Sports Prize-Giving.) Announce only at assembly.
- 11.7.5 **FRANCOIS ERASMUS Trophy** for the most versatile female swimmer during the Inter-Schools Gala (calculated according to points achieved in a minimum of two events).
- 11.7.6 **FRANCOIS ERASMUS Trophy** for the most versatile male swimmer during the Inter-Schools Gala (calculated according to points achieved in a minimum of two events).
- 11.7.7 **LIANA OLIVIER Trophy** for the best performance by a senior (U19) female swimmer. (Awarded based on the best time swum during the season, measured against the table of qualifying times for Level 2).
- 11.7.8 **EUGENE OLIVIER Trophy** for the best performance by a senior (U19) male swimmer. (Awarded based on the best time swum during the season, measured against the table of qualifying times for Level 2).

	BOYS		GIRLS	
	Full Colours	Half Colours	Full Colours	Half Colours
50 m Free	0.27	0.30	0.32	0.33
100 m Free	1:06	1:10	1:15	1:19
200 m Free	2:18,00	2:26,00	2:24,00	2:33,00
400 m Free	4:52,00	5:10,00	5:08,00	5:22,00
50 m Breast	0.36	0.38	0.40	0.42
100 m Breast	1:24	1.28	1.31	1:36
200 m Breast	2:50,00	3:00,00	3:02,00	3:14,00
50 m Back	0:35	0.37	0.37	0.39
100 m Back	1:21	1:25	1:35	1:37
200 m Back	2:40,00	2:48,00	2:46,00	2:56,00
50 m Fly	0.29	0.32	0.35	0.37
100 m Fly	1.10	1:16	1:25	1:29
4 x 50 m IM	2:46	3:01	2:56	3:06

MOST VERSATILE SWIMMER	
Participation	2 points
Third place	2 + 1 points
Second place	2 + 3 points
First place	2 + 5 points

Women Qualifying Times Level 2

	U14	U16 & U19
50 m Free	32.30	31.28
100 m Free	1:10.15	1:07.95
200 m Free	2:31.50	2:26.73
400 m Free	5:19.10	5:09.05
800 m Free		
1500 m Free		
50 m Back	36.87	35.73
100 m Back	1:20.21	1:17.74
200 m Back	2:52.55	2:47.24
50 Breast	40.76	39.50
100 Breast	1:29.71	1:26.95
200 Breast	3:12.67	3:06.74
50 Fly	34.03	32.99
100 Fly	1:17.16	1:14.78
200 Fly		
200 IM	2:54.50	2:49.09
400 IM		

Men Qualifying Times Level 2

	U14	U16 & U19
50 m Free	29.73	28.38
100 m Free	1:05.48	1:02.52
200 m Free	2:24.60	2:18.07
400 m Free	5:05.85	4:52.05
800 m Free		
1500 m Free		
50 m Back	34.19	32.68
100 m Back	1:14.99	1:11.68
200 m Back	2:42.82	2:35.64
50 Breast	37.44	35.79
100 Breast	1:23.74	1:20.04
200 Breast	3:01.82	2:53.80
50 Fly	32.00	30.59
100 Fly	1:11.89	1:08.72
200 Fly		
200 IM	2:43.89	2:36.61
400 IM		

12. **TENNIS**

24 August 2026

12.1 **Report** in

12.2 **Participation**

All learners who played a match or matches for the school.

12.3 **Team Awards**

Member of the first team for at least half of the matches OR a member of the team that participated in at least two tournaments (e.g. Tjaart Vorster, Marilie Moolman, Bethlehem).

12.4 **Half Colours**

Member of the Eastern Cape Synergy team participating in the Synergy Cup. (Must also receive a first-team award.)

12.5 **Full Colours**

Member of the Eastern Cape team that participated in the SA National Inter-Provincial Tournament (IPT – 9 provinces).

12.6 **TROPHIES**

12.6.1 **HALLIER Trophy** for the girl who has shown the most improvement.

12.6.2 **BOBBY EVANS Trophy** for the boy who has shown the most improvement.

12.6.3 **A HYAM-trophy** for the most diligent and dedicated player.

12.6.4 **COLAROSSO-trophy** for the best boy player. This is the player who held the number 1 CHS ranking for the longest period of the year. The learner must also represent the school in at least 80% of the league matches and 75% of the tournaments.

12.6.5 **COLAROSSO-trophy** for the best girl player. This is the player who held the number 1 CHS ranking for the longest period of the year. The learner must also represent the school in at least 80% of the league matches and 75% of the tournaments.

12.6.4 **FRANCOIS MICHAU-trophy** for outstanding tennis performance.

1. EXTRAMURAL SPORT AND CULTURAL AWARDS**1.1 Participation**

If proof of participation can be provided, learners will be awarded a Red certificate (without proof).

1.2 Team awards

Learners who continued to the second round of qualifiers in a sport / cultural activity can achieve a Red certificate with proof.

1.3 Half colours

Learners who continued to the FINAL round of qualifiers can achieve Half colours (Gold certificate with proof).

1.4 Full colours

Learners who are chosen to represent the PROVINCE in a sport / cultural activity can achieve Full colours (Gold certificate with proof).

2. INTERNATIONAL PARTICIPATION

Medals (for the specific sport) plus **GOLD CERTIFICATES** are presented to participants.

3. HIGHEST SPORT AWARDS**3.1 TROPHY FOR THE BEST PERFORMANCE IN AN EXTRAMURAL SPORT****3.2 PHILLIPS Trophy** for the best individual sporting performance by a boy.**3.3 TROPHY FOR THE BEST SPORTING PERFORMANCE BY A GIRL** – for the best single sporting performance by a girl.**3.4 TROPHY FOR THE SPORTSWOMAN OF THE YEAR** – awarded to the girl who was the most versatile in sport. (Provincial level, if possible.)**3.5 LOMBARD SHIELD for the Sportsman of the Year** – awarded to the boy who was the most versatile in sport. (Provincial level, if possible.)

(Assessment forms)

AWARDING OF FULL COLOURS

1. Grade 12 learners

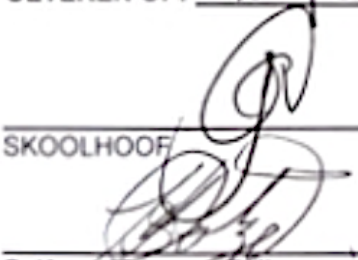
Will be awarded as soon as the achievement is attained for the first time.
(Proof required.)

2. Grade 8 to 11 learners

Awarded at the Sports Prize-Giving in October.
(Proof required for the first award only.)

If the achievement is attained after the Sports Prize-Giving and before December of that year, it will be awarded at the Academic Prize-Giving in the following year (proof required for the first award only).

GETEKEN OP: 27 | 8 | 26 (Datum)

SKOOLHOOF	ONDERHOOF
	
C. Kotzé Voorster BHL	Me Carin Janse van Rensburg BHL
	
ET Burenkagen BHL	C Slabbert BHL
	
T Del Giudice BHL	Hoof Prysuitdeling R Olivier