

Hockey Tour 2017

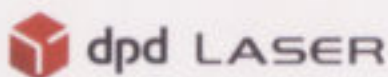
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Hockey Tour 2017

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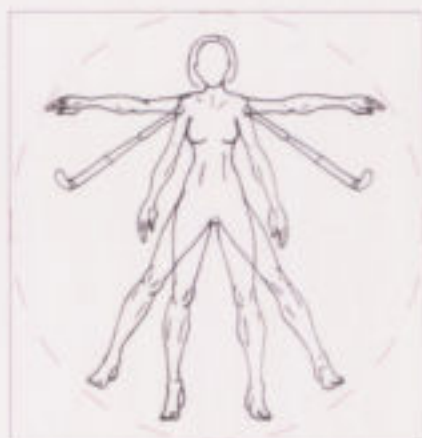
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LIZETTE VOSLOO THERON

It's not the team
with the *best players*
that win.

It's the players
with the *best team*
that wins.

As Pam Golding herself said - "I know that nothing worth having is ever made alone." In the true spirit of Pam Golding Properties it is with pride that we offer our support to the Herschel Girls hockey team tour to Europe.
From one incredible team to another - we wish you all the best.



Messages of
INSPIRATION, COURAGE & MOTIVATION

Mr Stuart West, HEAD



A tour such as the 2017 Hockey Tour to Europe serves not only to develop and hone the hockey skills of those players who grace our fields, it also is one of the most effective forms of education. There are players among you who have travelled overseas many times and others for whom this is their first time abroad. Yet all of you will benefit from the opportunity to experience a sample of sporting and community life in a country that is very diverse from your own, to meet players and coaches from around the globe and sample their culture both on and off the field.

Herschel is proud of the strength, depth and successes of its hockey teams over the past four years. They have secured the local Girls' Schools Indoor, League and Cup titles virtually every year while the u16 team won the National title in 2015. We are also proud that our current coach of the first touring squad, Cindy Brown, is a highly respected past national player and 2008 Beijing Olympian. Her experience with the women's team at the Beijing Olympics in 2008 and her extensive test hockey record stand the Herschel 1st team in good stead for their hockey experience on tour.

We trust that some of the current players will also aspire to such heights. We hope that they will play attacking and attractive skillful hockey. More importantly, I hope that as young ambassadors for their country and their school the players will be able to impart to those that they meet, some of the many and exciting changes that have taken place in our country and the challenges and huge opportunities which the future presents. We are truly a country of hope. We encourage all to read this magazine and visit our website at www.herschel.org.za for an in-depth view of our school.

I would like to thank our sponsors, benefactors, parents and Council for making this tour possible. The planning and preparation have involved an enormous amount of work and enthusiasm. Both have been freely available and appreciated by all.

To the players – make best use of the opportunity. First and foremost, have fun playing your hockey – you always do and you play well when there is that sparkle in your eye and spring in your step. Do not let the scoreboard dominate your thoughts, but make a point of getting to know those against whom you play. Share your experiences, record the names and addresses of many new friends and know that you will gain much from the network you make while on tour. My best wishes to you.

LASTLY TO THE TOURING STAFF – HELEN BOTHA, ANDREW SCOTT, CINDY BROWN AND TARRYN HORNER – I EXPRESS A GRATEFUL AND CONFIDENT “THANK YOU!” YOUR EFFORTS DURING THE PRE-SEASON AND THE PREPARATION FOR THIS TOUR ARE MUCH APPRECIATED. MAY IT BE A TOUR TO BE ENJOYED, SAVOURED AND REMEMBERED!

Stuart West
Head

Helen Botha, DIRECTOR OF SPORT

The team sports teach our girls many life skills and to appreciate what every single player brings to the team. The development of the team is paramount and players have to learn to rely on their team mates around them and to appreciate what every single player brings to the team. It is this acceptance of the individual strengths and weaknesses and the appreciation of each and every player's unique contribution to the team, which generates the team's success.

They learn to respect each other's failures and successes. It is ultimately this genuine appreciation for every single individual that gives strength to the team and therefore yields results.

This lesson in identifying these attributes and their ability to use them constructively to a common goal, are skills that they will find very useful in later life.



PART AND PARCEL OF TEAM WORK IS THE DEVELOPMENT OF COMMUNICATION SKILLS. THE ABILITY TO READ BODY LANGUAGE, READ SIGNS, RECOGNIZE PATTERNS AND COMMUNICATE THESE MESSAGES TO THEIR FELLOW PLAYERS IS VERY IMPORTANT TO THE TEAM AS A UNIT.

Discipline both on and off the field is an important aspect in sport. Every player is empowered to make decisions during the game.

Hard work and perseverance always pays off.

I have been involved in Sports at Herschel for the past 34 years and as the Director of Sport I am very proud of the sports department and what my coaches have achieved. The girls have every opportunity to be involved and to be enriched in all that sport has to offer.

In particular Herschel hockey has been very successful over recent years and our 1st and U/16 teams have been at the top in the Western Cape for the past 4 years. Our tour to Holland and Spain in 2017 is an exciting challenge for the players and we look forward to learning new skills and testing our players at an International level.

Henry Ford once said "coming together is a beginning, keeping together is progress and working together is success."

Regards,
Helen

Andrew Scott, COACH



Whilst at school, sport had always been my greatest passion and playing rugby and cricket for Wepups and then later for Bishops will always be my fondest school memories!

My career at Herschel started back in 1991 when I was appointed as a Xhosa and Latin Teacher and after

representing Stellenbosch University (Maties) in rugby at U20 level and playing for the 1st Team in cricket, it was natural that I was very keen to coach school sport.

Initially I coached the 1st Tennis and Squash Teams and became the Chairman of The Independent Schools Tennis Festival. However, after eight years of individual sport, I decided to return to my passion of team sport and started coaching the 1st Indoor Hockey Team and U14A Outdoor Hockey Team in 2000. Seventeen years later and I am still coaching these teams and I have loved every minute!

During this time, our 1st Indoor Team has been fortunate enough to win 10 League titles and 9 Inter-school titles, whilst our U14A Outdoor Team has won 9 Inter-school titles. Although these

wins have been greatly celebrated and sought after, nothing has been quite as rewarding as the fun that we have had at practices and watching players develop and improve.

I encourage all my players to strive to be the best that one can be and to always believe that you can beat the opposition!

Practice and a great work ethic are essential but ultimately ENJOY your sport, otherwise you will lose the essence of what sport at school level is all about!

MOST IMPORTANTLY THOUGH BE HUMBLE IN WINNING AND IN DEFEAT AND MAKE FRIENDS AND MEMORIES THAT WILL LAST FOREVER!

Cindy Brown, COACH

I have always been an ardent sports lover, during my school days I received junior provincial colors for Swimming, Tennis and Hockey. It was at St Mary's, under the guidance of former SA captain and coach, Ros Howell that I decided to focus on my hockey. On completion of my schooling I moved down to the Cape to complete a BSc Sports Science degree at Stellenbosch University and to pursue my hockey career.



I represented the South African Woman's hockey team on 93 occasions from 2005-2010. Some of my career highlights include participation in the Beijing Olympic Games, the Hockey World Cup in Madrid as well as the Junior World Cup in Santiago Chile. I am extremely lucky to have had opportunities to travel the world playing the sport I love.

I retired from International hockey in 2010 due to injury as well as wanting to further my education by studying a postgraduate diploma at UCT. On retiring I switched my attention to coaching. I hope to be able to share my experience of playing sport at the highest level with the future generation of hockey players.

I have thoroughly enjoyed coaching the Herschel first team over the past 4 years and am proud of the success we have achieved! I look forward to the challenges that lie ahead in 2017.

Tarryn Horner, BIOKINETICIST

My name is Tarryn Horner, I am an ex Herschelian who matriculated in 2010. For the duration of High School, I played hockey, waterpolo and indoor hockey.

After school, I completed a Bachelor of Science in Sport Science as well an Honours Degree in Biokinetics at the University of Stellenbosch. I completed my Biokinetics internship in 2015 and am currently employed as a Biokineticist at the Sports Science Institute of South Africa.

I have coached both hockey and waterpolo at Herschel since 2015, coaching the u16A and second teams' respectively. I am also the Biokineticist for Western Province Girls Hockey, where I assist at the High Performance academy and at the u18 Interprovincial tournament. I represented the Western Province ladies hockey team in Johannesburg in 2016 and currently play and captain the Constantiaberg ladies grand challenge hockey team.

My passion in Biokinetics lies in high performance sports and orthopaedic rehabilitation. As a Biokineticist, I will play an important role in the pre-season build up to the 2017 Holland and Spain tour by assisting the girls' with pre-conditioning. Amongst other things, this will include making sure that they are fit and ready for performance. I will also be assessing any injuries and conducting rehabilitation and prehabilitation protocols. In addition, I will facilitate and ensure adherence to the applicable warm up and cool down protocols.



Marelize de Klerk, FACILITIES MANAGER (ST CYPRIAN'S)



I have had the most unbelievable opportunities to travel the world. Four Olympic Games and 4 World Cups later I can only thank hockey for this incredible journey. Throughout this 35 year journey I made it my mission to fill my memory basket with happy memories. I used every opportunity to explore, experience and live my dreams. One thing that I have come to realize very early in my career was that we must remember that ...

... MEDALS SOON GATHER DUST; RECORDS ARE QUICKLY BROKEN AND FORGOTTEN.

The true sporting moments that we remember through the ages involve something much more profound than just results. Many of those that touch us most deeply relate to incidents in which it barely matters who won or lost: what moves us, is the realisation that, even in heat of competition, the human instincts for

friendship and generosity still shows itself.

For each athlete it is about being the best they can be, achieving the best possible result. Sport moves and inspires millions of people around the globe - across cultures, religions, race and riches - it's not about how fast people run, how high they jump or how hard they can hit a ball. It's because they have pushed the boundaries of what is possible for themselves.

Nelson Mandela said: "Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does"

Use this opportunity to go and explore the world, make many new friends and start loading your memory baskets.

"Sport isn't just about winners, records and medals."

During my 1st year at University, I saw a hockey match being played for the 1st time. I was hooked from the very 1st minute. 12 years later I received my International badge for umpiring and since then.

Kurt Cerfontyne, SA WOMEN'S TEAM ASSISTANT COACH



The opportunity to embark on a hockey tour to Holland as well as Spain should be exciting for any young player especially since both of these hockey-playing nations have been powerhouses of the sport for many years.

The Dutch are fanatical about the sport with more than fifty percent of the country's total population active in hockey while the Spanish have far less active players but they are equally passionate about the game. I've been fortunate enough to spend time in these countries both as a player and coach on numerous occasions.

These experiences definitely influenced my coaching philosophy and I'm pretty confident that you will also gain much value from your experiences while in the Netherlands and Spain.

You'll be amazed at the amount of astro turfs the hockey clubs in Holland have at their respective home venues which translates into hundreds of members at all the hockey clubs throughout the

country. Youth division hockey is purely club-based in Holland as there are no school hockey league competitions in the country. The Dutch players are technically supreme because the basic skills are drilled from an early age. You may find it strange to witness players of your age in Holland coaching five to seven year olds but this is part of their hockey culture and something we could learn from as South African hockey players.

The Spanish on the other hand enjoy playing with flair while also being technically sound. The Spanish people are generally pretty laid back but this often catches you off-guard if you think their casual style makes them seem disinterested when playing matches. The Spanish teams may seem a bit tactically undisciplined but they thrive on a more creative and flowing approach which works for their teams. The Dutch teams are more structured and the players will be more tactically disciplined.

This tour should not necessarily only focus on the outcome of your matches but rather utilize every contest as a learning experience. Take in as much information as possible whether it be while watching a senior club match in Holland or observing the manner in which an opposition team in Spain goes about their warm-up prior to a match. South African hockey teams are respected by European teams for their great work ethic and fighting spirit on the pitch.

So I'm confident that you will

continue in this vain. Ultimately you are ambassadors for your country, province and more importantly your school so good sportsmanship and discipline should be paramount while on the field of play.

This tour should also enable you to visit a few historical and cultural places of interest which is often the fun aspect while on hockey tour in any foreign country. There will be many interesting places to visit besides tasting the local cuisine and learning a few simple Spanish words or assessing your command of Afrikaans as Dutch is very close to this language.

ENJOY THE TOUR AND REMEMBER TO THANK YOUR PARENTS AS WELL AS THE TOUR STAFF FOR PROVIDING YOU WITH THIS AMAZING EXPERIENCE.

Besides the fact that you may develop new friendships with opposition players in both countries, these tours often serve to ultimately strengthen your bond as a team which will have an influence on how you deal with challenges as a team during the 2017 hockey season.

All the best!

Kurt Cerfontyne

Kirsten Pienaar, HOCKEY CAPTAIN 2015



Coming to the States has been the most exciting thing I have ever done, and it has been the most eye-opening experience for me. I came here, having spent nearly all my years at Herschel thinking about studying overseas and having spent 6 months as a half gap year preparing for August to start the academic year. I thought about it so much, that it's almost still surreal that I'm here. I'm at Cornell University studying Biomedical Engineering and playing Varsity field hockey.

Playing a Varsity sport is a pretty big deal here because there is only one team that represents every sport for a University, and so, I guess you could say they take it rather seriously. In a typical week during our season last semester, we would train 6 days a week, 3

hours a day, with 2 games on the weekend, having bussed maybe 4 hours to get there, with 2 extra gym sessions during the week as well as video analysis. I think for the entire first month of my time at Cornell, with getting used to this schedule, I was sun burnt, stiff and just so hungry.

Besides that, fitting in studying too was initially quite daunting, but I did survive the first semester and our season, and I can only thank Herschel for the preparation it gave me to handle a busy life. You probably don't even realize how well you've been groomed to handle "outside world" pressures, I know I didn't think I was, but you will be so surprised when you're surrounded by people who didn't have it. Even at an Ivy League school, the work ethic Herschel has ingrained in you is something a lot of people don't have.

American college life is pretty different to South African. Everyone here lives on campus or within walking distance from it; majority of people have moved states to come here, and everyone goes home max twice a semester. Because of that, it hardly feels like

I'm on a completely different continent. Added to that, is how close I've become with all my teammates. Spending over 20 hours of training a week together, traveling all along the coast, trying to pass fitness tests, working in the library until it closes, rolling out sore muscles and having people who invite you to their house for Thanksgiving break on the first day of meeting them makes life just that much easier here.

Coming here was absolutely the best choice for me, and I couldn't encourage people to consider it enough. Granted, it took a lot of effort, essays and applications (during finals) to get here, but it has just been amazing seeing how much there is to this world, and I haven't even finished my first year.

NO MATTER WHERE YOU DECIDE TO GO, HERSHEL IS JUST SUCH A PRIVILEGED FOUNDATION TO HAVE, AND THE OPPORTUNITIES IN FRONT OF YOU WITH THAT FOOTING IS ENDLESS.



Picture above: Kirsten [number 7] front row far left



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**Wishing the
Herschel
Hockey Team
All the best on
Tour**



Herschel School

Our Heritage

Herschel was founded in 1922 and named after the eminent astronomer and visionary, Sir John Herschel, whose father discovered the planet Uranus.

On Thursday, 2 February 1922, the first school day began with twenty-nine girls on the roll and seven staff members. The founder, Sir John William Jagger, is officially remembered on Founder's Day each year. The Very Rev CH Rolt, who read the service on the first day, and The Hon John X Merriman, Minister of Education, who officially opened the school, are honoured in the names of the school houses.

The boarding house, Arderne House, is named after the famous Arderne Gardens adjacent to the school.

Throughout its history, Herschel has followed its own particular vision: to educate without compromise and to give young women the empowerment of true knowledge and an understanding that the world is theirs to change.

Herschel alumni have made their mark in many spheres, from the academic to the artistic, and the school is as proud of them as it is of those who have become citizens who have quietly made a difference in the society they have entered.

Learning to make a difference.



The Herschel Ethos



The Herschel Ethos aims to educate the whole person & develop emotional intelligence that is so vital for academic learning & success in a changing world.

Establishing boundaries, exploring attitudes & reinforcing values prepare the girls for a life in which they will be good citizens, & will make a contribution & will take responsibility for their decisions.

We want them to become leaders who are confident, resilient & mindful of their social responsibilities.

Our Values

Herschel is an Anglican school, but has a policy of inclusivity and strives to be a place where people of all faiths feel welcome and respected.



Our Chapel is at the heart of our school and all girls, whatever their religious persuasion, are required to attend services. The Herschel Chaplain, a full-time, ordained priest, prepares girls wishing to be confirmed and also offers guidance in spiritual, moral and ethical issues. Through services and assemblies, girls are encouraged to develop an understanding and tolerance of other cultures and religious groups.

There is a demonstrated commitment to beliefs and to value education, and the girls are encouraged to embrace ethical and moral values, develop a sense of their own worth and show an informed concern for other people.










Much emphasis is placed on pastoral care: we aim to educate the whole person and build the emotional intelligence vital for academic learning. We deal with the well-being of the girls by establishing boundaries, exploring attitudes and reinforcing values. Small tutor groups, of around 12 pupils per class, enable girls to foster relationships with both their peers and tutors.

We have full-time support staff in a counselor, and academic support teacher and a careers counselor to provide a wide spectrum of emotional and academic guidance. In addition, staff members attend regular workshops on emotional intelligence and stress and are equipped to give the girls practical tools to deal with smaller, daily problems.



Herschel Sport

THE GOAL OF THE SPORTS DEPARTMENT

-  Ensure an excellent and consistent provision of sport within the school.
-  Clarify the roles, responsibilities and rights of those individuals involved in sporting participation and provision within the school.
-  Provide educated adult leadership which is capable of inspiring social, emotional, intellectual and physical growth.
-  Present sport to pupils in a way which maximizes participation to ensure their fun and enjoyment, security and satisfaction.
-  Provide frequent opportunities for pupils to experience personal and group achievement and success in sport.
-  Encourage pupils to make informed decisions about their involvement and development in sport.
-  Promote the positive contribution sport can make to the lives of pupils.
-  Encourage pupils to accept responsibility for their health and that of others, to adopt a healthy lifestyle, to reject practices which place health at risk, and reject all forms of abuse of healthy lifestyles.
-  Develop strategies which allow talented pupils to balance high performance sport with academic and other commitments.

A wide variety of team and individual sports are available for all pupils.

At present school sports include the following:

Outdoor Hockey, Indoor Hockey (Senior School only), Netball, Basketball (Senior School only), Water Polo, Swimming, Tennis, Squash, Cross Country Running.





I  **HOCKEY**

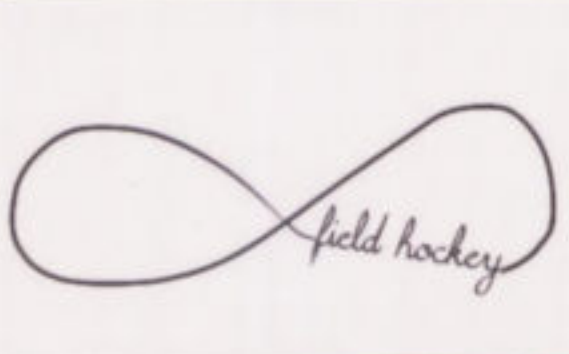


**Life is BETTER
When we STICK
TOGETHER**











Peace, Love, Field Hockey



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SIDE LINE

ALLEY LINE

CENTRE LINE



Tour 2017

SOUTH AFRICA, AMSTERDAM & BARCELONA

MEET THE First Team



Back Row : Courtney Smith, Jo Blanckensee, Amy Pithey, India Hardie, Sabrina Franco (Vice Captain), Kayla de Waal, Sophie Dyason

Middle Row : Angie Welham, Ammaarah Hendricks (Vice Captain), Cindy Brown (Coach), Helen Botha (Manager), Amber Scott (Captain), Helena Comitis

Front Row : Jody Tate, Charlotte Slabber, Amy Goodwin

MEET THE Festival Team



Back Row : Sarah Kirk, Catherine Diemont, Anna Midgley (Captain), Jesse Brand, Alexia Charles, Allison King, Natasha Hablutzel, Cara Hudson, Caitlin Barnard

Middle Row : Emma Hayes, Nicola Alberts, Andrew Scott (Coach), Tarryn Horner (Biokineticist), Katherine Hofmeyr, Aaliyah Hendricks

Front Row : Robyn Dawson, Gabriella Cotchobos, Emma Norton

First Team 2017

Jo Blanckensee



Age: 17
Position: Sweeper/Half
Inspirational person: Caster Samenya

"Play for yourself and not the approval of others"

Helena Comitis



Age: 16
Position: Goalkeeper

"Hard work beats talent when talent doesn't work hard"

Kayla de Waal



Age: 16
Position: Link
Inspirational person: Roger Federer

"Win or learn, never lose"

Sophie Dyason



Age: 15
Position: Striker/Link

"Pain is temporary, victory is forever"

Sabrina Franco



Age: 17
Position: Striker
Inspirational person: Luciana Aymar

"It never gets easier, you just get better"

Amy Goodwin



Age: 15
Position: Link/Wing
Inspirational person: Wayde van Niekerk

"You miss 100% of the shots you don't take"

India Hardie



Age: 16
Position: Striker
Inspirational person: Caster Semenya

"You miss 100% of the shots you don't take"

Ammaarah Hendricks



Age: 17
Position: Link

"Believe in your flyness and conquer your shyness" Muhammad Ali

Amy Pithey



Age: 17
Position: Wing
Inspirational person: Ellen Hoog

"As I look back on my life, I realize that every time I thought I was being rejected from something good, I was actually being re-directed to something better"

Amber Scott



Age: 17
Position: Centre Half/Right Half
Inspirational person: Ellen Hoog

"The strength of the team is each individual member. The strength of each individual member is the team!"

Charlotte Slabber



Age: 15
Position: Wing/Link
Inspirational person: Quanita Bobbs

"You can't win, if you don't try"

Courtney Smith



Age: 18
Position: Sweeper/Half
Inspirational person: Rafael Nadal

"You've got what it takes, but it will take everything you've got"

Jody Tate



Age: 15
Position: Sweeper/Half
Inspirational person: Natalie du Toit

"Everything will be okay in the end. It's not okay then it's not the end" John Lennon

Angie Welham



Age: 16
Position: Link/Right Half
Inspirational person: Pietie Coetzee

"It all starts for the love of the game"

"It is not fair to ask of others what you are not willing to do yourself" Eleanor Roosevelt

"However difficult life may seem, there is always something you can do and succeed at." Stephen Hawking

"The gratification comes in the doing, not in the results." June's Dean

Festival Team 2017

Nicola Alberts



Age: 17
Position: Half
Inspirational person: Roger Federer

"Hard work beats talent, when talent doesn't work hard"

Caitlin Barnard



Age: 17
Position: Centre Link
Inspirational person: Simone Biles

"If opportunity doesn't knock, build a door" Milton Berle

Jesse Brand



Age: 17
Position: Goalkeeper
Inspirational person: Sonny Bill Williams

"Pain is inevitable. Suffering is optional"

Alexia Charles



Age: 14
Position: Link

"Push yourself because no one else is going to do it for you"

Jabriella Cotchobos



Age: 15
Position: Striker/Wing
Inspirational person: Greg Louganis

"Enthusiasm and desire; nothing great has been achieved without them"

Robyn Dawson



Age: 15
Position: Link/Half
Inspirational person: Usain Bolt

"Every champion was once a contender who refused to give up"

Catherine Diemont



Age: 17
Position: Half
Inspirational person: Simone Biles

"Ambitious goals make for outstanding achievements"

Natasha Hablutzel



Age: 15
Position: Sweeper
Inspirational person: Bethany Hamilton

"Pressure makes diamonds" George S. Patton

Emma Hayes



Age: 16
Position: Wing
Inspirational person: Natalie du Toit

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do."

Qaliyah Hendricks



Age: 15
Position: Wing/Link
Inspirational person: Pietie Coetzee

"When you want to succeed as bad as you want to breathe then you will successful"

Katherine Hofmeyr



Age: 16
Position: Left Half
Inspirational person: Serena Williams

"Not every victory shows up on the scoreboard" Anonymous

Cara Hudson



Age: 15
Position: Wing/Link
Inspirational person: Natalie du Toit

"The only time you should ever look back is to see how far you've come"

Allison King



Age: 18
Position: Half
Inspirational person: Chad le Clos

"The idea is not to block every shot. The idea is to make your opponent believe that you might block every shot."

Sarah Kirk



Age: 17
Position: Link
Inspirational person: Caster Semenya

"Success isn't given. It's earned. On the track, on the field, in the gym. With blood, sweat and the occasional tear"

Anna Midgley



Age: 17
Position: Striker/Link
Inspirational person: Ammaarah Hendricks

"Shoot for the moon. Even if you miss, you'll land among the stars"

Emma Norton



Age: 15
Position: Link
Inspirational person: Shelley Russell

"Never give up on anybody, especially yourself!"



Itinerary, FIXTURES



DAY 1	1 APRIL, SATURDAY	DAY 2	2 APRIL, SUNDAY	DAY 3	3 APRIL, MONDAY
	<p>Check in at Cape Town International Airport for your Emirates Airways flight EK771 departing for Dubai at 18:05. Dinner and overnight on board.</p>	<p>Expected time of arrival at Dubai International Airport is 05:30. Connect to your Emirates Airways flight EK147 departing for Amsterdam at 08:05. Expected time of arrival at Amsterdam Airport Schipol is 13:15. Meet your English-speaking guide and transfer to Hockey Club Hurley where you will watch a Premier League Game. You will be accommodated at Stayokay Amsterdam Zeeburg for the following 3 nights.</p> <p>Breakfast : On board Lunch : On board Dinner : At hostel</p>		<p>Morning transfer to a local club. Training Clinic 1 with professional coaches. This afternoon enjoy a canal cruise before transferring to a local club for Match 1. Overnight at Stayokay Amsterdam Zeeburg.</p> <p>Match 1: Hockeyvereniging Mijdrecht (venue) vs Mijdrecht (u16 and u18)</p> <p>Breakfast : At hostel Lunch : At club Dinner : With opposition</p>	
DAY 4	4 APRIL, TUESDAY	DAY 5	5 APRIL, WEDNESDAY	DAY 6	6 APRIL, THURSDAY
	<p>Morning free for "hop on / hop off" sight-seeing tour. Late afternoon Match 2. Overnight at Stayokay Amsterdam Zeeburg.</p> <p>Match 2: Alkmaarsche M.H.C (venue) vs Alkmaar (u16 and u18)</p> <p>Breakfast : At hostel Lunch : Own account Dinner : With opposition</p>	<p>This morning enjoy a visit to Zaanse Schans. Midday transfer to The Hague where you will be accommodated at Stayokay The Hague for the following 3 nights.</p> <p>Breakfast : At hostel Lunch : Own account Dinner : Own account</p>		<p>Morning transfer to a local club. Training Clinic 2 with professional coaches. This afternoon enjoy a Spido Cruise. Late afternoon Match 3. Overnight at Stayokay The Hague.</p> <p>Match 3: DHC Hudito (venue) vs Hudito (u16 and u18)</p> <p>Breakfast : At hostel Lunch : At club Dinner : With opposition</p>	

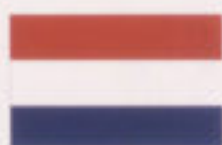
DAY 7	7 APRIL, FRIDAY	DAY 8	8 APRIL, SATURDAY	DAY 9	9 APRIL, SUNDAY
<p>Morning transfer to Efteling. Late afternoon Match 4. Overnight at Stayokay The Hague.</p> <p>Match 4: HC Catwijck (venue) vs Catwijck (u16 and u18)</p> <p>Breakfast : At hostel Lunch : Own account Dinner : With opposition</p>		<p>Morning transfer to Amsterdam Airport Schipol. Check in for your Transavia flight HV5135 departing for Barcelona at 12:25. Expected time of arrival at Barcelona Airport is 14:35. Meet your English-speaking guide and transfer to Hotel Aquamarina where you will be accommodated for the following 4 nights on a dinner, bed and breakfast basis. Enjoy a tour of the area with your guide.</p> <p>Breakfast : At hostel Lunch : Own account Dinner : At hotel</p>		<p>Morning bike tour around central Barcelona. Afternoon city tour including a visit to Park de la Gaudi. Overnight at Hotel Aquamarina.</p> <p>Breakfast : At hotel Lunch : Own account Dinner : At hotel</p>	

DAY 10	10 APRIL, MONDAY	DAY 11	11 APRIL, TUESDAY	DAY 12	12 APRIL, WEDNESDAY
<p>Morning Training Clinic 3 with professional coaches. Afternoon Match 5. Overnight at Hotel Aquamarina.</p> <p>Match 5: Linia 22 Hockey Club (venue) vs Linia 22 (u16 and u18)</p> <p>Breakfast : At hotel Lunch : Own account Dinner : At hotel</p>		<p>Morning tour of Camp Nou Stadium. Afternoon Match 6. Overnight at Hotel Aquamarina.</p> <p>Match 6: Hockey Club Egara (venue) vs Egara (u16 and u18)</p> <p>Breakfast : At hotel Lunch : Own account Dinner : At hotel</p>		<p>Morning transfer to Barcelona. Remainder of day free for shopping and own sightseeing. Early evening transfer to Barcelona Airport. Check in for your Emirates Airways flight EK188 departing for Dubai at 22:40. Overnight on board.</p> <p>Breakfast : At hotel Lunch : Own account Dinner : Own account</p>	

DAY 13 **13 APRIL, THURSDAY**

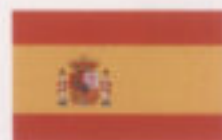
Expected time of arrival at Dubai International Airport is 07:25. Connect to your Emirates Airways flight EK778 departing for Cape Town at 10:50. Expected time of arrival at Cape Town International Airport is 18:30. Breakfast and lunch and will be served on board.

Welcome back HOME!

NETHERLANDS, AMSTERDAM

- 3 April: Match 1, Hockeyvereniging Mijdrecht (venue) vs Mijdrecht
- 4 April: Match 2, Alkmaarsche M.H.C (venue) vs Alkmaar
- 6 April: Match 3, DHC Hudito (venue) vs Hudito
- 7 April: Match 4, HC Catwijck (venue) vs Catwijck



SPAIN, BARCELONA

- 10 April: Match 5, Linia 22 Hockey Club (venue) vs Linia
- 11 April: Match 6, Hockey Club Egara (venue) vs Egara

The game

Field Hockey is a game of possession, elimination, tackling and scoring.

- Be able to maintain possession of the ball, both individually, in pairs and team play
- Eliminate opponents chances one-on-one and by defensive positioning
- Tackles are made by placing the stick head or shaft into the path or directly at the ball
- Penalty corners & strokes lead to goals, but individual scoring skill by attackers is best

At the highest level, field Hockey is a fast-moving, highly skilled sport, with players using fast moves with the stick, quick accurate passing, and hard hits, in attempts to keep possession and move the ball towards the goal. Tackling with physical contact and otherwise physically obstructing players is not permitted. Some of the tactics used resemble soccer, but with greater ball speed.

Hockey, INTERESTING FACTS

Hockey is a popular game possibly depicted on walls in Egypt. Drawings of what looks to be hockey have been found in an Egyptian tomb that was 4000 years old.

Hockey is a popular game in India and Pakistan. It was played for hundreds of years before other countries like England modernised it. Hockey is similar to an ancient game played in Scotland called shinty.

Later came ice hockey, which developed in Canada.

Women's hockey developed separately from men's hockey. Women do not seem to have played hockey widely before the modern era. Women's hockey was first played at British Universities and schools, and the first club, Molesey Ladies Hockey Club, was founded in 1887.



Training Clinics

NETHERLANDS, AMSTERDAM



Amsterdamsche Hockey & Bandy Club (founded 28 January 1892) is the oldest field hockey club of the Netherlands, based in Amsterdam. AH&BC is also the largest field hockey club in the city (2111 members). The team is a powerhouse of both domestic and international hockey. Both its men's and women's teams are annual contenders for the Dutch titles. The men's team won its maiden European Cup in 2005.



HC Rotterdam is a Dutch field hockey club, which was founded on September 16, 1925. With a total number of 2,342 members (January 1, 2006) it is the biggest hockey club in the Netherlands. The first teams (men and women) compete on the highest level of the Dutch field hockey league, which is called "Hoofdklasse". HC Rotterdam play their matches in the Hazelaarweg Stadion which also hosted the 2001 Men's Champions Trophy and the 2005 Men's Junior Hockey World Cup.

Club Information.

NETHERLANDS, AMSTERDAM



HV Mijdrecht is a Dutch hockey club from Utrecht city Mijdrecht. The club was founded on 23 June 1977 and plays at Sportpark Mijdrecht where a football club (SV Argpm) is established. The first women's team will be entering in the third class of the KNHB this season.

3 April: Match 1, Hockeyvereniging Mijdrecht (venue) vs Mijdrecht



Alkmaarsche M.H.C.

4 April: Match 2, Alkmaarsche M.H.C (venue) vs Alkmaar



The Delft Hockey Club Hudito (DHC Hudito) is a Dutch hockey club from Delft. DHC Hudito was founded in 1929. The club has as of October 2013 1161 members and has about 80 teams, and that number is still growing. The complex Hudito, has a water-based astro, one semi and one sand based artificial turf field which all have lights. This provides ample opportunities for all teams to train and play their matches. In addition, the association has a lit training field, also with artificial turf.

6 April: Match 3, DHC Hudito (venue) vs Hudito



HC Catwijck was founded in 1979 with more than 550 members and is the only hockey club in the Dutch town of Katwijk.

7 April: Match 4, HC Catwijck (venue) vs Catwijck

SPAIN, BARCELONA



Club Linya 22 was founded in 1988.


10 April: Match 5, Linya 22 Hockey Club (venue) vs Linya



Club Egara is a field hockey club from Terrassa (Catalonia, Spain). It was founded in 1935 with the name 'CD Armonia Egara'. It plays in the Pla del Bon Aire facilities. It is one of the best teams in Spain, having won 13 Spanish league titles.

11 April: Match 6, Hockey Club Egara (venue) vs Egara





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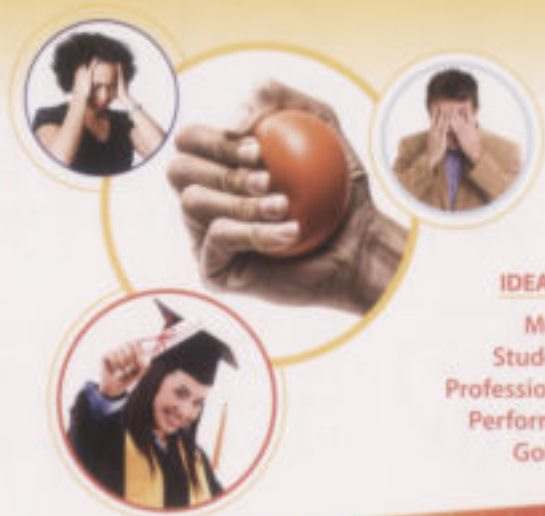
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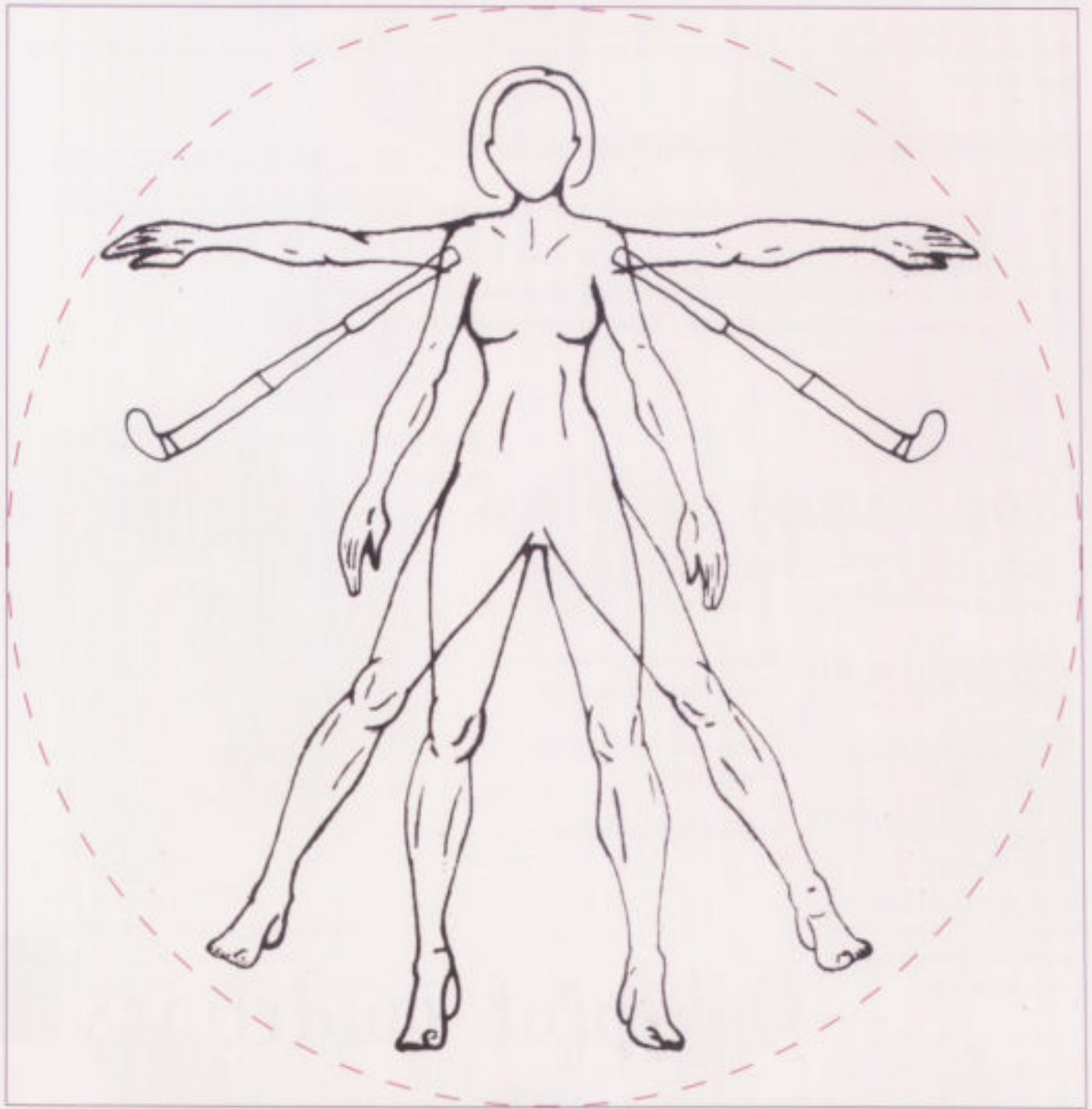
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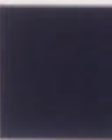
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Health
BODY, MIND & SOUL



Balancing NUTRITION, TRAINING & A HEALTHY MIND

GUIDELINES BY *Kim Hoffman*, DIETICIAN

You need to make healthy food choices and drink enough fluids during the tour for good mental and physical performance.

PROPER NUTRITION AND HYDRATION ARE IMPORTANT TO MAKE SURE THAT YOU:

- Have enough energy, fluid and nutrients to recover from one event or training session and prepare for the next one.
- Have enough energy to focus and perform.
- Avoid physical discomfort caused by hunger, upset stomach or dehydration.
- Are able to push your body and muscles for longer periods of time.

Food groups (SERVINGS & EXAMPLES)

Vegetables & Fruit (7 servings)	-	half a cup cooked vegetable or legumes, tennis ball size fruit
Grain Products (6 servings)	-	half a cup cooked brown rice, couscous, quinoa, pasta
Milk & Alternatives (2 - 3 servings)	-	1 cup milk, 175ml yogurt, 30g cheese
Meat & Alternatives (3 servings)	-	75g fish, chicken or lean meat



Helpful guidelines

- You should have your meal or snack and water within 30 minutes of ending an event
- If the next event is more than 3 hours away, eat a regular balanced meal containing all the food groups
- If the next event is less than 3 hours away, eat a low fibre, low fat snack containing carbohydrates and protein
- If the next event is within one to two hours or if you have a "nervous stomach", it is best for you to have a liquid snack, such as a low fat smoothie without added sugar
- You should drink 250-500ml of water between events to ensure that you are well hydrated
- Eat familiar foods during the tour so that you know you will not have an upset stomach or cramps

Healthy Eating Tips

FAT AND FIBRE TAKE A LONG TIME TO DIGEST AND MAY CAUSE UPSET STOMACH DURING THE NEXT EVENT.



You may need to eat extra food servings to meet your energy demands during the tour

CARBOHYDRATES ARE THE MAIN SOURCE OF ENERGY FOR THE BRAIN AND MUSCLES AND PROTEIN REPAIRS AND BUILDS MUSCLES.



Healthy Snack options: dried fruit, nuts, bit-long crackers, peanut butter, low fat cheese wedges, popcorn, boiled eggs, luna sachets



BEFORE LEAVING ON YOUR TRIP RESEARCH THE FOODS AND DRINKS THAT WILL BE AVAILABLE AT THE HOTEL, RESTAURANTS, AND SPORTING CENTRES (YOU CAN FIND MENUS ONLINE OR CALL AHEAD FOR THIS INFORMATION)



Bring healthy foods, snacks and drinks with, to support good nutrition and hydration.

Best FOOD CHOICES:

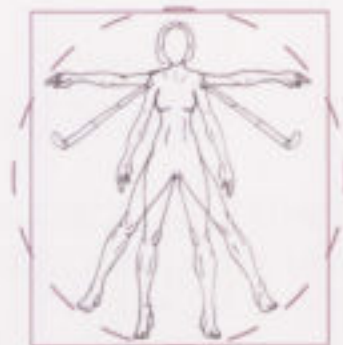
- Fruit
- Fruit smoothies
- Pasta in tomato sauce
- Cereal
- Bread
- Skim or low fat milk
- Low fat yogurt with fruit
- Low fat cottage cheese and crackers
- Poached eggs on brown toast
- Lean meat (chicken, ham, tuna) in a wrap

FOOD TO Avoid:

- Cheeseburgers
- French fries / potato chips
- Bran muffins
- Cream-based soup or sauces
- Ice cream
- Chocolate or candies
- Peas, beans and lentils
- Cabbage, broccoli or cauliflower
- High fat meats and cheese
- Deep-fried foods



Bio + kinetics =



LIFE + MOVEMENT = LIFE THROUGH MOVEMENT,
THE STUDY OF THE FORCES INVOLVED IN MOVEMENTS OF THE BODY,
THE MOTIONS CAUSED BY THE OPERATION OF AN UNBALANCED SYSTEM OF FORCES.

GUIDELINES BY

Jarryn Horner, BIKINETICIST

A dynamic warm up is of importance as it ensures that the body is prepared for activity. It achieves this goal by increasing the heart rate and blood flow to the moving muscles as well as mobilizing the joints and aiding in the prevention of injury.

Hockey is a fast and demanding sport and it is imperative that our bodies are correctly accustomed to speed, change of direction, power and endurance.

An example of a dynamic warm up protocol suitable for a hockey practice or match:

- 3min of Running at 70% of maximum speed
- 25m of High knees running, followed by 10 Squats
- 25m of Bum kicks running, followed by 10 Sumo squats
- 25m of Carioca, followed by 10 Knee drive lunges with a Trunk rotation
- 25m Hop scotch, followed by 5 Inch worms with Push up
- 25m Quick feet and Arm drive running, followed by 10 Superman kickbacks
- 25m of Side shuffle, followed by 20 Trunk rotations

RECOVERY AND MOBILITY ARE INTEGRAL COMPONENTS OF SPORTS PERFORMANCE BUT ARE OFTEN NEGLECTED.

IT IS WELL ESTABLISHED THAT REST AND RECOVERY ARE OF VITAL IMPORTANCE AS THEY ENHANCE ATHLETIC PERFORMANCE BY ALLOWING THE BODY TO REPAIR AND STRENGTHEN BETWEEN EACH BOUT OF ACTIVITY.

Foam rolling is a form of self-myofascial release which relieves muscle tightness and trigger points, returning muscles to their normal length for optimal functioning.

Foam rollers are an accessible and functional tool that can be used in muscular recovery and mobility.



BELOW IS AN EXAMPLE OF FOAM ROLLING TECHNIQUES THAT SHOULD BE USED 10–30MINS AFTER EXERCISE:

Iliotibial Band



1 x Set, 30 sec - 1min each side

THE ILIOTIBIAL BAND (IT band) is a thick band of fibers that begins at the iliac crest (the border of the most prominent bone of the pelvis) in the pelvis and runs on the lateral or outside part of the thigh until it attaches into the tibia (shinbone)

Quadriceps



1 x Set, 30 sec - 1min each leg

THE QUADRICEPS, quadriceps extensor, or quads, is a large muscle group that includes the four prevailing muscles on the front of the thigh. It is the great extensor muscle of the knee, forming a large fleshy mass which covers the front and sides of the femur.

Calves



1 x Set, 30 sec - 1min each side

THE CALF is composed of the muscles of the posterior compartment of the leg: The gastrocnemius and soleus (composing the triceps surae muscle) and the tibialis posterior. The sural nerve provides innervation.

Gluteals



1 x Set, 30 sec - 1min each side

THE GLUTEAL muscles are a group of three muscles which make up the buttocks: the gluteus maximus, gluteus medius and gluteus minimus. The three muscles originate from the ilium and sacrum and insert on the femur.

Lumbar Spine



1 x Set, 30 sec - 1min

THE LUMBAR SPINE refers to the lower back, where the spine curves inward toward the abdomen. It starts about five or six inches below the shoulder blades, and connects with the thoracic spine at the top and extends downward to the sacral spine.

Healthy Mind

A healthy mind will help you find your way through life, from birth through childhood, through teenage years, adulthood and into older age.

Being active. Exercising makes you feel good and can help your mental health. It will also help you sleep better, and get the rest you need.

Try not to dwell on past mistakes or negative things that have happened to you. We all make mistakes and stewing on things or worrying excessively will not change anything. Learn from the experience and be willing to move on.

Be with people you enjoy being with and who make you happy. Connecting with friends and family. Keep communicating and interacting, and tell those you trust how you are feeling if you're going through tough times. Talking to others and seeking help early can be very helpful in reducing depression, anxiety and distress.

Keep learning. To keep your mind both healthy and active learn a new sport, language, learn to play an instrument, read books and take an active interest in feeding your brain with positive information.

Positive attitude can lead to a greater sense of wellbeing. Having a positive attitude can be helpful especially when we are going through tough times. If we can develop a positive outlook on the way we see and do things it can lead to a greater sense of wellbeing.

WELLBEING CAN MEAN DIFFERENT THINGS TO DIFFERENT PEOPLE but some common features include having a sense of purpose, feeling good and functioning well, having control in your life and the options to change things if necessary, as well as achieving goals you set for yourself.

CALM MIND BRINGS INNER STRENGTH AND SELF-CONFIDENCE, SO THAT'S VERY IMPORTANT FOR GOOD HEALTH.

Dalai Lama

'Small daily - seemingly insignificant - improvements and innovations lead to staggering achievements over time.'

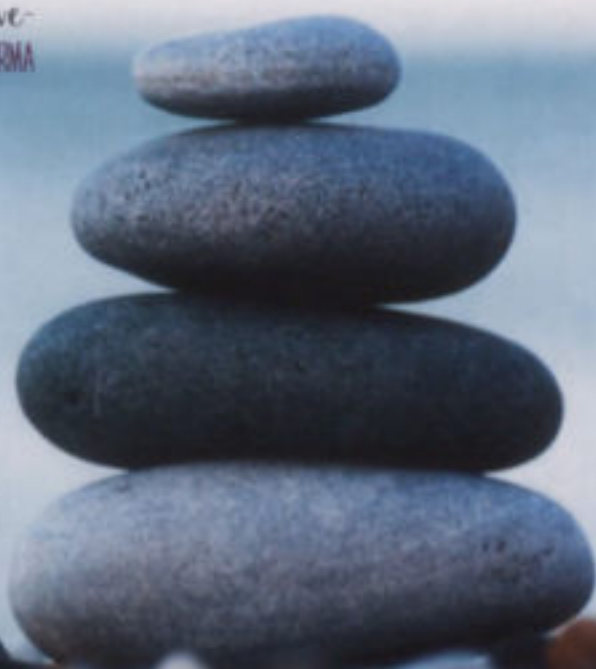
ROBIN SHARMA

TO KEEP THE BODY IN GOOD HEALTH IS A DUTY... OTHERWISE WE SHALL NOT BE ABLE TO KEEP OUR MIND STRONG AND CLEAR.

Buddha

It is health that is real wealth and not pieces of gold and silver.

MAHATMA GANDHI



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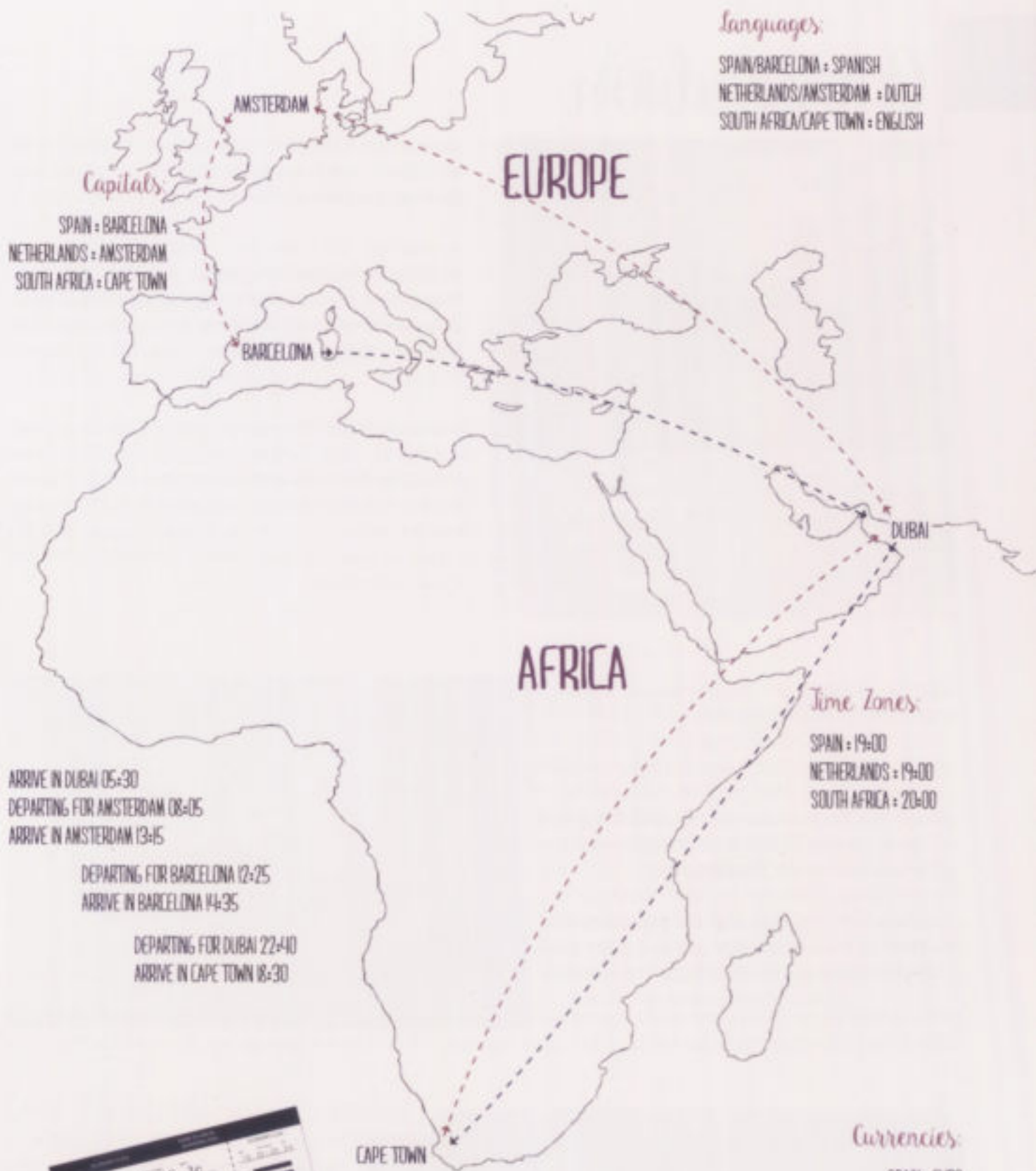
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NETHERLANDS/AMSTERDAM = DUTCH
SOUTH AFRICA/CAPE TOWN = ENGLISH



Travelling

Amsterdam



Amsterdam is the capital of Netherlands, known for its artistic heritage, elaborate canal system and narrow houses with gabled facades, legacies of the city's 17th-century Golden Age. Its Museum District houses the Van Gogh Museum, works by Rembrandt and Ver-

meer at the Rijksmuseum, and modern art at the Stedelijk. Cycling is key to the city's character, and there are numerous bike paths.

Amsterdam has 6,800 16th, 17th and 18th century buildings. National Geographic says the old town as "one of Europe's best preserved, photogenic, and intact historic city centres." The name Amsterdam is derived from the city's origins: it grew around a dam in the river Amstel.

With more than 800 years of history to discover, Amsterdam is a city that's rich in visitor sights. From ancient churches to magnificent museums, secret courtyards to quaint cobbled streets, and, of course, the city's world-famous canal houses, waterways and bridges, there's an overwhelming amount of things to see and do in Amsterdam.

Zaanse Schans is a neighbourhood of Zaandam, near Zaandijk in the Netherlands.

It has a collection of well-preserved historic windmills and houses. From 1961 to 1974 old buildings from all over the Zaanstreek were relocated using lowboy trailers to the area. The Zaan Museum, established in 1994, is located in the Zaanse Schans.

The Zaanse Schans is one of the popular tourist attractions of the Netherlands and an anchor point of ERIH, the European Route of Industrial Heritage.



The Zaan Museum locates next to the Zaanse Schans. The Zaanse Schans houses seven museums: The Weavers House, the Cooperage, the Jisper House, Zaan Time Museum, Albert Heijn Museumshop, Bakery Museum.



Spido harbour tours are one of the best and most popular attractions of Rotterdam with over 500,000 passengers per year. Spido is a household name in Rotterdam as this shipping company was established back in 1919.

The ultramodern Spido fleet takes you on a tour through the impressive port of Rotterdam, one of the biggest ports in the world! During the tour you will see huge vessels, busy harbour traffic and some of the best sights of Rotterdam. Spido is a great way to discover Rotterdam in a nutshell.

Barcelona

Spain has a history among the oldest in Europe, a capital, Barcelona, which never sleeps and an inland full of charm not to forget beautiful beaches in La Costa Brava.

Barcelona is one of the world's leading tourist, economic, trade fair and cultural centres, and its influence in commerce, education, entertainment, media, fashion, science, and the arts all contribute to its status as one of the world's major global cities.

Barcelona sited between the sea and the mountains, has found a formidable balance: a foot in the traditional things and the other in the avant-garde. Barcelona has the reputation of being the most cosmopolitan, modern and avant-garde city in Spain and it was renewed for the 1992 Olympic Games.

It is the cosmopolitan capital of Spain's Catalonia region and is known for its art and architecture. The fantastical Sagrada Família church and other modernist landmarks designed by Antoni Gaudí dot the city. Museu Picasso and Fundació Joan Miró feature modern art by their namesakes. The city history museum MUHBA, includes several Roman archaeological sites.



The Parc de la Ciutadella is a park on the northeastern edge of Ciutat Vella, Barcelona, Catalonia.

For decades following its creation in the mid-19th century, this park was the city's only green space. The 70-acre (280,000 m²) grounds include the city zoo (once home to the albino gorilla Snowflake, who died in 2004), the Parliament of Catalonia, a small lake, museums, and a large fountain designed by Josep Fontserè (with possible contributions by the young Antoni Gaudí).

Camp Nou is a football stadium in Barcelona, Catalonia, Spain. It has been the home of FC Barcelona since its completion in 1957.

With a seating capacity of 99,354 it is also the largest stadium in Europe and the third largest association football stadium in the world in terms of capacity. It has hosted numerous international matches at a senior level, including a 1982 FIFA World Cup semi-final match, two UEFA Champions League finals and the football competition at the 1992 Summer Olympics.



Travelling Tips

COMMUNICATION

- Before the tour, make sure you keep regular contact with management.
- Ensure that your feedback is exact e.g. kit sizing, passport/visa details, contacts, special dietary requirements, medication.
- It is crucial to stay in touch with those back home while you are on tour.

DISCIPLINE

- Don't deviate from the tour rules and regulations.
- Stick to your managers' and coaches rules.

GIFTS

- Take a few small gifts with you on tour; for hosts/opponents/new friends.
- Don't take bulky things.
- Great gifts are: SA flag lapel badges & fridge magnets

PUNCTUALITY

- Be punctual.
- Leave enough time to get to the bus or meeting point.
- Do not be late for breakfast!

YOUR DESTINATION

Research the places you going to visit which may include:

- Language – learn a few expressions
- Culture and history
- Time differences
- Currency – what money is used. Exchange rate
- Food – what do the locals eat?
- Weather – what clothes should you pack?

FINAL CHECKLIST

- A bag to keep on you at all times with your money/camera/mobile phone
- Ear plugs – the soft ones; you might end up in a noisy hotel
- Elasticized eye-covers – in case you sleep in a place where the sun rises at 5 in the morning
- An adaptor for the plug system used in the country you visiting
- Mobile phone charger
- A lock and key for your cupboard/suitcase/kit bag
- A small Tupperware with some washing powder to wash your underwear, socks and dry them overnight

KNOW THE FOLLOWING:

- Time of departure and meeting time at the airport
- What kit/clothes to wear and when – on the plane, at functions, practices, meals, sightseeing, matches
- Know what your responsibilities are – if it is your turn to look after the water bottles, collect the laundry
- Know your practice, training and match programme
- Clearly label all your clothing, kit bags.

ON/BEFORE THE FLIGHT:

- Check when and where you must meet to board the plane
- DO NOT LOSE YOUR BOARDING PASS!
- Do not try new foods
- Don't take any new medication not tried and tested prior to the flight
- Have a small bag containing personal items in an accessible place to avoid waking teammates
- Have a book/magazine, something to chew on, lip balm and any items you know are not included in the on-flight complimentary bag
- Don't carry lots of money or have visible, expensive jewellery on you in the plane. Theft is prevalent on flights
- Be aware of security restrictions e.g. scissors, flammable deodorants, nail clippers

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- You represent your families, school and country
- Your appearance, behaviour and manners will be noticed wherever you go.



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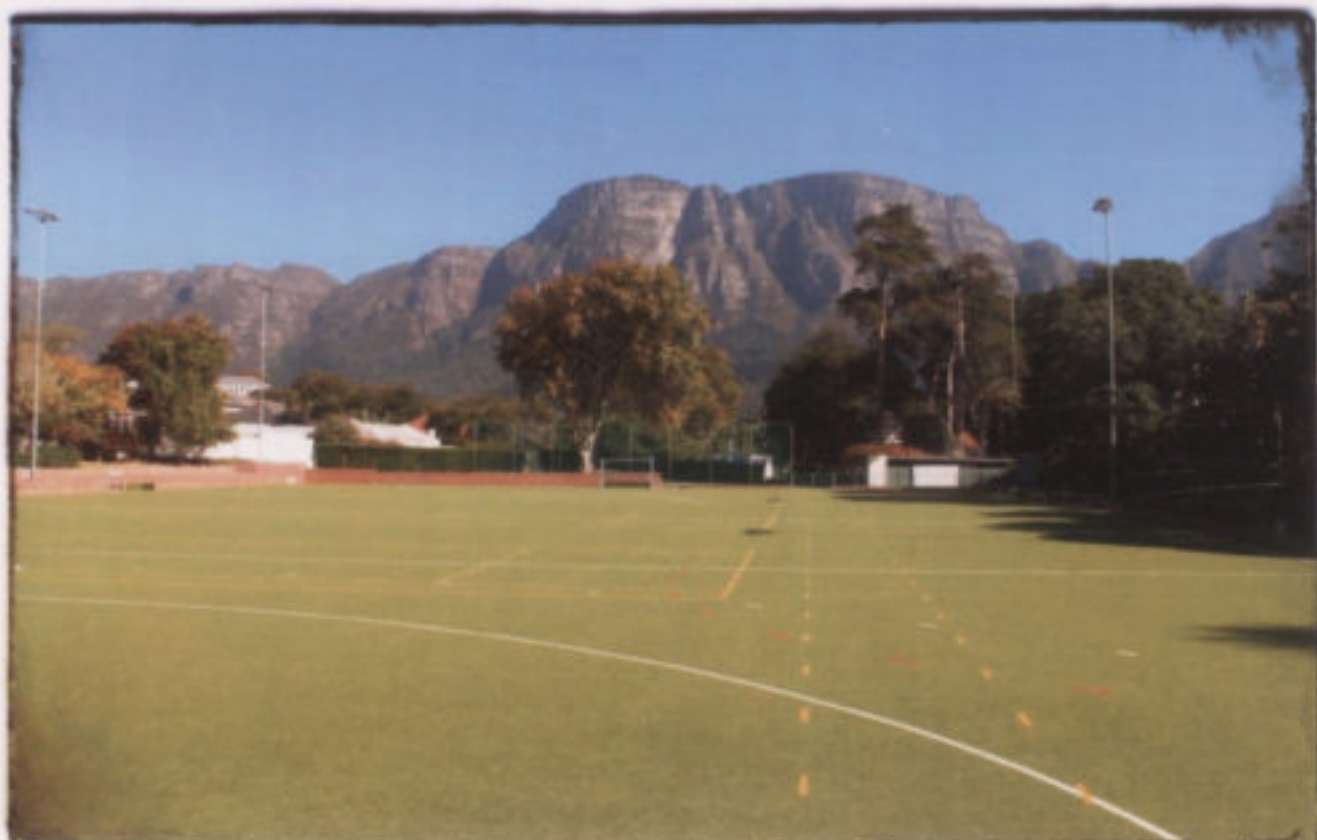
Acknowledgements and Gratitude

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THANK YOU FOR YOUR CONTRIBUTION AND MAKING THIS HOCKEY TOUR POSSIBLE.

We would like to acknowledge and thank all the generous sponsors who made this brochure possible! It will most certainly be a memorable souvenir of the fantastic opportunity that these Herschel girls were afforded during their school careers!

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