



## **Rondebosch Water Polo**

*Newsletter 1/19 January 2010*

Dear Water Polo Parents

Welcome back after the December break. This is the first in our “new look” newsletters which you will be receiving weekly with fixtures and other information pertaining to your son and his water polo commitments for the season.

Herewith the Water Polo fixtures for the 1<sup>st</sup> term as well as for Friday and Saturday 22<sup>nd</sup> and 23<sup>rd</sup> January.

### **2010: 1<sup>st</sup> Term Fixtures**

<b>Date</b>	<b>Opponents</b>	<b>Venue</b>
23 January	Paul Roos	RBHS
27 January	Herzlia (1 <sup>st</sup> team only) *	RBHS
30 January	Paul Roos	PRG
6 February	Westerford/Reddam	RBHS
13 February	BYE	
20 February	SACS	SACS
27 February	Bishops/WBHS /Reddam	Bishops/Wynberg
6 March	Wynberg	RBHS
13 March	Bishops	RBHS
18 March	Mazinter Cup - Finals	

**\*= Midweek - actual day/date not final.**

## ***Water Polo v Paul Roos***

### **Fri 22 Jan**

U14B	RBHS v PRG	15:30	5 min running
U14A	RBHS v PRG	16:05	5 min running
U15C	RBHS v PRG	16:40	5 min running
U15B	RBHS v PRG	17:10	5 min running

### **Sat 23 Jan**

U19E	RBHS v PRG	8:00	5 min running
U19D	RBHS v PRG	8:35	7 min running
U15A	RBHS v PRG	9:15	7 min running
U19C	RBHS v PRG	10:00	7 min running
U19B	RBHS v PRG	10:45	8 min s/s
U19A	RBHS v PRG	11:35	8 min s/s



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