

RUGBY

Pre-season 2026

Rugby u14

Starting: 2 February
Venue: School Gymnasium

u14 pre-trials

19 February 18:15 – 19:30
26 February 18:15 – 19:30

Gym :

Maandae : 6:00 – 7:00
Dinsdae : 14:40 – 15:30
Woensdae : 14:40 – 15:30

Veldsessie

Maandae : 15:00 – 16:00
Woensdae : 15:30 – 16:15



PAUL ROOS
GIMNASIUM – GYMNASIUM



RUGBY

Rugby u15

Gym

Mondays : 15:30 – 16:15

Wednesdays : 6:00 – 7:00

Veldsessies

Mondays: 14:45 – 15:30

Wednesdays: 14:45 – 15:45



PAUL ROOS
GIMNASIUM – GYMNASIUM



RUGBY

Rugby u16

Gym

Mondays : 16:15 – 17:00

Tuesday : 6:00 – 7:00

Thursdays: 16:15 – 17:00

Veldsessies:

Mondays : 14:45 – 16:15

Tuesdays : 14:45 – 16:15

Thursdays : 14:45 – 16:15



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RUGBY

Rugby u19

Gym

Mondays : 14:45 – 15:45

Tuesday : 16:15 – 17:00

Thursdays: 6:00 – 7:00

Veldsessies:

Mondays : 15:45 – 17:00

Tuesdays : 14:45 – 16:15

Thursdays : 14:45 – 16:15



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Important Announcements

Summer sport takes preference – please encourage the boys to communicate with their coaches. Please attend the rugby sessions that does not clash with your winter sport

Proeweweek sal die week van die 2de–7de Maart plaasvind.

On-field rugby training: players must wear rugby socks, rugby shorts, and any rugby jersey.

Seuns moet ten alle tye hul sportsakke naby hulle hou en plaas dit in sig van die hele span.

After Prestige athletics, there will be one evening a week where there is an open session for all the age groups and players.

19 – 26 February 18:15 – 19:30 at Markötter Sport complex

Rugby Inligtingsaand: 12 Februarie

Japie Krige Saal 18:00



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