

U11 & U12 SOUTH

NATIONALS

3 - 6 JULY 2025



RSAWEB

Taylor

Nolands

SYNSPORT

TK

PRESS RELEASE

EVENT



TIMBUKA PRODUCTION

Elevating the Game: Timbuka, AI Sport Africa & PSi Unite

Timbuka, in partnership with AI Sport Africa, is proud to announce the exclusive broadcasting of the PSi Nationals — at the same time breaking barriers by Live Streaming every single game at the July, October, and December events.

This partnership reflects our commitment to unlocking the value of African sport through cutting-edge technology, integrated media solutions, and meaningful partnerships. By appointing AI Sport Africa as our official production partner, we're ensuring world-class coverage and creating new pathways for talent visibility, fan engagement, and commercial growth within the indoor hockey ecosystem.



Proud Connectivity Partner of PSI!

Who are we?

We're RSAWEB - South Africa's best-rated Internet Service Provider (ISP).
Whether it's for your *home* or your *business*, we care about delivering
high-quality internet - connecting everything you do.

What we do:

Connecting *homes* with Fast Fibre Internet
Game, stream, work and learn with reliable, uninterrupted, high-quality service.

Driving *Business* Success

Personalised end-to-end solutions: Connectivity, Cloud, Mobile, and Security.

Get connected with SA's

**Best-Rated
ISP**



4.7 out of 5



Over 20 000+ Happy Customer Reviews

rsaweb.co.za

WELCOME



Welcome to all participants and parents to the 12th edition of PSI U11 & U12 South Nationals, taking place from 3rd to 6th July 2025.

The continuous growth of this tournament is a clear indication that an increasing number of young players are engaging in hockey at an early age. This age group plays a crucial role in the early development of essential skills and tactics, establishing a strong foundation for future success.

In addition to celebrating the spirit of indoor hockey with South Nationals, we are also recognising the achievements of our South African indoor men's team following their recent success at the FIH Indoor World Cup in Croatia. Many of these players have been involved with PSI since primary school and are now excelling on the international stage. We take great pride in their accomplishments and hope you enjoy watching the men's and women's exhibition matches during the opening function.

It is with pleasure that we announce RSAWEB as the new title sponsor of PSI hockey. This partnership presents exciting opportunities for both organizations, and we look forward to a remarkable journey ahead. We extend our gratitude to our long-standing sponsors: Nolands, Synsport, and TK, for your unwavering commitment and support to PSI. With every tournament, we grow together and further promote indoor hockey across Southern Africa.

We express our special thanks to UCT, College of Cape Town, Sunningdale Sports Complex, Pinelands High School, Reddam House, Fish Hoek High School and the Wynberg Military Base for hosting the PSI matches. Your support in allowing the next generation of indoor players to showcase their talents on your courts is greatly appreciated.

Our sincere appreciation goes to all staff, officials, and behind-the-scenes crew whose immense efforts contribute significantly to making PSI what it is today. Best of luck to all the players, have the time of your life!

Yours in sport,
Simon Martin
PSi Founder and Managing Director



CUSTOMISED TEAM WEAR BY **Tayla** sportswear

SUBLIMATED
OR PANELLED KIT



WE SPECIALISE IN DESIGNING AND MANUFACTURING CLOTHING THAT IS COMFORTABLE AND PRACTICAL FOR ALL YOUR TEAM'S NEEDS BOTH ON AND OFF THE FIELD.

FROM TRAVEL WEAR TO WARM UP AND COOL DOWN GEAR, FROM MATCH KIT TO TRAINING KIT, WE HAVE YOU COVERED

WE OFFER VARIOUS STYLES OF

VESTS

SHIRTS

SKIRTS AND SKORTS

SHORTS

WARM UP TOPS

TRACKSUIT PANTS AND JACKETS

PUFFER JACKETS

CREATE YOUR OWN KIT
WITH OUR IN-HOUSE DESIGNER

NO DESIGN FEE
ON ACCEPTED QUOTES



EMAIL PRODUCTION@TAYLA-TEAM.COM FOR A QUOTE TODAY

DAILY SCHEDULE



U11 & U12 Daily Schedule

Opening day: Thursday 3 July

- 12h00** Sleep IN flight travellers are collected from Cape Town International Airport & transported to the various hotels
- 13h00** Sleep IN travellers check into the hotels
- 15h45** First busses depart from the various Hotels to Wynberg for the Opening Function
- 16h30** Opening function begins at Wynberg Military Base
- 17h25** Supper is served for all teams
- 18h00** Exhibition match begins (See poster on page 7)
- 19h30** Opening function ends
- 19h45** Sleep IN players are transported to the various hotels
- 21h30** Lights Out

DAY 1: Friday 4 July

- 06h30** Wake up
- 06h45** Breakfast served at the Hotels for all Sleep IN participants
- 07h15** First busses leave from the Hotels to the various venues
- 08h00** First matches begin at the various venues
- 18h45** Matches end and the final Sleep IN participants are transported back to the various hotels
- 19h00** Sleep IN teams have dinner at the various hotels
- 21h30** Lights Out

DAY 2: Saturday 5 July

- 06h30** Wake up
- 06h45** Breakfast served at the Hotels for all Sleep IN participants
- 07h00** First busses leave from the Hotels to the various venues
- 08h00** First matches begin at the various venues
- 18h45** Matches end and the final Sleep IN participants are transported back to the various hotels
- 19h00** Sleep IN teams have dinner at the various hotels
- 21h30** Lights Out

DAY 3: Sunday 6 July

- 06h30** Wake up
- 06h45** Breakfast served at the Hotels for all Sleep IN participants
- 07h15** First busses leave from the Hotels to the various venues
- 08h00** Match begin at various venues
- 14h30** Prize Giving begins at each venue
- 15h00** Tournament ends
- 15h15** Sleep IN participants are transported to the Airport



U11 & U12 SOUTH NATIONALS 2025

CAPE TOWN

PHOTO ORDER FORM



Dear Franchises & PSI Parents

Congratulations on being part of the 2025 South Junior Nationals. As the Official Photographic Service Provider we wish you and your team a happy and fulfilled tournament making new hockey friends.

We will be offering the following services and products:

1. TEAM PHOTO'S & MEMORABILIA PORTRAITS

Due to limited time during the tournament, TEAMS PHOTOS & MEMORABILIA Portraits will only be available as a **DIGITAL DOWNLOAD OPTION** per team. (Teams that do want printed A4 Team Photos (R75ea) & A4 Memorabilia Portraits (R75ea) must please enquire on 066 231 2104 (Danita). It will be available, but will only be couriered after the tournament at a fee of R107 to ONE address per team).

2. ACTION PHOTO HIGH-RES DOWNLOADS

Action photo's will be available from www.teamphotosa.co.za within 14 -21 days after the tournament.

NOTE: ONE ORDER & ONE PAYMENT per team please...PLEASE DO NOT ASK PARENTS TO MAKE INDIVIDUAL PAYMENTS TO US SHOULD YOU AS MANAGER BE TOO BUSY YOU MAY REQUEST A MOM TO CO-ORDINATE THE TEAM ORDER AND LIASE WITH US PLEASE

SPECIAL ONLY VALID UNTIL 27 JUNE 2025



**DIGITAL TEAM PHOTO
PLUS ALL PORTRAITS
OF TEAM MEMBERS
IN DIGITAL FORMAT
@ R700/TEAM
VALID UNTIL
27 JUNE**



Franchise:Age Group.....Boys/Girls.....

Contact PersonMobile:.....

☐

**Yes, our parents want to order Digital Team Photos and portraits @ R700 team
(Orders placed after 27 June will be R900/team)**

☐

NO, our parents are not interested in digital team photos and portraits

☐

**Yes, our parents want to order Qty.....Printed A4 Team Photos (R75ea) and
Qty.....Printed A4 Memorabilia Portraits @ R75 ea & want it couriered at R107 per team
to one address. Address to be supplied by person placing order**

☐

NO, our parents are not interested in PRINTED Team Pics/Memorabilia Portraits

Signature:

TOTAL
AMOUNT

DIGITAL PACKAGE ORDERS PLACED AFTER 27 JUNE WILL COST R900/TEAM

NOTE

1. Please complete order form and mail to danita@teamphotosa.co.za or complete, photograph and whatsapp to 066 231 2104 prior to arrival or order via Whatsapp.
2. TeamphotoSA will issue an Invoice once order is received

EXPO



GAMES

2025

WYNBERG MILITARY BASE

Bravehearts

VS

Superheroes

3RD JULY



SA MEN WORLD CUP
MEDAL SHOWCASE: 17H00

WOMENS GAME: 18H00

MENS GAME: 18H45



RSAWEB

Taylor

Nolands

SYNSPORT

TK

GENERAL INFORMATION

Follow the tournament on our social media platforms and our website- psihockey.co.za (click on the Nationals tab)



Pro Series Indoor



proseriesindoor

Photography

We love a good ol' action shot! Browse till your hearts content. All our photographs from our tournaments will now be archived on our photography page. Head over to psihockey.co.za to find the link! Don't forget to tag us and your franchise when posting. #WeLoveBoards!

Video highlights and live streaming

There will be daily highlight videos posted on our social media platforms. We are excited to be partnering with Ai Sports, who will be live streaming all games on our YouTube page.



Pro Series Indoor

Fixtures and results

All fixtures and results are updated online on our website- psihockey.co.za under the Nationals 2025 tab.

Prize giving

Most venues will have their own prize giving after the finals on day 3 where teams will receive their medals and individual awards will be announced. Please refer to the fixtures

Food and Beverage

Each venue will have a tuckshop that will sell food, coffee, and refreshments.



WHEN THE FINAL WHISTLE BLOWS, **RELATIONSHIPS** MATTER



At Nolands, relationships are at the heart of everything we do. Like scores on a board, good partnerships don't just happen. They take dedication, effort, commitment and teamwork.

As **sponsors of PSI Hockey since 2008**, we're not just proud of our winning relationship, we're thrilled to see it growing.

Nolands
AUDIT • ADVISORY • LAW

ACKNOWLEDGMENTS

RSAWEB
TK Hockey
Nolands
Tayla Sportswear
Synsport
ES Media
Ai Sports
PSi parents and players
Umpires and Coaches

College Of Cape Town
Fish Hoek High School
Pinelands High School
Wynberg Military Base
Reddam House
Sunningdale Sports Complex
UCT

CONTACTS

Tournament Director
Transport
Kit Supplier
Medical
Umpires Manager
Photographer

Andy Stofberg	082 823 3748
Andy Stofberg	082 823 3748
Tayla Sportswear	021 510 0809
Wetton Medical Services	082 579 4815
Naasik Abrahams	078 123 1731
Aletta Klopper (Action)	072 132 5013
Fanus Schoeman (Team)	071 165 8891



TOURNAMENT RULES



PSi strictly adheres to the FIH indoor rules for all PSi Events

Playing up & down

- No player may play up or down without permission
- Teams will be deducted match points if found guilty and the opposition will receive full points (5 points)
- Permission to play up or down can only be granted by the Tournament Director
- Only special cases will apply

Cards

- 3 Yellow cards = 1 game suspension
- 1 Red card = minimum 1 game suspension
- Once the player has been sent off they must sit at the tech table, they are not allowed to sit with the team – (they may join the team at half time only)
- The umpire/tech table can immediately award a penalty corner if found guilty
- If a player receives 3 yellow cards or 1 red card an immediate disciplinary hearing will take place.
- The Tournament Director or authorized PSi staff member will hear both parties and make the final decision.

Swearing

If a player is found guilty the umpire can penalize the player with an automatic yellow card

Time Allocations & Start of games

- Games will start on time as per fixtures.
- Matches will consist of 2 halves of 15 to 20 minutes each way with a 2 minute half time break.
- There will be a 3 to 7 minute break between matches.
- Time will be kept by the tech table.
- Time will not be stopped at any time during the match, unless there is a severe medical emergency.
- If a 2nd ball goes on a court during a match and if influences play, the game will be stopped and will restart with a bully.
- The whistle will be blown from the tech table on time to start the game regardless if teams are on the court
- If only one team is ready and the whistle has been blown they may play freely towards the goals AFTER waiting for a period of 30 seconds
- All FIH indoor rules will apply
- Goalkeeper substitutions – Goalkeepers need to be substituted within 3 metres of the centre line.

TOURNAMENT RULES



Blood Bin

-In the case of a blood injury, players must get off the court immediately and seek medical attention.

Drinks

- Players may not drink on the court at any stage (this includes halftime)
- The umpire/ tech table has the right to award a penalty corner should a team be found guilty

Warm up

- Teams must please warm up outside the hall before games.
- Please note that there is limited time between matches so coaches must make sure captains toss prior to the start of the game.

Advancing to play-offs

- Should teams end on the same points after preliminary matches are completed, goal difference will apply to determine who progresses.
- If goal difference is a tie, then it goes to goals for.
- If goals for is the same, then the result against each other will apply.

Playoff matches ending in a draw

- No golden goal policy will apply
- Show downs will replace penalty flicks if games end in a draw.
- Each team will nominate 3 players to take a 1v 1 "7 second" attack

Long Corner

- A long corner will be taken on the half way line and in line with where the ball went out on the base line.

POINT SYSTEM

4 Points for a win

2 Points for a draw

1 Point for losing by 1 goal

1 Point for scoring 5 goals or more in a game

A maximum of 5 points can be achieved per game

SPECTATOR CODE OF CONDUCT

Indoor hockey is an exciting, fast and entertaining game. Coaches, players and spectators should remember that the objective is to have fun and develop hockey skills. It is important at PSi that all participants conduct themselves in a positive and responsible manner.

PSi will not tolerate behaviour which brings the game into disrepute. The attitude shown by spectators toward the coaches, the umpires, the opposing players are of paramount importance.

PSi has never been all about winning. Inappropriate comments or actions by adults at youth sports undermines the essence of competition and introduces stresses which are inappropriate for young players.

Parents & Spectators should:

- Encourage players to have fun at all times. Focus on praise and encouragement rather than on criticism and negative yelling. The role of the parent is to support the players not coach them. Instructions from too many sources can lead to confusion and stress. A player should not have to deal with a coach, teammates and parents all yelling at them to do something on the field. They should be encouraged to make their own decisions and learn from them.
- Applaud good plays by players on both teams.
- Encourage fair play and good sportsmanship.
- Spectators must remember that every player on the team is a contributing player. Indoor hockey is a team sport and without each player, there is no team.
- After the game is over, ask the players "Did you have a fun?" or "what did you do well or learn?" and not "who won?" or "who scored?"
- Attempt to reduce the pressure of competition, not increase it.
- Be kind and respectful to coaches. Spectators to support the coach and his or her decisions and will refrain from verbal criticism during any game. Remember, the coach makes the final decision regarding players on the field, voicing contrasting opinions to youth players during competition undermines the coach and can create issues.
- Do not publicly question the umpire's judgement, and never his or her honesty. The umpires are symbols of fair play, integrity and sportsmanship. Please remember, many of these umpires are young adults learning themselves, so please treat them with respect. There are no full time professional hockey umpires in SA. It is an amateur sport. Umpires like players don't have perfect games so there will be errors which they will learn from.
- NEVER enter the field to speak with an umpire. Speak to your coach or manager if you have a concern. If a parent confronts an umpire during or after a game they may be asked to leave the venue by a PSi official.
- Accept the results of the game. Encourage your child to be a good sport in victory and in defeat. Many times a player will not remember the results of a game an hour later but they will remember how they felt because of their own – and others actions.
- Parents/Spectators will only sit in designated areas around the field. Sitting along either end line or with the coaches and players is not allowed.



SPECIAL CONDITIONS

Tournament behaviour off the court

A player will be suspended from ALL matches based on the following criteria:

- Use of alcohol, drugs & cigarettes
- Caught stealing
- Use of fire crackers
- Fighting with opposition teams
- Three daily warnings for misbehaviour at the accomodation

A player will be suspended from 1 game based on the following daily criteria:

- Making a noise after lights out
- Playing loud music
- Back chatting the hotel manager or PSI staff
- Lights on after lights out without a valid reason
- General misbehaving in the hotel

-The above conditions are non negotiable. This is a simple and fair solution which is monitored by the Event Co Ordinator.

-All matters are reported back to the Event Co Ordinator and your tour manager.

-In severe cases you will be sent back home at your parents expense.

Indemnity

Due to the nature of the sport, PSi or any of their staff members are not responsible for any losses, damage or injury of any participant caused during the duration of the tournament.

All video footage and photographs taken from the clinics, leagues and/or tournaments are published on various social media platforms owned by PSi.





**SYNSPORT HAS INSTALLED OVER 2,000,000
SQUARE METERS OF SYNTHETIC SPORTS
SURFACING AT OVER 1000 FACILITIES
ACROSS SOUTH AFRICA**

WE WOULD JUST LIKE TO THANK ALL OUR PAST CUSTOMERS FROM AROUND THE COUNTRY FOR TRUSTING US TO EXECUTE THE INSTALLATION OF THEIR SYNTHETIC SPORTS FACILITY.

OUR EXPERIENCE, KNOWLEDGE, PRECISION AND PROFESSIONALISM WILL ENSURE THAT A QUALITY FACILITY IS HANDED OVER TO THE CLIENT. OUR CONTINUED COMMITMENT TO USING ONLY THE BEST QUALITY SYNTHETIC SPORTS SURFACING HAS ULTIMATELY LED TO US ACHIEVING THIS MILESTONE.

CUSTOMERS CAN BE ASSURED OF A QUALITY SPORTS FACILITY WHEN THEY MAKE USE OF SYNSPORT! WILL YOUR SCHOOL BE NEXT?

WE ARE PROUDLY AFFILIATED WITH THESE LOCAL AND INTERNATIONAL BRANDS



TOURNAMENT FORMATS



U11 GIRLS CUP SECTION (7 TEAMS)

SEALS (CAPE)
KNIGHTS RED (NORTHERN)
HAWKS A (NAMIBIA)
VIPERS (PORT ELIZABETH)

FOXES GREY (BOLAND)
SABLES (SOUTHERN CAPE)
HAWKS B (NAMIBIA)

This will be a straight round robin with each team playing 6 games.
NO points will be carried forward from the round robin games

Bottom 3

Will play a further 2 matches to determine final placings

Top 4 Semi Finals

Semi-final 1 – 1st vs 4th

Semi - final 2 – 2nd vs 3rd

Losers of the Semi's will play the 3rd vs 4th (bronze) playoff

Winners of the Semi's will play the 1st vs 2nd (gold / silver) playoff

ALL matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

U11 GIRLS SHIELD SECTION (7 TEAMS)

SHARKS (CAPE)
FOXES YELLOW (BOLAND)
KNIGHTS GREY (NORTHERN)
EAGLES B (NAMIBIA)

FOXES BLACK (BOLAND)
KNIGHTS BLACK (NORTHERN)
EAGLES A (NAMIBIA)

This will be a straight round robin with each team playing 6 games.
NO points will be carried forward from the round robin games.

Bottom 3

Will play a further 2 matches to determine final placings

Top 4 Semi Finals

Semi-final 1 – 1st vs 4th

Semi final 2 – 2nd vs 3rd

Losers of the Semi's will play the 3rd vs 4th (bronze) playoff

Winners of the Semi's will play the 1st vs 2nd (gold / silver) playoff

ALL matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

TOURNAMENT FORMATS



U11 BOYS CUP SECTION (6 TEAMS)

SEALS (CAPE)
KNIGHTS RED (NORTHERN)
HAWKS A (NAMIBIA)

FOXES GREY (BOLAND)
VIPERS (PORT ELIZABETH)
CRANES (NAMIBIA)

This will be a straight round robin with each team playing 5 games
NO points will be carried forward from the round robin games.

Bottom 3

Will play a further 2 matches to determine final placings

Top 3

Will play a further 2 matches in a round robin series to determine final medal placing's.
This means no finals matches. Should any of these matches end in a draw they will go to a showdown to ensure a result.
ALL matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

U11 BOYS SHIELD SECTION (6 TEAMS)

SHARKS (CAPE)
KNIGHTS BLACK (NORTHERN)
HAWKS B (NAMIBIA)

FOXES BLACK (BOLAND)
KNIGHTS GREY (NORTHERN)
SABLES (SOUTHERN CAPE)

This will be a straight round robin with each team playing 5 games
NO points will be carried forward from the round robin games.

Bottom 3

Will play a further 2 matches to determine final placings

Top 3

Will play a further 2 matches in a round robin series to determine final medal placing's.
This means no finals matches. Should any of these matches end in a draw they will go to a showdown to ensure a result.
ALL matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

TOURNAMENT FORMATS



U12 GIRLS CUP SECTION (6 TEAMS)

SEALS (CAPE)
KNIGHTS RED (NORTHERN)
HAWKS (NAMIBIA)

FOXES GREY (BOLAND)
VIPERS (PORT ELIZABETH)
SABLES (SOUTHERN CAPE)

This will be a straight round robin with each team playing 5 games
NO points will be carried forward from the round robin games.

Bottom 3

Will play a further 2 matches to determine final placings

Top 3

Will play a further 2 matches in a round robin series to determine final medal placing's.
This means no finals matches. Should any of these matches end in a draw they will go to a showdown to ensure a result.
ALL matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

U12 GIRLS SHIELD SECTION (6 TEAMS)

SHARKS (CAPE)
FOXES BLACK (BOLAND)
KNIGHTS BLACK (NORTHERN)

SUNBIRDS (CAPE)
FIRE (LANGA)
HAWKS B (NAMIBIA)

This will be a straight round robin with each team playing 5 games
NO points will be carried forward from the round robin games.

Bottom 3

Will play a further 2 matches to determine final placings.

Top 3

Will play a further 2 matches in a round robin series to determine final medal placing's.
This means no finals matches. Should any of these matches end in a draw they will go to a showdown to ensure a result.
ALL matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

TOURNAMENT FORMATS



U12 BOYS CUP SECTION (6 TEAMS)

SEALS (CAPE)
KNIGHTS RED (NORTHERN)
HAWKS A (NAMIBIA)

FOXES GREY (BOLAND)
VIPERS GREEN (PORT ELIZABETH)
HAWKS B (NAMIBIA)

This will be a straight round robin with each team playing 5 games
NO points will be carried forward from the round robin games.

Bottom 3

Will play a further 2 matches to determine final placing's

Top 3

Will play a further 2 matches in a round robin series to determine final medal placing's.
This means no finals matches. Should any of these matches end in a draw they will go to a showdown to ensure a result.
ALL matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

U12 BOYS SHIELD SECTION (8 TEAMS)

SHARKS (CAPE)
FOXES BLACK (BOLAND)
KNIGHTS GREY (NORTHERN)
FIRE (LANGA)

SUNBIRDS (CAPE)
KNIGHTS BLACK (NORTHERN)
VIPERS YELLOW (PORT ELIZABETH)
SABLES (SOUTHERN CAPE)

This will be a straight round robin with each team playing 7 games
A further one game will be played to determine final placing's.

No Semi Finals.

1st vs 2nd Gold or Silver medals

3rd vs 4th for Bronze medals

ALL matches will be 20 minutes each half, 2 minute half time and 3 minute change over between games.

VENUE INFORMATION

College Of Cape Town - Crawford Campus

174 Kromboom Rd
Crawford, Cape Town, 7770

Fish Hoek High School

13th Ave
Fish Hoek, Cape Town, 7974

Pinelands High School

Princess Path Gate
Pinelands, Cape Town, 7405

Wynberg Military Base

Buren Rd (Off Alphen Hill Rd)
Wynberg, Cape Town, 7824

Reddam House

Reddam Ave
Constantia, Cape Town, 7806

Sunningdale Sports Complex

2 Waterville Rd
Sunningdale, Cape Town, 7441

UCT Indoor Sports Hall

North Entrance Rd
Rondebosch, Cape Town, 7701



FIXTURES

U11 GIRLS CUP SECTION



DATE	FRIDAY		4TH JULY 2025			DAY 1	
VENUE		REDDAM TOKAI					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
1	08h45	GIRLS	U11 CUP SECTION	SABLES	VS	HAWKS A	
2	09h30	GIRLS	U11 CUP SECTION	SEALS	VS	FOXES GREY	
3	10h15	GIRLS	U11 CUP SECTION	KNIGHTS RED	VS	VIPERS	
4	11h00	GIRLS	U11 CUP SECTION	HAWKS B	VS	SABLES	
5	11h45	GIRLS	U11 CUP SECTION	SEALS	VS	HAWKS A	
6	12h30	GIRLS	U11 CUP SECTION	KNIGHTS RED	VS	FOXES GREY	
7	13h15	GIRLS	U11 CUP SECTION	VIPERS	VS	HAWKS B	
8	14h00	GIRLS	U11 CUP SECTION	SABLES	VS	SEALS	
9	14h45	GIRLS	U11 CUP SECTION	FOXES GREY	VS	HAWKS A	
10	15h30	GIRLS	U11 CUP SECTION	KNIGHTS RED	VS	HAWKS B	

DATE	SATURDAY		5TH JULY 2025				
VENUE		UCT - COURT 1					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
11	08h45	GIRLS	U11 CUP SECTION	VIPERS	VS	SEALS	
12	09h30	GIRLS	U11 CUP SECTION	HAWKS B	VS	HAWKS A	
13	10h15	GIRLS	U11 CUP SECTION	KNIGHTS RED	VS	SABLES	
14	11h00	GIRLS	U11 CUP SECTION	FOXES GREY	VS	VIPERS	
15	11h45	GIRLS	U11 CUP SECTION	SEALS	VS	HAWKS B	
16	12h30	GIRLS	U11 CUP SECTION	HAWKS A	VS	KNIGHTS RED	
17	13h15	GIRLS	U11 CUP SECTION	SABLES	VS	FOXES GREY	
18	14h00	GIRLS	U11 CUP SECTION	VIPERS	VS	HAWKS A	
19	14h45	GIRLS	U11 CUP SECTION	SEALS	VS	KNIGHTS RED	
20	15h30	GIRLS	U11 CUP SECTION	HAWKS B	VS	FOXES GREY	
21	16h15	GIRLS	U11 CUP SECTION	SABLES	VS	VIPERS	

DATE	SUNDAY		6TH JULY 2025				DAY 3	
VENUE		FISH HOEK HIGH SCHOOL						
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2	
22	08h30	GIRLS	U11 CUP SECTION BOTTOM 3		7th	VS	6th	
23	09h15	GIRLS	U11 CUP SECTION TOP 4 SEMI FINAL 1		1ST	VS	4TH	
24	10h00	GIRLS	U11 CUP SECTION BOTTOM 3		5th	VS	7th	
25	10h45	GIRLS	U11 CUP SECTION TOP 4 SEMI FINAL 2		2ND	VS	3RD	
26	11h30	GIRLS	U11 CUP SECTION BOTTOM 3		5th	VS	6th	
27	12h15	GIRLS	U11 CUP SECTION LOSERS OF SEMI'S		BRONZE 3RD VS 4TH			
28	13h00	GIRLS	U11 CUP SECTION WINNERS OF SEMI'S		GOLD 1ST VS 2ND			
	13h45	FINISH	PRIZE GIVING AT FISH HOEK HIGH SCHOOL					

FIXTURES

U11 GIRLS SHIELD SECTION



DATE	FRIDAY		4TH JULY 2025				DAY 1
VENUE	PINELANDS HIGH SCHOOL						
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	V5	TEAM 2	
29	08h45	GIRLS	U11 SHIELD SECTION	KNIGHTS BLACK	V5	SHARKS	
30	09h30	GIRLS	U11 SHIELD SECTION	EAGLES A	V5	FOXES BLACK	
31	10h15	GIRLS	U11 SHIELD SECTION	KNIGHTS GREY	V5	EAGLES B	
32	11h00	GIRLS	U11 SHIELD SECTION	FOXES YELLOW	V5	KNIGHTS BLACK	
33	11h45	GIRLS	U11 SHIELD SECTION	EAGLES A	V5	SHARKS	
34	12h30	GIRLS	U11 SHIELD SECTION	KNIGHTS GREY	V5	FOXES BLACK	
35	13h15	GIRLS	U11 SHIELD SECTION	EAGLES B	V5	FOXES YELLOW	
36	14h00	GIRLS	U11 SHIELD SECTION	KNIGHTS BLACK	V5	EAGLES A	
37	14h45	GIRLS	U11 SHIELD SECTION	FOXES BLACK	V5	SHARKS	
38	15h30	GIRLS	U11 SHIELD SECTION	KNIGHTS GREY	V5	FOXES YELLOW	

DATE		SATURDAY		5TH JULY 2025				
VENUE		UCT - COURT 2					DAY 2	
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2	
39	08h45	GIRLS	U11 SHIELD SECTION		EAGLES B	VS	EAGLES A	
40	09h30	GIRLS	U11 SHIELD SECTION		FOXES YELLOW	VS	SHARKS	
41	10h15	GIRLS	U11 SHIELD SECTION		KNIGHTS GREY	VS	KNIGHTS BLACK	
42	11h00	GIRLS	U11 SHIELD SECTION		FOXES BLACK	VS	EAGLES B	
43	11h45	GIRLS	U11 SHIELD SECTION		EAGLES A	VS	FOXES YELLOW	
44	12h30	GIRLS	U11 SHIELD SECTION		SHARKS	VS	KNIGHTS GREY	
45	13h15	GIRLS	U11 SHIELD SECTION		KNIGHTS BLACK	VS	FOXES BLACK	
46	14h00	GIRLS	U11 SHIELD SECTION		EAGLES B	VS	SHARKS	
47	14h45	GIRLS	U11 SHIELD SECTION		EAGLES A	VS	KNIGHTS GREY	
48	15h30	GIRLS	U11 SHIELD SECTION		FOXES YELLOW	VS	FOXES BLACK	
49	16h15	GIRLS	U11 SHIELD SECTION		KNIGHTS BLACK	VS	EAGLES B	

DATE		SUNDAY		6TH JULY 2025				DAY 3	
VENUE		REDDAM TOKAI							
GAME	TIME	GENDER	SECTION / POOL		TEAM 1		V/S	TEAM 2	
50	08h30	GIRLS	U11 SHIELD SECTION BOTTOM 3		7th		V/S	6th	
51	09h15	GIRLS	U11 SHIELD SECTION TOP 4 SEMI FINAL		1ST		V/S	4TH	
52	10h00	GIRLS	U11 SHIELD SECTION BOTTOM 3		5th		V/S	7th	
53	10h45	GIRLS	U11 SHIELD SECTION TOP 4 SEMI FINAL		2ND		V/S	3RD	
54	11h30	GIRLS	U11 SHIELD SECTION BOTTOM 3		5th		V/S	6th	
55	12h15	GIRLS	U11 SHIELD SECTION LOSERS OF SEMI'S		BRONZE 3RD VS 4TH				
56	13h00	GIRLS	U11 SHIELD SECTION WINNERS OF SEMI'S		GOLD 1ST VS 2ND				
	13h45	FINISH	PRIZE GIVING AT REDDAM TOKAI						

FIXTURES

U11 BOYS CUP SECTION



DATE		FRIDAY	4TH JULY 2025				DAY 1
VENUE		COLLEGE OF CAPE TOWN - CRAWFORD CAMPUS					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
57	08h00	BOYS	U11 CUP SECTION	HAWKS	VS	VIPERS	
58	08h45	BOYS	U11 CUP SECTION	CRANES	VS	KNIGHTS RED	
59	09h30	BOYS	U11 CUP SECTION	FOXES GREY	VS	SEALS	
60	12h30	BOYS	U11 CUP SECTION	HAWKS	VS	CRANES	
61	13h15	BOYS	U11 CUP SECTION	VIPERS	VS	FOXES GREY	
62	14h00	BOYS	U11 CUP SECTION	KNIGHTS RED	VS	SEALS	
63	17h00	BOYS	U11 CUP SECTION	CRANES	VS	FOXES GREY	
64	17h45	BOYS	U11 CUP SECTION	HAWKS	VS	KNIGHTS RED	
65	18h30	BOYS	U11 CUP SECTION	VIPERS	VS	SEALS	

DATE		SATURDAY		5TH JULY 2025			DAY 2	
VENUE		WYNBERG MILITARY BASE						
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2	
66	10h15	BOYS	U11 CUP SECTION		HAWKS	VS	FOXES GREY	
67	11h00	BOYS	U11 CUP SECTION		CRANES	VS	SEALS	
68	11h45	BOYS	U11 CUP SECTION		VIPERS	VS	KNIGHTS RED	
69	14h45	BOYS	U11 CUP SECTION		HAWKS	VS	SEALS	
70	15h30	BOYS	U11 CUP SECTION		KNIGHTS RED	VS	FOXES GREY	
71	16h15	BOYS	U11 CUP SECTION		VIPERS	VS	CRANES	

DATE		SUNDAY		6TH JULY 2025				DAY 3	
VENUE				UCT COURT 1					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1		VS	TEAM 2	
72	08h15	BOYS	U11 CUP SECTION TOP 3		1ST		VS	3RD	
73	10h30	BOYS	U11 CUP SECTION TOP 3		2ND		VS	3RD	
74	12h45	BOYS	U11 CUP SECTION TOP 3		1ST		VS	2ND	
VENUE				UCT COURT 2					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1		VS	TEAM 2	
75	08h15	BOYS	U11 CUP SECTION BOTTOM 3		4TH		VS	6TH	
76	10h30	BOYS	U11 CUP SECTION BOTTOM 3		5TH		VS	6TH	
77	12h45	BOYS	U11 CUP SECTION BOTTOM 3		4TH		VS	5TH	
	14h30	PRIZE GIVING AT UCT COURT 1							

FIXTURES

U11 BOYS SHIELD SECTION



DATE		FRIDAY	4TH JULY 2025			DAY 1
VENUE		COLLEGE OF CAPE TOWN - CRAWFORD CAMPUS				
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
78	10h15	BOYS	U11 SHIELD SECTION	SABLES	VS	KNIGHT BLACK
79	11h00	BOYS	U11 SHIELD SECTION	FOXES BLACK	VS	SHARKS
80	11h45	BOYS	U11 SHIELD SECTION	HAWKS B	VS	KNIGHTS GREY
81	14h45	BOYS	U11 SHIELD SECTION	SABLES	VS	SHARKS
82	15h30	BOYS	U11 SHIELD SECTION	KNIGHTS GREY	VS	KNIGHT BLACK
83	16h15	BOYS	U11 SHIELD SECTION	HAWKS B	VS	FOXES BLACK

DATE		SATURDAY	5TH JULY 2025			DAY 2	
VENUE			WYNBERG MILITARY BASE				
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
84	08h00	BOYS	U11 SHIELD SECTION	SABLES	VS	HAWKS B	
85	08h45	BOYS	U11 SHIELD SECTION	FOXES BLACK	VS	KNIGHTS GREY	
86	09h30	BOYS	U11 SHIELD SECTION	KNIGHT BLACK	VS	SHARKS	
87	12h30	BOYS	U11 SHIELD SECTION	SABLES	VS	FOXES BLACK	
88	13h15	BOYS	U11 SHIELD SECTION	HAWKS B	VS	KNIGHT BLACK	
89	14h00	BOYS	U11 SHIELD SECTION	KNIGHTS GREY	VS	SHARKS	
90	17h00	BOYS	U11 SHIELD SECTION	FOXES BLACK	VS	KNIGHT BLACK	
91	17h45	BOYS	U11 SHIELD SECTION	SABLES	VS	KNIGHTS GREY	
92	18h30	BOYS	U11 SHIELD SECTION	HAWKS B	VS	SHARKS	

DATE		SUNDAY	6TH JULY 2025			DAY 3	
VENUE			UCT COURT 1				
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
93	07h30	BOYS	U11 SHIELD SECTION TOP 3	1ST	VS	3RD	
94	09h45	BOYS	U11 SHIELD SECTION TOP 3	2ND	VS	3RD	
95	12h00	BOYS	U11 SHIELD SECTION TOP 3	1ST	VS	2ND	
VENUE			UCT - COURT 2				
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
96	07h30	BOYS	U11 SHIELD SECTION BOTTOM 3	4TH	VS	6TH	
97	09h45	BOYS	U11 SHIELD SECTION BOTTOM 3	5TH	VS	6TH	
98	12h00	BOYS	U11 SHIELD SECTION BOTTOM 3	4TH	VS	5TH	
	14h30		PRIZE GIVING AT UCT COURT 1				

FIXTURES

U12 GIRLS CUP SECTION



DATE		FRIDAY	4TH JULY 2025			DAY 1	
VENUE		WYNBERG MILITARY BASE					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
99	08h15	GIRLS	U12 CUP SECTION	SABLES	VS	VIPERS	
100	09h00	GIRLS	U12 CUP SECTION	SEALS	VS	HAWKS	
101	09h45	GIRLS	U12 CUP SECTION	KNIGHTS RED	VS	FOXES GREY	
102	12h45	GIRLS	U12 CUP SECTION	SABLES	VS	SEALS	
103	13h30	GIRLS	U12 CUP SECTION	VIPERS	VS	KNIGHTS RED	
104	14h15	GIRLS	U12 CUP SECTION	HAWKS	VS	FOXES GREY	

DATE		SATURDAY	5TH JULY 2025				DAY 2
VENUE		COLLEGE OF CAPE TOWN - CRAWFORD CAMPUS					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
105	08h00	GIRLS	U12 CUP SECTION	SEALS	VS	KNIGHTS RED	
106	08h45	GIRLS	U12 CUP SECTION	SABLES	VS	HAWKS	
107	09h30	GIRLS	U12 CUP SECTION	VIPERS	VS	FOXES GREY	
108	12h30	GIRLS	U12 CUP SECTION	SABLES	VS	KNIGHTS RED	
109	13h15	GIRLS	U12 CUP SECTION	SEALS	VS	FOXES GREY	
110	14h00	GIRLS	U12 CUP SECTION	VIPERS	VS	HAWKS	
111	17h00	GIRLS	U12 CUP SECTION	SABLES	VS	FOXES GREY	
112	17h45	GIRLS	U12 CUP SECTION	HAWKS	VS	KNIGHTS RED	
113	18h30	GIRLS	U12 CUP SECTION	VIPERS	VS	SEALS	

DATE	SUNDAY		6TH JULY 2025				DAY 3
VENUE			UCT COURT 1				
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
114	09h00	GIRLS	U12 CUP SECTION TOP 3		1ST	VS	3RD
115	11h15	GIRLS	U12 CUP SECTION TOP 3		2ND	VS	3RD
116	13h30	GIRLS	U12 CUP SECTION TOP 3		1ST	VS	2ND
VENUE			UCT COURT 2				
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
117	09h00	GIRLS	U12 CUP SECTION BOTTOM 3		4TH	VS	6TH
118	11h15	GIRLS	U12 CUP SECTION BOTTOM 3		5TH	VS	6TH
119	13h30	GIRLS	U12 CUP SECTION BOTTOM 3		4TH	VS	5TH
	14h30		PRIZE GIVING AT UCT COURT 1				

FIXTURES

U12 GIRLS SHIELD SECTION



DATE	FRIDAY		4TH JULY 2025			DAY 1
VENUE			WYNBERG MILITARY BASE			
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
120	10h30	GIRLS	U12 SHIELD SECTION	HAWKS B	VS	FIRE
121	11h15	GIRLS	U12 SHIELD SECTION	SUNBIRDS	VS	FOXES BLACK
122	12h00	GIRLS	U12 SHIELD SECTION	SHARKS	VS	KNIGHTS BLACK
123	15h00	GIRLS	U12 SHIELD SECTION	HAWKS B	VS	FOXES BLACK
124	15h45	GIRLS	U12 SHIELD SECTION	KNIGHTS BLACK	VS	FIRE
125	16h30	GIRLS	U12 SHIELD SECTION	SHARKS	VS	SUNBIRDS

DATE	SATURDAY		5TH JULY 2025			DAY 2
VENUE			FISH HOEK HIGH SCHOOL			
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
126	09h00	GIRLS	U12 SHIELD SECTION	HAWKS B	VS	SHARKS
127	09h45	GIRLS	U12 SHIELD SECTION	SUNBIRDS	VS	KNIGHTS BLACK
128	10h30	GIRLS	U12 SHIELD SECTION	FIRE	VS	FOXES BLACK
129	11h30	GIRLS	U12 SHIELD SECTION	HAWKS B	VS	SUNBIRDS
130	12h15	GIRLS	U12 SHIELD SECTION	SHARKS	VS	FIRE
131	13h00	GIRLS	U12 SHIELD SECTION	KNIGHTS BLACK	VS	FOXES BLACK
132	14h00	GIRLS	U12 SHIELD SECTION	SUNBIRDS	VS	FIRE
133	14h45	GIRLS	U12 SHIELD SECTION	HAWKS B	VS	KNIGHTS BLACK
134	15h30	GIRLS	U12 SHIELD SECTION	SHARKS	VS	FOXES BLACK

DATE	SUNDAY		6TH JULY 2025			DAY 3
VENUE			COLLEGE OF CAPE TOWN - CRAWFORD CAMPUS			
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2
135	08h30	GIRLS	U12 SHIELD BOTTOM 3	4TH	VS	6TH
136	09h15	GIRLS	U12 SHIELD TOP 3	1ST	VS	3RD
137	10h00	GIRLS	U12 SHIELD BOTTOM 3	5TH	VS	6TH
138	10h45	GIRLS	U12 SHIELD TOP 3	2ND	VS	3RD
139	11h30	GIRLS	U12 SHIELD BOTTOM 3	4TH	VS	5TH
140	12h15	GIRLS	U12 SHIELD TOP 3	1ST	VS	2ND
	13h00		MOVE TO UCT			
	14h30		PRIZE GIVING AT UCT COURT 1			

FIXTURES

U12 BOYS CUP SECTION



DATE		FRIDAY		4TH JULY 2025		DAY 1	
VENUE		SUNNINGDALE SPORTS COMPLEX					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
141	09h00	BOYS	U12 CUP SECTION		SEALS	VS	FOXES GREY
142	09h45	BOYS	U12 CUP SECTION		KNIGHTS RED	VS	VIPERS GREEN
143	10h30	BOYS	U12 CUP SECTION		HAWKS A	VS	HAWKS B
144	11h30	BOYS	U12 CUP SECTION		SEALS	VS	KNIGHTS RED
145	12h15	BOYS	U12 CUP SECTION		FOXES GREY	VS	HAWKS A
146	13h00	BOYS	U12 CUP SECTION		VIPERS GREEN	VS	HAWKS B
147	14h00	BOYS	U12 CUP SECTION		KNIGHTS RED	VS	HAWKS A
148	14h45	BOYS	U12 CUP SECTION		SEALS	VS	VIPERS GREEN
149	15h30	BOYS	U12 CUP SECTION		FOXES GREY	VS	HAWKS B

DATE		SATURDAY		5TH JULY 2025		DAY 2	
VENUE		COLLEGE OF CAPE TOWN - CRAWFORD CAMPUS					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
150	10h15	BOYS	U12 CUP SECTION		SEALS	VS	HAWKS A
151	11h00	BOYS	U12 CUP SECTION		KNIGHTS RED	VS	HAWKS B
152	11h45	BOYS	U12 CUP SECTION		FOXES GREY	VS	VIPERS GREEN
153	14h45	BOYS	U12 CUP SECTION		SEALS	VS	HAWKS B
154	15h30	BOYS	U12 CUP SECTION		VIPERS GREEN	VS	HAWKS A
155	16h15	BOYS	U12 CUP SECTION		FOXES GREY	VS	KNIGHTS RED

DATE		SUNDAY		6TH JULY 2025			DAY 3	
VENUE		WYNBERG MILITARY BASE						
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2	
156	08h40	BOYS	U12 CUP SECTION BOTTOM 3		4TH	VS	5TH	
157	09h30	BOYS	U12 CUP SECTION TOP 3		1ST	VS	3RD	
158	10h20	BOYS	U12 CUP SECTION BOTTOM 3		6TH	VS	5TH	
159	11h10	BOYS	U12 CUP SECTION TOP 3		2ND	VS	3RD	
160	12h00	BOYS	U12 CUP SECTION BOTTOM 3		6TH	VS	4TH	
161	12h50	BOYS	U12 CUP SECTION TOP 3		1ST	VS	2ND	
	13h50	FINISH	PRIZE GIVING AT WYNBERG					

FIXTURES

U12 BOYS SHIELD SECTION



DATE		FRIDAY		4TH JULY 2025		DAY 1	
VENUE		FISH HOEK HIGH SCHOOL					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
162	08h30	BOYS	U12 SHIELD SECTION	SABLES	VS	VIPERS YELLOW	
163	09h15	BOYS	U12 SHIELD SECTION	SHARKS	VS	SUNBIRDS	
164	10h00	BOYS	U12 SHIELD SECTION	FIRE	VS	KNIGHTS GREY	
165	10h45	BOYS	U12 SHIELD SECTION	KNIGHTS BLACK	VS	FOXES BLACK	
166	11h30	BOYS	U12 SHIELD SECTION	SABLES	VS	SHARKS	
167	12h15	BOYS	U12 SHIELD SECTION	VIPERS YELLOW	VS	KNIGHTS GREY	
168	13h00	BOYS	U12 SHIELD SECTION	SUNBIRDS	VS	KNIGHTS BLACK	
169	13h45	BOYS	U12 SHIELD SECTION	FIRE	VS	FOXES BLACK	
170	14h30	BOYS	U12 SHIELD SECTION	SHARKS	VS	KNIGHTS GREY	
171	15h15	BOYS	U12 SHIELD SECTION	VIPERS YELLOW	VS	KNIGHTS BLACK	
172	16h00	BOYS	U12 SHIELD SECTION	SABLES	VS	FOXES BLACK	
173	16h45	BOYS	U12 SHIELD SECTION	SUNBIRDS	VS	FIRE	

DATE		SATURDAY		5TH JULY 2025		DAY 2	
VENUE		REDDAM TOKAI					
GAME	TIME	GENDER	SECTION / POOL	TEAM 1	VS	TEAM 2	
174	08h30	BOYS	U12 SHIELD SECTION	KNIGHTS GREY	VS	KNIGHTS BLACK	
175	09h15	BOYS	U12 SHIELD SECTION	SHARKS	VS	VIPERS YELLOW	
176	10h00	BOYS	U12 SHIELD SECTION	SABLES	VS	FIRE	
177	10h45	BOYS	U12 SHIELD SECTION	SUNBIRDS	VS	FOXES BLACK	
178	11h30	BOYS	U12 SHIELD SECTION	SHARKS	VS	KNIGHTS BLACK	
179	12h15	BOYS	U12 SHIELD SECTION	VIPERS YELLOW	VS	FIRE	
180	13h00	BOYS	U12 SHIELD SECTION	KNIGHTS GREY	VS	FOXES BLACK	
181	13h45	BOYS	U12 SHIELD SECTION	SABLES	VS	SUNBIRDS	
182	14h30	BOYS	U12 SHIELD SECTION	FIRE	VS	KNIGHTS BLACK	
183	15h15	BOYS	U12 SHIELD SECTION	SHARKS	VS	FOXES BLACK	
184	16h00	BOYS	U12 SHIELD SECTION	VIPERS YELLOW	VS	SUNBIRDS	
185	16h45	BOYS	U12 SHIELD SECTION	SABLES	VS	KNIGHTS GREY	

DATE		SUNDAY		6TH JULY 2025		DAY 3	
VENUE		SUNNINGDALE SPORTS COMPLEX					
GAME	TIME	GENDER	SECTION / POOL		TEAM 1	VS	TEAM 2
186	08h00	BOYS	U12 SHIELD SECTION		SABLES	VS	KNIGHTS BLACK
187	08h45	BOYS	U12 SHIELD SECTION		VIPERS YELLOW	VS	FOXES BLACK
188	09h30	BOYS	U12 SHIELD SECTION		SHARKS	VS	FIRE
189	10h15	BOYS	U12 SHIELD SECTION		SUNBIRDS	VS	KNIGHTS GREY
190	11h00	BOYS	U12 SHIELD SECTION		8TH		7TH
191	11h45	BOYS	U12 SHIELD SECTION		6TH		5TH
192	12h30	BOYS	U12 SHIELD SECTION		BRONZE 3RD VS 4TH		
193	13h15	BOYS	U12 SHIELD SECTION		GOLD 1ST VS 2ND		
	14h15		PRIZE GIVING AT SUNNINGDALE				

WE ARE INDOOR.





FRANCHISE OWNER Simon Martin
FRANCHISE MANAGER Luke Thonisson

SEALS

U11 Boys

COACH: Liam Sorensen
MANAGER: Caiphus Dlamini

Cruz Campbell
Carl Muller
Hunter Rowan
Ben Stamper
Cameron Smyth
Alex Erasmus
Ben Dyer
Aiden Pillay
James Wallace
Sam Burchell
Stefan van der Walt

U12 Boys

COACH: A'ishah Ebrahim & Gary Stevens

Hamish Ellis
Matt Warner
Ayub Tippoo
Nick Redfern
Oli Naylor
Leo Faro
Jacob Woods
Jude Werner
Ntsika Tsolekile
Finnley Emms

U11 Girls

COACH: Miche Bennett

Cara Sedice
Vicky Kuhn
Payal Patel
Stella Williams
Ruby Meyer
Madison Cole
Ezzah Sultan
Jessica Whyte
Ava Rood
Maleta Tsolekile

U12 Girls

COACH: Chelsea Jeffery

Hilda Straub
Khloe Brown
Hayli Erasmus
Cara Mabin
Hannah Galatis
Amelia Murray
Liberty Wallace
Chloe Readings
Rafaella Milne



FRANCHISE OWNER Simon Martin
FRANCHISE MANAGER Luke Thonisson

SHARKS

U11 Boys

COACH: Joshua Thompson

Raheem Benjamin
Jake Hellenberg
Trystan James
Benjamin Wood
Matthew Kessler
Lebogang Magosha
Owen Cussen
Ben Maurel
Veyhaan Naidoo
Cooper Payne
Zaydan Jacobs

U12 Boys

COACH: Teague Lourens

MacAlister Godwin
Max Parker
Zidan Mayet
Adam Kloppers
Zach Widan
Alex Ford
Harry Edwards
Adam Flint
Gaudi Stipinovich

U11 Girls

COACH: Courtney Every

Julie Browne
Kate Mutch
Jess Utermark
Olivia De Souza
Zoe Lowan
Isobelle Dewar
Jude Jakoet
Nahla Abbas
Alex Barbour
Kate Roux

U12 Girls

COACH: Calem Jeffery
MANAGER: Sydney Steenberg

Chloe Frew
Ella Parr
Salma Sondag
Olivia Paterson
Isabella Watson
Tazkia Mohamed Hoosain
Stella Bryan
Erin Coffee
Elizabeth Koller
Jessica Ball
Emily Baff

FRANCHISE OWNER Simon Martin
FRANCHISE MANAGER Luke Thonisson



SUNBIRDS

U12 Boys

COACH: Thulani Mabona

Caleb Micklethwaite
Timothy Smidt
Zuhayr Meyers
Scott Jackson
Lloyd Gillett
Fletcher Dreyersmith
Chris Wates
Oliver Tait
Luca Ziervogel
Adam Brand

U12 Girls

COACH: Daniel Wyley
ASSIST COACH: Tristan Butters

Zoe George
Sierra Hawke
Cwenga Rwexana
Ava Duff
Olivia Duff
Catherine Davidge
Caro Bishop
Laura Botha
Zara King
Zayb Moose
Katie Wates



FRANCHISE OWNERS Chris Gibson & Robert Goslett
FRANCHISE MANAGER Jonty Thomas

KNIGHTS **RED**

U11 Boys

COACH: Imtiaaz Parker

Daniel Bettsworth
Jason Bland
Alex Dunn
Noah Loots
Hanro Mennigke
Morgan Pietersen
Mason Scholtz
Seth Stanton
Cayleb Stokell

U12 Boys

COACH: Ryan Byrne

Christopher Bekker
Cameron Broedelet
Divan Combrinck
Reuben Fourie
Ethan Labuschagne
Tristan Manuel
CJ Raats
Keiran Ramsuran
Theron Van der Merwe

U11 Girls

COACH: Angelique West

Laila Al-Benna
Harper Barrett
Seren Evans
Megan Hammond
Rania Joshua
Pippa Liebenberg
Sienna Pichon
Hannah Solomon
Sadee Viljoen

U12 Girls

COACH: Jordan Moses

Jone Burger
Alaina-Jane Franken
Leah McGregor
Kiara Morilly
Onako Moshani
Juné Murray
Bay Russell
Zia van den Berg
Zara Wessels



FRANCHISE OWNERS Chris Gibson & Robert Goslett
FRANCHISE MANAGER Jonty Thomas

KNIGHTS BLACK

U11 Boys

COACH: Dean Carrick

Aiden De Bruyn
Louis Engelbrecht
Elijah Hanekom
Christopher Hull
Marcel Louw
Caleb Oppenlander
Altus Prinsloo
Zander Van Staden
Reece Weeks

U11 Girls

COACH: Alex Wilken

Leah Abrahams
Isabella Braaf
Liamay Du Plooy
Kara Du Toit
Gabriella Hare
Katelyn Jacobs
Anna Korkie
Ava Muller
Nina Vos

U12 Boys

COACH: Corben O'Ryan

Alexander Hare
Luan Kannemeyer
Zac Laruffa
Joshua Lehner
Jancko Lerm
Declan Muller
Oscar Stanton
Jhano Swanich
Ruben van der Sandt

U12 Girls

COACH: Jessica Rossouw

Haily Burger
Amaé Crous
Lisa de Bruyn
Logan Jansen
Erin Jones
Milan Kotze
Anja La Grange
Kaycee Swart
Jeanri Van Staden
Liney Wolmarans



FRANCHISE OWNERS Chris Gibson & Robert Goslett
FRANCHISE MANAGER Jonty Thomas

KNIGHTS GREY

U11 Boys

COACH: Keegan Rodger

Philip Badenhorst
Neil Botha
Krige Fourie
Daniel Melville
Christijan Nepgen
Erik Pienaar
Jamie Richards
Liam Thiar
Adam Wilson

U11 Girls

COACH: Emily Bezuidenhout

Lienke-Mari Boer
Rolene Burger
Ava Craucamp
Hailey de Jager
Lana Luttig
Mackenzie Raine
Gemma Swart
Maia Van Zyl
Lana Vd Westhuyzen

U12 Boys

COACH: Kyle Hadley

Daniël De Klerk
Tjaart de Vos
Daniel Du plessis
Jean-Luc du Plessis
Henco Hanekom
Hugo Human
Ryan Louw
Litha Macozoma



FRANCHISE OWNER Bruce Jacobs

FOXES

U11 Boys Foxes Grey

COACH: Sadullah Abrahams

Adam Ebrahim
Christiaan Neethling
Johannes Jurie Human
Johannes Wasserfall
John Louw
Josh Vos
Sage Abrahams
Sion Maree
Sion Sabastian van Wyk
Brandon Van der Merwe

U11 Boys Foxes Black

COACH: Kayden Lennitch

Bismarck Steyn
Francois Krige Scheepers
Hein Ferreira
Hlumelo Pemba
Jovan White
Luca de Villiers
Lucas Troskie
Michiel Voges
Steph Fourie
Cameron du Preez

U11 Girls Foxes Grey

COACH: Leo Nolan

Abigail Kotzé
Amelie Wege
Finley Gainsford
Lucy Burkett
Mieke Burger
Mila Venter
Olivia Human
Sophia du Plessis
Zahn Fouche
Peyton Shae Mac Donald

U11 Girls Foxes Black

COACH: Dylan Botha

Alexia Modinger
Allie Harington
Anje Greyling
Annabeth Kotzé
Autumn Jayde Daniels
Carmia Horn
Emily Groenewald
Luca Lotriet
Mikyle Joubert
Lizaleah Burger

U11 Girls Foxes Yellow

COACH: Lazario Brown

Alexis Viljoen
Amelia-Grace Davies
Cara van Niekerk
Catharina Reeze Christelle Bergh
Karli de Villiers
Miene Fraenkel
Noa Marianne Spray
Quinn Buchanan
Karla Standler



FRANCHISE OWNER Bruce Jacobs

BOLAND
Foxes

FOXES

U12 Boys Foxes Grey
COACH: Christo Steyn

Adriaan Burger
Luca Coetzee
Anton Breytenbach
Reece Barry
David -Owen Cocks
Luke Simpson
Simon Pieter Struwig
Alexander Wetzl
Hayden Bell

U12 Boys Foxes Black
COACH: Theon Theron

Lian van Onselen
Remi Louw
Gert du Preez
James Elliott
Liam Basson
Lohan de Waal
Alexander Engelbrecht
Ethan McDonald
Liso Ben
Morgan van Rhyn

U12 Girls Foxes Grey
COACH: Carl Cooper

Lana de Villiers
Hannah Watts
Sanmari Botha
Olivia Fourie
Anabel Peters
Elri Buckle
Anna Howat
Milla Botha
Kirsti Davids
Addison Brown

U12 Girls Foxes Black
COACH: Emma Hammond

Sophia Milford
Zuri Weimers
Neané van Zyl
Kelienke Prinsloo
Mackenzie Nelson
Charlotte Louw
Francie Nel
Lienke Bester
Zoey Nelson
Zanri Hanekom



FRANCHISE OWNER Erica Combrink

SABLES

U11 Boys

COACH: Erica Combrink

Eben de Bruin
Hanniel van der Colff
Bernard Adam
Deon Swanepoel
Cooper le Roux
Malan van der Merwe
Reuben Haasbroek
Langelihle Nkalitshana
Bernard Lamprecht
Kearan Leonard

U11 Girls

COACH: Sam Botha

Caylin Swart
Mieke Potgieter
Lualé Venter
Skyla van Alpen
Lienke Anker
Roxy Kleynhans
Nianke Fourie
Christelle van den Heever

U12 Boys

COACH: Rohniel Terblanche

Reinhardt Herselman
Erhard Joubert
Mark Matthee
Avaro Enzo Potgieter
Hanro Harrison
Elih Engel
Thys Rall
Hannu Collins
Joshua Nkabinde
Liam Massyn

U12 Girls

COACH: Kelly Sinkfontein

Isabella Jacobs
Kayla Solomon
Jula Meyer
Tilana Barnard
Jana Kruger
Mia Brönn
Ariëlle Haasbroek
Leah Kruger
Lea Booysen
Inge Joubert



FRANCHISE OWNER Les Kirsten

VIPERS

U11 Boys

COACH: Joel Sincok

MANAGER: Kirsty Fry

Regard Ferreira

Caleb Davidge

Murray Wallis

Ross Hutton

Luke Fry

Tyler Meyer

Callum Abrahams

Bryce Lawson

Levi Ricci

U11 Girls

COACH: Anya Kemp

MANAGER: Janine Kemp

Dani Ford

Jessi-Leigh Bester

Amelie Greeff

Katia Fredericks

Emily Kemp

Darke Ruby

Harper Westwood

Lucy Müller

Kiara Hendricks

U12 Boys A

COACH: Caitlin Brooks

MANAGER: Lisa Rentzke

Ukho Mkontwana

Harry Watson

Ethan Egling

Riley Adams

Reece Adams

RJ Van Eyk

Matthew Mason

Jeff Larter

Noah Rentzke

U12 Girls

COACH: Anna Porter

MANAGER: Lizelle Porter

Maluleka Masingita

Scarlett Adshade

Brooke Tudhope

Eden Kelly

Quinn Eckert

Lola Westwood

Katelyn Gibbons

Leah Booth

Chloe Pohlmann

U12 Boys B

COACH: Caleb Harris

Kian Roberson

Jean-Luc Greeff

Kei Hansen

Zach Hutton

Tye Diedericks

Craig Bester

Jude Hendricks



FRANCHISE OWNER Trevor & Shayne Cormack
FRANCHISE MANAGER Jerri & Kiana Cormack

HAWKS

U11 Boys A

COACH: Kiana Cormack

Oresen Hinda
Johan Brits
Dawid De Wet
Sebastian Hennes
Dian Norval
Hanan Dangarembizi
Joseph Kafidi
Ezra Nahum

U11 Girls A

COACH: Jako Fourie

Armani Biniam
Emma Adrienne Jonck
Viouje Pack
Gabrielle Shebo
Khari Fourie
Paris Fleermuys
Senna Botes
Kiara Jansen
Annerie Erasmus

U11 Boys B

COACH: Allington Gora

Magnus Grobler
Roux de Villiers
Tadiwanashe Kunaka
Kieron Slabber
Zak Moller
Tristan Maske
Jean Jacobs
Panashe Chakanya
Stefan Brits

U11 Girls B

COACH: Abigail Rowels

Julie-Anne Scheepers
Hannah Strauss
Ariadne Ane van Wyk
Indila Nashipili
Natsetweya Amupadhi
Olutji Hinda
Zoey-Grace Mouton
Eliana Nahum
Andra Chigova



FRANCHISE OWNER Trevor & Shayne Cormack
FRANCHISE MANAGER Jerri & Kiana Cormack

HAWKS

U12 Boys A

COACH: Trevor Cormack

Ethan Seamus Pearce
Nicolas Van der Westhuizen
Querin Frey
John Coetzee
Samuel Graham
Ruan Viljoen
Herve Migan
Luke le Hane
Daniel Muller

U12 Girls A

COACH: Azaylee Philander

Lindiwe Ekdajo
Lara Ellinger
Chrisna Nel
Emma Moller
Grace Van der Merwe
Brianna Nakatana
Olivia Nakuumba
Izzy Basson

U12 Boys B

COACH: Jerrica Cormack

Oscar Mengo
Weya Nimengobe
D'Neil Lassen
Adriaan Kruger
Inotila Ipangelwa
Ethan Grobler
Ivor Chase
Ian Johan Moller

U12 Girls B

COACH: Carien Van Rooyen

Jacobine Iitana
Veezeza Akwenye
Amelia Mostert
Jessica Shituna
Arabella Louw
Isla Cocklin
Zoe Kaisi
Tatum Alexa Akwenye
Veronica Marwa



FRANCHISE OWNER Trevor & Shayne Cormack
FRANCHISE MANAGER Jerri & Kiana Cormack

EAGLES

U11 Girls A

COACH: Rico Brand

Joane Joubert
Micah-Jade Arendse
Gabriella Mwapopi
Madison Jankowski
Vejama Karuaihe
Sunel Badenhorst
Ndapandula Emvula
Nina Du Plooy
Ariana Slamet

U11 Girls B

COACH: Shayne Cormack

Katherine Koudelka
Weni Nimengobe
Aila Roberts
Ayana Erko
Christina Stephanus
Keira Anne Pearce
Ziara Slamet
Ishbel Goagoses
Aishwarya Radhakrishnan



FRANCHISE OWNER Trevor & Shayne Cormack
FRANCHISE MANAGER Shahied Abrahams

CRANES

U11 Boys

COACH: Shaheed Abrahams

Otsho Shoopala
Kevin Holmes
Finn Heinz
Kieran Koelman
Etugoma Kontantinus
Gianno Jonas
Nathan Dunaiki
Richard Dengeinge



FIRE

U12 Boys

COACH: Fikile Sijula

MANAGER: Nyaniso Mhayi

Lukho Mbokothwana

Siyabonga Mgushelo

Siphosethu Londzi

Musa Bonya

Banele Sontshatsha

Lihle Mzukwa

Owam Dlova

Tipa Kaje

Luhle Bam

Lelonathi Mfiki

U12 Girls

COACH: Khaya Sizani

MANAGER: Phumzile Malotana

Ibanathi Ngcayi

Amilile Dledlu

Buhle Mbaxa

Mbalentle Mbombezezi

Kensani Tshokotshela

Siyamthanda Mkiva

Lihlangene Hashe

Asiphile Mbokothwana

Iinomtha Kwetana

Sinazo Sitwayi

Stay where your heroes stay.

We are proud to be the preferred
home away from home for
South Africa's top sports teams
and athletes.




Experience world-class
accommodation, professional service
and delectable cuisine when you
stay where your heroes stay.

Experience life.




Southern Sun

southernsun.com

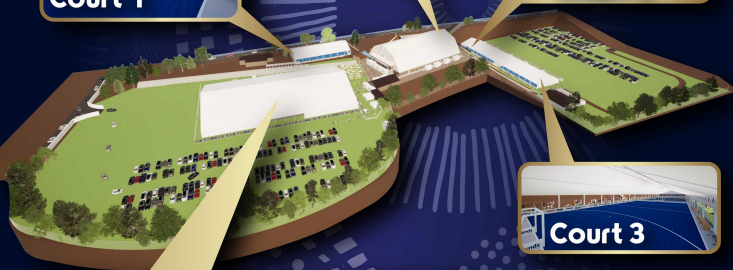
 [/southernsunhotels](https://www.facebook.com/southernsunhotels)  [@southernsungrp](https://twitter.com/southernsungrp)  [@southernsunhotels](https://www.instagram.com/southernsunhotels)

PSI NKOSI VILLAGE

COMING
6 - 18 Dec
2025

WYNBERG MILITARY BASE
CAPE TOWN

ELEVATING THE NKOSI CUP & PSI EXPERIENCE!



Hosting
Nkosi Cup and
U13-U23 Nationals