



HELPMEKAAR KOLLEGE
Circa 1921

Dear Hockey Community

Over the past two years, Covid-19 has restricted and prevented us from playing, coaching, and supporting the sport we love, Hockey. With the new season fast approaching, it is my great pleasure to provide you with all our plans and arrangements for the upcoming hockey season to ensure that we as a community are fully aware of what can be expected.

Ethos and mentality of a Helpmekaar hockey player:

A Helpmekaar hockey player shows determination and grit. We do not stand back for anyone - but we respect the rules of the game and play every second with passion and sportsmanship. From the training ground to the match itself, we carry ourselves with pride in the badge and respect for our fellow teammates.

Hockey is not an easy sport; however, through resilience and dedication, we will succeed and gain valuable life lessons. A Helpmekaar hockey player will be trained to make the right decisions and grow his or her understanding of the game.

There is a saying: "Practice makes perfect" ... we will ensure that "Perfect practice makes perfect."

The management team has worked tirelessly to ensure that all teams will receive adequate training-time and fixtures throughout the season.

Coaches for 2022:

BOYS' HOCKEY		GIRLS' HOCKEY	
1 ST	Bryan Longbottom	1 ST	Linathi Jacob
2 ND	Marnus Grobler	2 ^{ND/3rds}	MJ Scholtz
U16A	External	U16A	External
U16B	External	U16B	External
U14A	Lizanne de Villers	U15A	Daniella Zwecker-Pienaar
U14B	Lambre Krause	U15B	External
GK Coach	External	U14A	External
		U14B	Maryke Keyser



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Important dates to remember: 2022

Helpmekaar hockey trials:

- U18 Boys and Girls
- Date: 22 and 23 February 2022
- Time: 13h45 – 15h00 both days

Helpmekaar hockey trials:

- U15 Girls and u14 Boys
- Date: 28 February 2022
- Time: 13h45 – 15h00

Helpmekaar hockey trials:

- U16 Boys and Girls
- Date: 24 and 25 February 2022
- Time: 13h45 – 15h00 both days

Helpmekaar hockey trials:

- U15 Girls and u14 Girls
- Date: 1 March 2022
- Time: 13h45 – 15h00

Helpmekaar high performance training camp:

- All Hockey players to attend
- Date: 3 and 4 March 2022
- Time: 13h45 to 17h00 both days

Helpmekaar holiday training programme:

- U16 and 1st Team Boys
 - Date: 11 and 12 April 2022
- All teams to train
 - 25 – 29 April 2022

Provincial Trials: Southern Gauteng Hockey

- Girls Trials: 31 March – round 1
- Boys Trials: 6 April (16h00 – 20h00); 7 April (15h00 – 20h00); 8 April (08h00 – 16h00) and 9 April (Time TBC)
- Girls Trials: 13, 14 and 16 April (Times TBC)



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HELPMEKAAR TRAINING PROGRAMME: Effective from 7 March 2022			
BOYS' HOCKEY @ WITS Astro		GIRLS' HOCKEY @ WITS Astro	
1st	MONDAY 15h00 – 16h30	1ST	MONDAY 15h00 – 16h30
	TUESDAY 13h45 – 15h00		TUESDAY – Game Day
	WEDNESDAY – Game Day		WEDNESDAY 13h45 – 15h00
	THURSDAY 15h00 – 16h30		THURSDAY 15h00 – 16h30
2nd	MONDAY 15h00 – 16h30	2ND	MONDAY 15h00 – 16h30
	TUESDAY 15h00 – 16h30		TUESDAY – Game Day
	WEDNESDAY – Game Day		WEDNESDAY 15h00 – 16h30
	THURSDAY 15h00 – 16h30		THURSDAY 15h00 – 16h30
U16A	MONDAY 13h45 – 15h00	U16A	MONDAY 15h00 – 16h30
	TUESDAY 15h00 – 16h30		TUESDAY – Game Day
	WEDNESDAY – Game Day		WEDNESDAY 13h45 – 15h00
	THURSDAY 13h45 – 15h00		THURSDAY 13h45 – 15h00
U16B	MONDAY 15h00 – 16h30	U16B	MONDAY 15h00 – 16h30
	TUESDAY 15h00 – 16h30		TUESDAY – Game Day
	WEDNESDAY – Game Day		WEDNESDAY 13h45 – 15h00
	THURSDAY 13h45 – 15h00		THURSDAY 13h45 – 15h00
U14A	MONDAY 13h45 – 15h00	U15A	MONDAY 13h45 – 15h00
	TUESDAY 13h45 – 15h00		TUESDAY – Game Day
	WEDNESDAY – Game Day		WEDNESDAY 15h00 – 16h30
	THURSDAY 13h45 – 15h00		THURSDAY 13h45 – 15h00
U14B	MONDAY 13h45 – 15h00	U15B	MONDAY 13h45 – 15h00
	TUESDAY 13h45 – 15h00		TUESDAY – Game Day
	WEDNESDAY – Game Day		WEDNESDAY 15h00 – 16h30
	THURSDAY 13h45 – 15h00		THURSDAY 13h45 – 15h00
Goalkeeper Training: All Goal Keepers Thursday 15h00 – 16h30		U14A	MONDAY 13h45 – 15h00
			TUESDAY – Game Day
			WEDNESDAY 15h00 – 16h30
			THURSDAY 13h45 – 15h00
		U14B	MONDAY 13h45 – 15h00
			TUESDAY – Game Day
			WEDNESDAY 13h45 – 15h00
			THURSDAY 13h45 – 15h00

ALL PLAYERS TO BRING THEIR EQUIPMENT TO EACH SESSION



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CONFIRMED FIXTURES 2022					
BOYS' HOCKEY			GIRLS' HOCKEY		
DATE	OPPONENT	VENUE	DATE	OPPONENT	VENUE
5 Mar	Eldoraigne	Home	5 Mar	Eldoraigne	Away
9 Mar	Parktown Boys	H & A	7 Mar	Linden	Away
11 Mar	Rustenburg	Away	12 Mar	Rustenburg	Away
14 Mar	Linden	Away	15 Mar	St Andrews Girls	H & A
16 Mar	St Stithians Boys	Away	29 Mar	Beaulieu	H & A
19 Mar	St David's	Away	3 May	Trinity House	H & A
23 Mar	St Johns	H & A	7 May	Northcliff	H & A
30 Mar	Beaulieu	H & A	10 May	St Stithians Girls	H & A
27 Apr	Jeppe Boys	Away	12 May	Fourways	Away
4 May	Trinity House	Away	17 May	Monument	Away
7 May	Northcliff	H & A	24 May	Hugenote	Home
18 May	Monument	Away	28 May	Kingsmead	TBC
25 May	Hugenote	Home	7 June	St Mary's Waverley	Away
1 June	Pretoria Boys	TBC	11 June	Waterkloof	Away
8 June	St David's	Home			
11 June	Waterkloof	Away			



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FESTIVALS AND TOURNAMENTS 2022					
BOYS' HOCKEY			GIRLS' HOCKEY		
DATE	TEAMS ATTENDING	VENUE	DATE	TEAMS ATTENDING	VENUE
18 – 21 March	U14A Boys	Nelspruit	18 – 21 March	U14A Girls	Nelspruit
25 – 27 March	2 nd Boys	Eldoraigne	18 – 20 March	1 st Girls	St Dunstan's
13 – 16 April	U16A Boys ISHF	St Albans	22 – 24 March	U15A Girls	Menlopark
14 – 17 April	1 st Boys ISHF	York High George	22 – 24 March	U16A Girls	Menlopark
13 – 15 May	Aiken and Boden	H & A	25 – 27 March	2 nd Girls	Eldoraigne
			23 – 30 July	Pullen and Howell	H & A

For any additional information, please feel free to contact Mr. Bryan Longbottom at 0769804393
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Yours in Hockey

Bryan Longbottom

Director of Helpmekaar Hockey