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While it's great to excel in sports, dance, theater, art, science, or whatever else interests you, it is even greater to excel in character. And practicing sportsmanship in your activities is a wonderful way to do just that! Then you can become the best you can be not just in your activity but in your life as well!

- John Wooden

## A brief history of this fixture

On Saturday SACS will host Durbanville High School in what promises to be an eagerly anticipated encounter between two determined teams. It also marks the official start of the league fixtures for both schools.

Both sides have had relatively positive preseason results. Durbanville edging Sentraal and Pearson in closely fought encounters, before comfortably beating Landboudal. They also suffered one defeat to a well organised Swartland side.

SACS's preseason consisted of challenging fixtures against Kearsney, Framesby and Selborne. They bested a good Framesby side, lost to Kearsney in an entertaining match, and drew in a tight fixture against Selborne.

We hope the fixture on Saturday is an entertaining one and look forward to a good game of rugby played in the correct spirit, with respect and ultimately, and most importantly, for enjoyment.

## SACS played Durbanville last year for the first time in many years. Here are some of the results – SACS scores first

19A	19B	19C	19D	16A	16B	15A	15B	14A	14B	14C
34-10	20-6	15-6	36-0	43-0	60-0	24-26	26-0	8-19	19-14	48-0

## FIXTURES TIMES

SACS	OPPOSITION	FIELD	TIME
1ST XV	DURBANVILLE	MEMORIAL 'A'	11.30
2ND XV	DURBANVILLE	MEMORIAL 'A'	10.15
3RD XV	DURBANVILLE	MEMORIAL 'A'	9.05
4TH XV	TRIAL MATCHES	DE VILLIERS "B"	TBC
5TH XV	TRIAL MATCHES	DE VILLIERS "B"	TBC
6TH XV	TRIAL MATCHES	DE VILLIERS "B"	TBC
U/16 A	DURBANVILLE	MEMORIAL 'B'	10.10
U/16 B	DURBANVILLE	MEMORIAL 'B'	8.00
U/16 C	HAMILTONS RFC	SPENCER-SMITH	10.10
U/16 D			
U/15 A	DURBANVILLE	MEMORIAL 'B'	9.05
U/15 B	DURBANVILLE	SPENCER-SMITH	8.00
U/15 C	HAMILTONS RFC	SPENCER-SMITH	9.05
U/15 D			
U/14 A	DURBANVILLE	MEMORIAL 'A'	8.00
U/14 B	DURBANVILLE	DE VILLIERS	10.10
U/14 C	HAMILTONS RFC	DE VILLIERS	9.05
U/14 D	DURBANVILLE	DE VILLIERS	8.00
U/14 E			

*"Realise that without the ref there would be no game. He didn't write the ELV's and didn't invent the tackle law and is also trying to enjoy himself."*

- Graeme Wepener



SACS campus becomes very congested on Saturday mornings. Please enter from the lower, Main Street, entrance. We have a large parking area at the Aquatic Center, indicated below, which we recommend. This is a short 100m walk up to the fields and is a shorter walk to the Astro.



#### Bathrooms

Toilet facilities for ladies are available at the Old Boys Pavilion and next to the Hofmeyer Hall. The gents may use the toilets at the gym, which is opposite the pool.

#### Catering

Bacon and eggs rolls, filter coffee, cooldrinks and Prego Rolls are available from the white “caravan” next to the electronic scoreboard. Hot Dogs, Donuts, chips, chocolates and more are available from the tuckshop at the Old Boys Pavilion.

#### Fields

There is a large image of the campus behind the large electronic scoreboard, which shows the location of the various fields.

Please be considerate when parking. There are driveways which are in use throughout the morning, so please do not obstruct them.

We hope you have a very enjoyable day at SACS High School and we look forward to hosting you at our school.

## PLEASE NOTE:

Fundamental is to remember the following definition of good sportsmanship at all times:

- Play fair;
- Follow the rules of the game;
- Respect and accept the decisions of referees and officials;
- Treat the opponents with respect and be humble in victory and gracious in defeat.

Please can all spectators remain behind the ropes. Parents are asked to ALWAYS support in a positive manner towards refs and players. Coaches are please to stay off the field of play and remain behind the dead ball lines at all times.



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