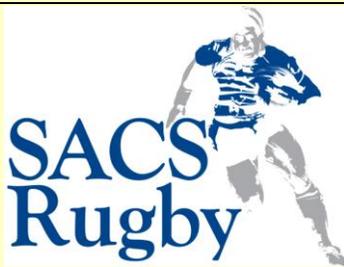


**INSIDE**

- 1** A brief history
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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



SACS High School plays host to Paarl Gim this coming Saturday in a highly anticipated fixture amongst all school boy rugby fans and players. Both first teams have enjoyed success in recent weeks and will be looking to build on their past results moving toward the midway point of their respective seasons.

Paarl Gim was established in 1858 and has been a frontrunner in school boy rugby for many decades. They boast a proud rugby heritage and pedigree. Recent Springboks include Marius Joubert and Ashley Johnson, while they have current Boks in the form of Schalk Burger, Handre Pollard and the national captain incumbent in Jean De Villiers.

SACS last tasted victory against their Wellington rivals in 1996 in a closely fought 8 - 5 victory. The home team will be looking to emulate the class of 96' with their committed and entertaining brand of rugby. Paarl Gim, meanwhile, will be looking to stretch that unbeaten run to nineteen years and provide further frustration to their Newlands counterparts.

All the matches will be played in the correct spirit and with respect for the officials and opponents. We are looking forward to an entertaining day of rugby to be enjoyed and savoured by all who attend the fixtures.

**Past Results from last 10 years**

2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
0-29	12-10	18-28	13-38	16-23	22-41	0-75	10-19	5-29	10-37

SACS	OPPOSITION	FIELD	TIME
1ST XV	PAARL GIMNASIUM	MEMORIAL 'A'	12.00
2ND XV	PAARL GIMNASIUM	MEMORIAL 'A'	10.50
3RD XV	PAARL GIMNASIUM	MEMORIAL 'A'	9.40
4TH XV	PAARL GIMNASIUM	MEMORIAL 'A'	8.30
5TH XV	PAARL GIMNASIUM	SPENCER-SMITH	11.00
6TH XV	PAARL GIMNASIUM	SPENCER-SMITH	9.45
U/16 A	PAARL GIMNASIUM	MEMORIAL 'B'	11.00
U/16 B	PAARL GIMNASIUM	MEMORIAL 'B'	9.45
U/16 C	PAARL GIMNASIUM	DE VILLIERS	8.55
U/16 D	PAARL GIMNASIUM	DE VILLIERS	7.45
U/15 A	PAARL GIMNASIUM	MEMORIAL 'B'	8.45
U/15 B	PAARL GIMNASIUM	MEMORIAL 'B'	7.45
U/15 C	PAARL GIMNASIUM	SPENCER-SMITH	8.45
U/15 D	PAARL GIMNASIUM	SPENCER-SMITH	7.45
U/14 A	PAARL GIMNASIUM	DE VILLIERS	10.10
U/14 B	PAARL GIMNASIUM	Junior School "A"	9.00
U/14 C	PAARL GIMNASIUM	Junior School "A"	8.00
U/14 D	PAARL GIMNASIUM	Junior School "B"	9.00
U/14 E	PAARL GIMNASIUM	Junior School "B"	8.00



SACS 1st XV vs Paarl Gymnasium. 20th July 2013. Photo by Gail Barnard

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. Food and more are also 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.

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*“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

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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.

We request all supporters, coaches, referees and teachers from all schools to step back and be reminded of the purpose of school sport and healthy, encouraging, positive support. We do not want to subscribe to a 'win-at-all-costs' philosophy. We are the living example to our boys. We want everyone to enjoy the competition. After all, it is for the boys and not for us.

Please can all spectators remain behind the ropes. Coaches are please to stay off the field of play and remain behind the dead ball lines at all times.

