



HILTON COLLEGE

Dugout

View from the

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Sport specialization is a growing phenomenon in school boy sport at the moment. As the pressure mounts on schools and children to produce results or make representative teams, school pupils, are increasingly opting to be involved in a single sport. In certain schools this extends to entire teams which train their particular sport all year round. It's a tricky balance. On the one hand, to master any skill and to be competitive requires consistent dedication and focus from the athlete but, on the other hand, the costs from an educational point of view are high. At Hilton College, we are pretty clear on our philosophy - boys should, as far as possible, play in a variety of sports throughout their time at school. This way of thinking is consistent with the scientific research which has proven that specialization in sport at a young age actually does more harm than good - even to the most talented athlete.

Despite this, we are acutely aware of the need for older, talented boys to be afforded the time to reach the highest levels. Last year alone Hilton College had four boys enter professional or semi-professional sport set-ups straight after school and an increasing number of our boys are getting opportunities to study at top overseas universities on the back of their sporting potential. It is therefore incumbent on us to give them the foundation they need to reach their potential in their area of talent. For this reason, we have put in place the following stringent requirements (see excerpt from the policy below) which is designed to create an opportunity for talented sportsmen whilst protecting them at the same time.

Regardless, our general philosophy, that boys should play multiple sports, remains. We ask parents to support this and to encourage their son/s to experience the benefits of a varied sports programme throughout their time at school.

In order to specialize in sport boys should be:

- 1) National representatives or are amongst the best players in their province who are aspiring to be national representatives and who, in the opinion of the 1st team coach, has the ability to reach this goal.
- 2) Senior boys, only grade 11 or 12 boys.
- 3) Performing academically - their effort should be commensurate with their ability (as indicated by Behaviour and Effort scores)
- 4) Involved at least one other co-curricular activity; sporting (playing, coaching or refereeing), cultural or society.

Squash

Following their success tour last week, the 1st team was brought back down to earth on Wednesday in their fixture against Kearsney. Missing our No. 1 squash player did not help and, in the end, the boys lost the match 1 - 5.

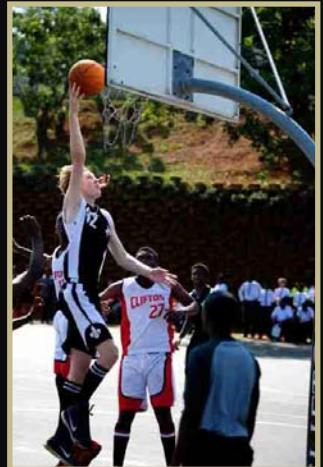
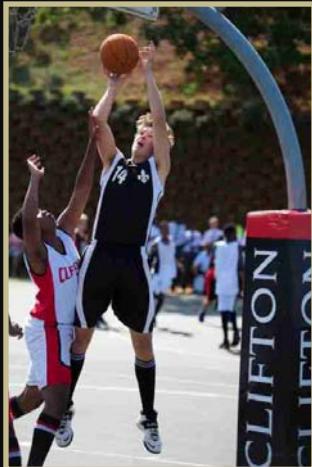
Deeply Traditional. Refreshingly Contemporary

Basketball

The Basketball club enjoyed a successful fixture against Treverton on Monday and Tuesday. The three matches that were played were all exciting encounters. The U15B and 3rd teams, underdogs in their staggered matches, showed great fight as to beat the Treverton U15A team (14 - 12) and Treverton 2nd team (23 - 22) respectively. The 1st team played one of their best matches this season blowing away a strong Treverton team with a first and last quarter blitz. Congratulations to the following boys who have been selected for the KZN Inland team to play in final round of KZN trials on 3 March:

U16: Simi Bhembe

U18: Fadzai Mushonga; Alexander Hopkins and John Giessing.



Tennis

Highlights from the Denness League included a fine win by the 4th team over the St. Charles 2nd team 12 - 6. Unfortunately, the 3rd team narrowly lost to Michaelhouse 8 - 10.

Water Polo

Without a doubt, one of the major highlights of the week was an excellent set of results achieved by the 1st team at the Pretoria Boys' High School Festival over the weekend. The team was matched against formidable opponents, namely, Jeppe, St. Stithians, Pretoria Boys' High School and St. John's College. In the end, we finished the Festival unbeaten, winning three matches and drawing one. Results: vs Jeppe won 15 - 9; vs. St. Stithians won 9 - 5; vs. Pretoria Boys' High School drew 11 - 11; vs. St. John's College won 10 - 6.



Swimming

The A team travelled to Michaelhouse for the KZN Top 8 Gala on Tuesday. Unfortunately, three top swimmers had to withdraw at the last minute which put us under immense pressure. Despite this setback, the whole team was motivated to give of their best. Our junior age groups performed particularly well and, for much of the Gala, we were in a close tussle for third place with Glenwood and Kearsney. Midway through the event only three points separated us from Glenwood (in 3rd place) and we had a one point lead over Kearsney who were in 5th place. In the end, we were not able to close the gap on Glenwood but we were satisfied with 4th place overall having out-swum Kearsney, Maritzburg College, Northwood and Michaelhouse.

Swimming cont.



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The final positions and points totals were as follows:

1st	Westville	257
2nd	Clifton College	210
3rd	Glenwood	192
4th	Hilton College	180
5th	Kearsney	173
6th	Maritzburg College	145
7th	Northwood	111
8th	Michaelhouse	81

The age group champions and trophy winners were as follows:

U19	1st	Ryan Griesel
	2nd	Nicholas Tillim
	3rd	Chizembi Sakulanda
U17	1st	Olav Aadnesgaard
	2nd	Brandon Kriel
	3rd	Grant Cousins
U16	1st	Joshua Roberts
	2nd	Murray Schnell
	3rd	Mark Armstrong
U15	1st	TJ Joubert
	2nd	Luke Lourenco
	3rd	Reece MacEwan
U14	1st	Chad Uys
	2nd	Jack Osborne
		and Christian Cullen

The Inter-House results were as follows:

Inter-House Swimming Relay Cup

1st Pearce House	100
2nd Ellis	96
3rd Churchill	94

Hilton College was the school with the most number of boys to qualify for the KZN Midlands team. Unfortunately, SA Schools' Swimming no longer includes and U18 category and many of our senior swimmers were, therefore, excluded from selection. Congratulations, nevertheless, must go to the following swimmers who have been selected to compete at the KZN Trials on 5 March.

14-15 years	Amren Naidoo Chad Uys Christian Cullen Jack Osborne TJ Joubert
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16-17 years	Ben Mason Brandon Kriel Chizembi Sakulanda Joshua Roberts Mark Armstrong Murray Schnell Olav Aadnesgaard
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Inter-House Swimming Cup

1st Newnham House	345
2nd Pearce	337
3rd Churchill	317
4th Ellis	288
5th Lucas	271
6th McKenzie	209
7th Falcon	171



Chris Woollam has provided us with a wonderful sporting highlight and possibly our performance of the year. This young man, who has worked exceptionally hard at his sport, golf, produced two incredible rounds (65 and 64) at the SA Amateur Championships at the Humewood Golf Course on Sunday and Monday. In so doing he beat an international field of men to win the stroke play title and, with it, one of the oldest trophies in SA golf, the Proudfoot Trophy. Having been tied, at the end of regulation play, at 15 under par with Briton and UK Amateur Champion, Dan Brown, he held his nerve throughout the sudden-death play-off and on the 4th play-off hole he struck his approach to within a foot of the pin to leave him with a simple putt for the victory. I am sure that he must be one of the youngest players to have won a trophy of this importance. Well Done Chris - you have made Hilton College so proud!

Read more at: <https://www.saga.co.za/news/news/woollam-slays-brown-to-lift-proudfoot-trophy/?id=61&entryId=2579>

Tony Shuttleworth
Executive Director - Sport



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