

Stellenbosch | 27 - 30 April 2026



Be **B**old | Be **B**rave | Be **Y**ou

# National All Girls' Festival '26

Proudly hosted by Rhenish Girls' High School



Standard Bank



Be Bold | Be Brave | Be You

# National All Girls' Festival '26

Proudly hosted by Rhenish Girls' High School

## PARTICIPATING SCHOOLS





# Welcome

*from* Mrs Tracey Megom

It is with great excitement and anticipation that Rhenish Girls' High School welcomes you to Stellenbosch for the 27th annual National All Girls' Sport and Cultural Festival. Stellenbosch, nestled in the Cape Winelands in the heart of the Western Cape, has firmly established itself as a vibrant art hub and a centre of education and sporting excellence. It is also rich in historic architecture and boasts many picturesque vineyards, surrounded by the iconic Stellenbosch mountains. This is the perfect location for our young women to showcase their sporting and cultural talents, whilst being inspired by the talents, perseverance and resilience of others.

This festival is more than just a competition; it is a platform for growth and development, and each year we are astounded by the spirit and energy that congregates in different parts of the country. Our theme: **Be Bold, Be Brave, Be You** is intended to inspire confidence, individuality and empowerment in every person who hears it. **Be Bold** encourages the girls to step out of their comfort zones, take responsible risks and embrace challenges – whether on the field, in their creative pursuits, or in life. It is intended to challenge stereotypes and break barriers. **Be Brave** is not just about physical courage; it is about mental and emotional strength, about showing up, even when it is hard, and persevering through setbacks. It speaks to the resilience and determination required to excel in sport, culture and life, whilst encouraging the girls to support each other and lift each other up. **Be You** is the heart of our message. It is a celebration of authenticity and individuality, urging the girls to embrace who they are. In a world where girls are often pressured to conform, this phrase reinforces the festival's mission to create a space where every girl feels seen, valued, and is free to be herself. The hot air balloon represents freedom, adventure and limitless possibilities, aligning with the festival's mission to empower girls to explore their potential in sport and culture. It symbolises breaking boundaries and rising above societal expectations, and the vibrant multi-coloured design reflects the diversity and inclusivity of the festival, celebrating girls from all backgrounds, cultures and abilities.

We would like to extend our heartfelt thanks to **Standard Bank**, our premium sponsors. Their generous support has enabled us to host this event to the highest possible standard (excuse the pun), and their commitment to education and to empowering young women is commendable and aligns seamlessly with the values of the festival. Thanks also to our other sponsors who have made valuable contributions to enable this festival to be a celebration of outstanding sport, culture and connection.

We would like to take this opportunity to thank our main event organisers: Sam Henery (sport) and Leon Piron (culture), as well as all our other staff who were in charge of various aspects of the festival. In addition, we would like to thank our volunteers, parents and learners for all their contributions, each one being essential to the overall success of the festival. We are sincerely grateful to each and every one of you.

May the 2026 festival be a reminder of the true spirit of this festival: sportsmanship, friendship, resilience, diversity, fairness, fun, and, of course, some friendly competition. Events such as these serve as reminders of the incredible potential that exists within our schools, and we are sincerely looking forward to welcoming you all to Stellenbosch and encouraging you all to BE..... whoever you want to be!

Tracey Megom  
**Principal, Rhenish Girls' High School**

# Message

*from*

**Tshiamo Molanda**

**Head, Youth and Mass Market PPB SA.**



Standard Bank is proud to partner with Rhenish Girls' High School in hosting the exciting 2026 National All Girls' Festival. As a bank heavily invested in education in South Africa, we also equally recognise the critical role that sport and culture plays in a well-rounded education and the development of strong character.

Aligned with our core purpose, Africa is our home; we drive her growth: our role in the festival reflects our deep dedication to the growth of our continent and its people, most importantly our youth. We believe this platform does not only nurture the young people who participate in it but shapes them to be responsible, resilient, and inspired future leaders. That is why we are so passionate about supporting youth development.

Through our collaboration with Rhenish Girls' High School, an institution renowned for its distinguished history of excellence, we also recognise that growth is not always easy – it is not linear, but is built through discipline, sacrifice, resilience, and moments of self-belief. It is strengthened by challenges and carried forward by purpose.

We know that when one young person grows, families grow, communities grow, and our country grows. As we continue to support festivals like this one, we see ourselves as more than just a bank, but a committed partner in a child's journey to greatness.

Our goal is to unlock opportunities by building strong relationships that enable collective success. Our partnership with Rhenish Girls' High School is therefore grounded in a shared belief in excellence, empowerment, and opportunity. This spirit of teamwork and cooperation defines our commitment to you.

To the parents, we want to say thank you for continuously encouraging and supporting your children to be the best they can be in a forever changing world.

To the learners, compete with passion, lead with integrity, but most importantly, have fun. Know that every match, every activity, is a chance for you to grow.

We look forward to an incredible festival of growth and excellence.

Thank you.

**Tshiamo Molanda**  
**Head, Youth and Mass Market PPB SA.**



**Standard Bank**



Be **B**old | Be **B**rave | Be **Y**ou

# National All Girls' Festival '26

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## Day 1 - Monday, 27 April

### Principals

17:00 - 17:30

Principals meet in Staff Room

Rhenish Staff Room

### Staff

<b>15:30 - 16:30</b>	Registration	Rhenish Hall
<b>17:00 - 17:30</b>	Managers' Meeting	Meeting Rooms
<b>18:00 - 19:30</b>	Staff Welcome Function & Supper	Paul Roos Cricket Pavilion
<b>19:30</b>	Departure	

### Learners

<b>16:30 - 17:30</b>	Supper	Bloemhof Sentrum
<b>18:00</b>	Opening Ceremony	Paul Roos Sentrum
<b>19:30</b>	Departure	

## Day 2 - Tuesday, 28 April

### Principals

11:00 - 12:00

Principals' Meeting

Rhenish Staff Room

### Learners & Staff

<b>Full Day</b>	Sport & Cultural Activities	See Schedules
<b>12:00 - 14:00</b>	Lunch	Bloemhof Sentrum
<b>17:00 - 19:00</b>	Supper	Bloemhof Sentrum



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# National All Girls' Festival '26

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## Day 3 - Wednesday, 29 April

### Principals

18:00 for 18:30

VIP Dinner

Lanzerac Wine Estate

### Learners & Staff

Full Day	Sport & Cultural Activities	See Schedules
12:00 - 14:00	Lunch	Bloemhof Sentrum
17:00 - 19:00	Supper	Bloemhof Sentrum

## Day 4 - Thursday, 30 April

### Learners & Staff

Morning	Sport & Cultural Activities	See Schedules
11:30 - 12:00	Packed Lunch	Bloemhof Sentrum
12:00 - 12:30	Closing Ceremony	Ebenezer Hall, RGHS
12:30	Departure	

## Emergency Contacts

Ambulance: 084 124

Police: 021 809 5000

Stelkor (Doctors' Rooms): 021 887 0305

Mediclinic: 086 133 8777, 1 Elsie du Toit Drive

Festival Organiser (Sam Henery): 083 334 5159



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# National All Girls' Festival '26

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## MANAGERS' MEETINGS

<b>SPORT</b>	<b>CLASSROOM</b>
Hockey	C1
Netball	C2
Squash	C3
Chess	C4
Tennis	C5
Soccer	C6
Cross Country	C7

<b>CULTURE</b>	<b>CLASSROOM</b>
Debating	D1
Dance	D2
Public Speaking	D3
Marimbas	D4
Esports	D5
Art	D6
Creative Writing	D7
Drama	D8
Voice Ensemble	D9
Masterchef	D10



**Standard Bank**

# ART

**Host:** Mariné Wasserfall

**Email:** marine.wasserfall@rhenish.co.za

**Venue:** Classroom B13 / PJO Art School

## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Collegiate Girls' High School
4. Eunice High School
5. Hoër Meisieskool Bloemhof
6. Hoër Meisieskool La Rochelle
7. Paarl Girls' High School
8. Rhenish Girls' High School
9. The High School for Girls, Potchefstroom
10. Wynberg Girls' High School

“Art washes away from the soul the dust of everyday life.” - Pablo Picasso

The All Girls’ Festival is a lively and energetic celebration of sport, participation, and friendly competition, but it is also a time to pause, to notice, and to create. At this year’s festival, The Art Department will be collaborating with the PJ Olivier Art Centre, The Stellenbosch Academy of Design and Photography and Cape Town Creative Academy, whose involvement enriches the programme and connects learners to the broader world of art and design.

Participants can look forward to exploring silkscreen printing, engaging in a mixed media workshop inspired by Stellenbosch’s Art Mile, and learning the art of bookbinding. These workshops will incorporate elements of physical making, visual storytelling, and even digital design.

## General Information

- Supplies and a tote bag will be provided. Learners may also bring along an extra T-shirt or tote bag if they wish.
- Please bring along an apron.
- While working on artwork: School tracksuit or similar.
- Outing: Jeans and school top.

## Programme

ART: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
08:00 - 10:00	Outing	Art Mile Walk (PJO)
10:00 - 10:30	Break	Own packed snacks
10:30 - 12:00	Outing	PJ Olivier Art School
12:00 - 14:00	Lunch	Bloemhof Sentrum
14:00 - 17:00	CTCA Silkscreen Printing	B13

# Programme

## ART: Wednesday, 29 April

TIMES	ACTIVITY	DETAILS
08:30 - 10:00	Mixed Media Worskshop	PJO Art School
10:00 - 10:30	Break	Own packed snacks
10:30 - 12:00	Outing	PJO Art School
12:00 - 14:00	Lunch	Bloemhof Sentrum
14:00 - 17:00	Stellenbosch Academy	Classroom B13

## ART: Thursday, 30 April

TIMES	ACTIVITY	DETAILS
08:00 - 08:30	Awards Celebration	Classroom B13
08:30 - 10:00	Display setup	Ebenezer Hall



Kunssentrum  
**PJ Olivier**  
Art Centre



CAPE TOWN CREATIVE ACADEMY

**STELLENBOSCH ACADEMY**  
OF DESIGN & PHOTOGRAPHY



# CREATIVE WRITING

**Host:** Caitlyn Baxter

**Email:** caitlyn.baxter@rhenish.co.za

**Venue:** C04



## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Collegiate Girls' High School
4. Eunice High School
5. Hoër Meisieskool Bloemhof
6. Hoër Meisieskool La Rochelle
7. Paarl Girls' High School
8. Rhenish Girls' High School
9. The High School for Girls, Potchefstroom
10. Wynberg Girls' High School

Creative writing matters because it gives us the courage to say what we really think, to imagine new worlds, and to understand our own.

It teaches us to listen, to observe, and to turn ordinary moments into extraordinary stories. In a world where it is often easier to stay quiet or follow the crowd, writing asks us to be bold in our ideas, brave in our honesty, and true to who we are. Every story we write is a way of saying, “This is how I see the world,” and that is a powerful thing.

We are also incredibly fortunate to host a guest author and an editor from Random House, who will speak about the writing and publishing process, sharing insights into how stories move from an idea to a published book. This is a rare opportunity for learners to ask questions, gain advice, and better understand the world of writing and publishing.

By the end of the programme, each participant will have produced several original pieces of writing and will leave with new ideas, new skills, and the confidence to write boldly, bravely, and as themselves.

## Programme

### CREATIVE WRITING: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
09:30	Arrival and Introduction	Settling in, handing out notebooks/folders.
10:00 - 12:00	Guest Speaker - Lebo Mazibuko	Talk, workshop and interactive Q&A
12:00 - 13:00	Lunch	Bloemhof Sentrum
<b>13:00 - 15:00 Writing Workshop 1</b>		

## Programme

### CREATIVE WRITING: Tuesday, 28 April - Continued

TIMES	ACTIVITY	DETAILS
13:00 - 13:20	Fast Writing Warm Ups	Quick exercise: Describe fear as a character.
13:20 - 13:40	Mini Craft Lesson: Narrative Craft	Key elements: story structure, conflictm showing vs telling, strong openings
13:40 - 15:00	Main Writing Task	Write a short story where a character faces a challenge that tests their bravery.
<b>End of Day</b>	<b>Submit piece</b>	<b>Submit your piece of writing online</b>

### CREATIVE WRITING: Wednesday, 29 April

TIMES	ACTIVITY	DETAILS
09:30	Arrival	
10:00 - 11:00	Editor's Session	Guest editor shares how the publishing world works. Q&A
11:00 - 11:30	Break	
<b>11:30 - 14:00 Writing Workshop 2</b>		
11:30 - 12:00	Icebreakers	Labels I've Been Given Creative reflection - how do these labels shape us?
12:00 - 12:30	Mini Lesson: Character and Voice	Discuss techniques for internal monologue, authentic voice, dialogue, creating tension.
12:30 - 13:30	Lunch	Bloemhof Sentrum
13:30 - 15:00	Main Writing Task	Write a monologue or short scene exploring your authentic self or a character discovering their identity.
<b>End of Day</b>	<b>Submit task</b>	

### CREATIVE WRITING: Thursday, 30 April

TIMES	ACTIVITY	DETAILS
09:00	Arrival	
09:30 - 09:50	Warm ups	Quick prompts: "If I stop shrinking myself, I will..." "The world changes when..."
09:50 - 10:30	Mini Lesson: Flash Fiction. Speculative Craft	Teach tight storytelling, imaginative stakes, strong endings, brevity
10:30 - 11:30	Main Writing Task 3	Write a flash fiction story (300 - 500 words) imagining a bold or visionary scenario inspired by yourself or a character.

# DANCE

**Host:** Lauren Conchar

**Email:** lauren.conchar@rhenish.co.za

**Venue:** Ebenezer Hall

## Participating Schools

1. Afrikaans Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Hoër Meisieskool Bloemhof
4. Hoër Meisieskool La Rochelle
5. Paarl Girls' High School
6. Parktown High School for Girls
7. Rhenish Girls' High School
8. Wynberg Girls' High School

Guided by the theme "Be Brave. Be Bold. Be You," the dance programme at the 2026 All Girls' Festival is about celebrating individual styles while building a powerful collective. Working with industry experts, the girls will dive into a fusion of dance styles and learn professional stage hair and makeup tricks that allow their personalities to shine through a unified look.

The journey will culminate in a performance at the closing ceremony. This will be an exploration of collective effervescence - that electric, shared energy you feel when a group moves as one. By celebrating the moment where unique paths converge, dance aims to show that while we all move differently, we move better together.

## General Information

Each learner must please bring the following items:

- Black tights or leggings
- Black hotpants
- A black sports bra or leotard
- A pair of white sneakers/takkies and white socks
- A small towel
- A portable mirror
- Each learner must wear appropriate clothing to the dance workshops that provides sufficient support and allows them to move comfortably.
- Each learner needs to have tidy hair, neatly tied up, for all workshops.
- Each learner needs to bring their own basic hair supplies (hair gel, hair ties, and pins for stage performance).



# Programme

## DANCE: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
08:00 - 08:30	Welcome	
08:30 - 09:00	Warm up and stretch	
09:00 - 10:45	Dance workshop 1	Hip Hop
10:45 - 12:30	Dance workshop 2	Jazz/Modern
12:30 - 13:30	Lunch	Bloemhof Sentrum
14:00 - 17:00	Dance workshop 3	Contemporary/Lyrical



## DANCE: Wednesday, 29 April

TIMES	ACTIVITY	DETAILS
08:00 - 08:30	Warm up and stretch	
08:30 - 09:30	Dance workshop 4	Leaps and Turns
09:30 - 11:00	Dance workshop 5	Lifts and Partner work
11:00 - 12:30	Performance class 1	Putting the performance piece together
12:30 - 13:30	Lunch	Bloemhof Sentrum
14:00 - 16:00	Hair and make-up workshop	Stage hair and make-up look, taught by two industry professionals
16:00 - 17:00	Costume fitting	

## DANCE: Thursday, 30 April

TIMES	ACTIVITY	DETAILS
08:00 - 08:30	Warm up and stretch	
08:30 - 10:00	Performance class 2	Finalise performance piece
10:00 - 10:30	Internal awards ceremony	
10:30 - 11:30	Preparing for performance	Hair, make-up and costumes
11:30 - 12:00	Lunch (packed)	
12:00 - 12:30	Closing ceremony	Dance performance at the closing ceremony



# DEBATING

**Host:** Sarah Shaw

**Email:** nagf26debating@rhenish.co.za

**Debating League:** Evert Reynolds

**Venue:** Hostel Dining Hall (Base)

## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Collegiate Girls' High School
4. Danville Park Girls' High School
5. Durban Girls' High School
6. Eunice High School
7. Hoër Meisieskool Bloemhof
8. Hoër Meisieskool La Rochelle
9. Paarl Girls' High School
10. Pretoria High School For Girls
11. Rhenish Girls' High School
12. Rustenburg Girls' High School
13. The High School for Girls, Potchefstroom

In a world of polarised opinion, the ability to engage thoughtfully and respectfully is more important than ever. The All Girls' Schools' Festival 2026 celebrates debate not as conflict, but as conversation, not as noise, but as reason.

As Ruth Bader Ginsburg said, *“Fight for the things that you care about, but do it in a way that will lead others to join you.”* This festival is a space where young women tackle pressing socio-political and economic issues with clarity, courage, and compassion.

We are proud to collaborate with the Stellenbosch University Debating Union, whose involvement in the Boland League has enriched debating in our region. Together, we aim to strengthen an open society through reasoned, respectful dialogue.

Rhenish Girls' High School looks forward to welcoming participants, coaches, adjudicators, and supporters to a dynamic and inspiring festival.

## General Information

1. All learners must wear their school uniform.
2. The National All Girls' Festival Debating Competition 2026 will be run according to the World Schools' Debating style with 8-minute speeches and 4-minute reply speeches.
3. There will be TWO prepared rounds and THREE unprepared rounds, after which the semi-final and final rounds will take place.
4. Teams may bring any form of printed matter into the preparation venues (dictionaries, newspapers, printed notes, etc.).
5. Adjudication feedback will be given after each round, which learners can then use to improve upon in their remaining rounds.
6. This will not apply to blind rounds, although learners could approach adjudicators for this feedback later.
7. The adjudicators' decision is final. Any queries regarding adjudication or any discrepancies should be reported to the Chief Adjudicator.
8. Each learner must speak in at least two rounds.



## Tournament Rules

1. Teams will consist of three to five members, with three learners speaking per round.
2. One member of each team (or the accompanying coach/educator) must have access to an electronic device and data, as the draws and motions will be released electronically.
3. No electronic devices (cell phones, tablets, laptops, smartwatches, etc.) may be used during preparation sessions at the Festival, and all such devices must be left in the briefing room. Devices may be collected before the start of the debate to assist with time-keeping.
4. Teachers and/or coaches are not allowed to assist or communicate with teams in any way during preparation sessions at the Festival.
5. Teams failing to report to their speaking venue at the designated time will forfeit that round.
6. Failure to comply with any of the above can result in team disqualification.

## Motions

1. THB that *'the state should determine the wages that should be paid (in both public and private sectors) for jobs deemed of moral value or societal importance'*.
2. TH, as Kenya, would not attend the G7 summit.

## Programme

DEBATING: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
08:00 - 08:30	Briefing and Draw Announcement	RGHS, Hostel Dining Room
08:30 - 10:00	Round 1 - Debate (Prepared Motion)	Break Away Venues
10:15 - 10:30	Round 2 - Draw Announcement and Motion Release	RGHS, Hostel Dining Room
10:30 - 11:30	Round 2 - Preparation	Break Away Venues
11:30 - 13:00	Round 2 - Debate	Break Away Venues
13:00 - 14:00	Lunch	Bloemhof Sentrum
14:00 - 14:15	Round 3 - Draw Announcement and Motion Release	RGHS, Hostel Dining Room
14:15 - 15:15	Round 3 - Preparation	Break Away Venues
15:15 - 17:00	Round 3 - Debate	Break Away Venues
17:00 - 19:00	Supper	Bloemhof Sentrum



## DEBATING: Wednesday, 29 April

<b>TIMES</b>	<b>ACTIVITY</b>	<b>DETAILS</b>
08:00 - 08:30	Draw Announcement and Motion Release	RGHS, Hostel Dining Room
08:30 - 09:30	Round 4 - Preparation	Break Away Venues
09:30 - 11:00	Round 4 - Debate	Break Away Venues
11:00 - 11:15	Briefing and Draw Announcement	RGHS, Hostel Dining Room
11:15 - 12:45	Round 5 - Debate (Prepared)	Break Away Venues
13:00 - 14:00	Lunch Break	Bloemhof Sentrum
14:00 - 14:15	Semi-Finals - Draw Announcement and Motion Release	RGHS, Hostel Dining Room
14:15 - 15:15	Semi-Finals - Preparation	Break Away Venues
15:15 - 17:00	Semi-Finals - Debate	Break Away Venues
17:00 - 19:00	Supper	Bloemhof Sentrum

## DEBATING: Thursday, 30 April

<b>TIMES</b>	<b>ACTIVITY</b>	<b>DETAILS</b>
08:00 - 08:15	Briefing, Draw Announcement and Motion Release	RGHS, Hostel Dining Room
08:15 - 09:15	Final - Preparation	Break Away Venues
09:15 - 10:15	Final Debate	RGHS, Hostel Dining Room
10:15 - 11:00	Adjudication	RGHS, Hostel Dining Room
11:00 - 11:30	Award Ceremony	RGHS, Hostel Dining Room



# DRAMA

**Host:** Tayla-Rose Bisset & Busisiwe Maphumulo

**Email:** tayla-rose.bisset@rhenish.co.za

**Venue:** Rhenish Hall

## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Collegiate Girls' High School
4. Danville Park Girls' High School
5. Eunice High School
6. Hoër Meisieskool Bloemhof
7. Hoër Meisieskool La Rochelle
8. Paarl Girls' High School
9. Parktown High School for Girls
10. Rhenish Girls' High School
11. The High School for Girls, Potchefstroom
12. Wynberg Girls' High School

Learners will be taking part in a musical theatre workshop based on **SIX**, a contemporary production inspired by the lives of the six wives of Henry VIII and reimagined through a modern pop concert lens. The workshop will explore themes of empowerment, identity, and storytelling, while engaging learners in singing, movement, and character work. Learners are encouraged to bring along a clothing item or accessory that reflects the bold, vibrant, and concert-inspired aesthetic of the show.

We are thrilled to have the esteemed **Lamta** (Luitingh Alexander Musical Theatre Academy) hosting this incredible event! **Lamta** is one of the top theatre schools, having produced outstanding talent, with many of their students landing lead roles in major productions. We are excited to welcome Anton Luitingh and Duane Alexander as our facilitators and judges, bringing their expertise and industry knowledge to the event.

## General Information

Please bring:

- Learners must bring sneakers to dance in.
- Comfortable clothes to move in (no jeans, no short skirts, etc.)
- Please bring a water bottle, a sweat towel and deodorant.



# Programme

## DRAMA: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
09:00 - 10:30	Orientation	Getting To Know You & Games
10:30 - 10:45	Tea Break	
10:45 - 12:00	<b>Ensemble</b> Singing	Note Bashing
12:00 - 13:00	Lunch	Bloemhof Sentrum
13:00 - 14:00	Dancing	Dance Class
14:00 - 15:00	Choreography	SIX Choreography
15:00 - 16:00	Singing Auditions	Soloists
16:00 - 17:00	Dramaturgy	Discussing SIX Context
17:00 - 19:00	Supper	Bloemhof Sentrum

## DRAMA: Wednesday, 29 April

TIMES	ACTIVITY	DETAILS
09:00 - 10:00	Ice Breakers	Games
10:00 - 11:00	Dance & Singing Class	Warm Ups
11:00 - 11:15	Break	
11:00 - 12:00	Ensemble Singing	Finalise Harmonies & Soloists
12:00 - 14:00	Lunch Break	Bloemhof Sentrum
14:00 - 16:30	Rehearsal	
17:00 - 19:00	Supper	Bloemhof Sentrum

## DRAMA: Thursday, 30 April

TIMES	ACTIVITY	DETAILS
8:30 - 9:45	Final Session: Warm Up and Run Through	
10:00 - 11:00	Showcase Performance and Awards	



# MARIMBA

**Host:** In'aam Kesner, Marimba Jam

**Email:** inaam@marimbajam.com

**Venue:** Rhenish - Old Pool

## Participating Schools

1. Hoër Meisieskool Bloemhof
2. Hoër Meisieskool La Rochelle
3. Paarl Girls' High School
4. Parktown High School for Girls
5. Rhenish Girls' High School
6. Wynberg Girls' High School

"Every note you play is an act of courage. Be brave, be bold, be you."

Get ready for a high-energy workshop, hosted by Marimba Jam - Guinness World Record holders - bringing together 36 marimba band students from 6 schools. Guided by professional instructors, you'll grow not just as a musician, but as a performer, a teammate, and a leader. Each session builds toward one powerful moment - your Mass Item.

Be bold. Be you. Be brave. This is your stage - own it!

## General Information

- Each marimba band is expected to prepare a 10 minute piece, that will be performed during the lunch time concert
- The Mass marimba item will be practiced during the workshop.
- Please bring comfortable clothing for the choreography workshops.
- Bring a positive high energy, a positive spirit, and an open mind.

## Programme

MARIMBA: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
09:00 - 09:45	Arrival and Introduction	Introduction, team-building, energizer and ice-breaker
10:00 - 10:30	Marimba Workshop Chords, dynamics and tempo Game	
10:30 - 12:45	Marimba Workshop Mass Item song learning	
12:45 - 14:00	Lunch	3 schools to perform
14:00 - 15:00	Continue Marimba song learning	
15:00 - 17:00	Choreography Workshop	Led by Danny Jones



## MARIMBA: Wednesday, 29 April

TIMES	ACTIVITY	DETAILS
09:00 - 09:45	Body percussion, shaker and drumming workshop	
10:00 - 12:00	Mass Item song learning	
12:00 - 13:30	<b>Lunch</b>	3 schools to perform
13:40 - 14:30	Improv Workshop	
14:30 - 17:00	Choreography Workshop + Completing Mass Item	



## MARIMBA: Thursday, 30 April

TIMES	ACTIVITY	DETAILS
08:00 - 09:00	Internal Award Ceremony	
12:00	Performance at closing ceremony	



# MASTERCHEF

**Host:** Johanette Burger

**Email:** johanette.burger@rhenish.co.za

**Venue:** Various - Consumers' Class as base

## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. C & N Sekondêre Meisieskool Oranje
3. Clarendon School for Girls
4. Collegiate Girls' High School
5. Eunice High School
6. Hoër Meisieskool Bloemhof
7. Hoër Meisieskool La Rochelle
8. Jeppe High School for Girls
9. Paarl Girls' High School
10. Pietermaritzburg Girls High School
11. Rhenish Girls' High School
12. Rustenburg Girls' High School
13. The High School for Girls, Potchefstroom
14. Wynberg Girls' High School

Get ready to step into the heat of the kitchen! This year's MasterChef competition takes us to the prestigious ICA Chef School in the heart of the Stellenbosch Winelands – where talent meets technique and big culinary dreams begin to take shape.

Our host for the day, rising artisan baking star Jaidan Reyneke, will bring energy, creativity and real-world insight to inspire our aspiring chefs. He'll be joined by a powerhouse panel of successful women entrepreneurs who are shaping the food industry – each sharing their journey, expertise and passion for the craft.

Contestants can expect a delicious challenge, hands-on learning, and the chance to showcase their skills in the kitchen. It's more than a competition – it's an opportunity to grow, connect and push culinary boundaries.

And just when you think the day couldn't get more exciting... a mystery outing will add one final surprise to this unforgettable experience.

Sharpen your knives, bring your A-game – and get ready to bake up something extraordinary.

## General Information

1. **Tuesday, 28 April:** Learners must wear blue jeans and their school shirt (white, formal school shirt).
2. **Wednesday, 29th April:** Learners must wear black pants, a white top and comfortable shoes.
3. **Thursday, 30th April:** Learners must wear formal school uniform.
4. Participants may bring devices to look up recipes or inspiration, or to take photos during the demonstrations.
5. Recipes, ingredients, and equipment will be supplied for the competition.



## Programme

### MASTERCHEF: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
7:30 – 8:00	Welcome and Orientation - participants will be given their brief for the competition.	Rhenish Kitchen (Consumer Lab)
8:00 – 10:00	Skills Development with Ilse van Der Merwe – Food Styling	Rhenish Kitchen
10:00-10:30	Leave for ICA	
10:30 – 13:30	Outing to the ICA	ICA Chef School
13:30 – 14:00	Travel back to Rhenish	
14:00 – 14:30	Lunch	Bloemhof Sentrum
14:30 – 16:30	Skills Development with Jaidan Reyneke- Baking Basics	Rhenish Kitchen
16:30 – 17:30	Planning	Rhenish Kitchen

### MASTERCHEF: Wednesday, 29 April

TIMES	ACTIVITY	DETAILS
7:30 – 10:00	Baking Session 1	Rhenish Kitchen
10:00 – 13:00	Skills Development with Blos Bakery	
13:00 – 13:30	Lunch	Bloemhof Sentrum
13:30 – 16:30	Baking Session 2 + Photography	Rhenish Kitchen
16:30 – 17:30	Judging Trip to Town	Rhenish Kitchen Stellenbosch

### MASTERCHEF: Thursday, 30 April

TIMES	ACTIVITY	DETAILS
7:30- 11:30	Mystery Outing	Mystery Outing Venue



# PUBLIC SPEAKING

**Host:** Katherine Stewart

**Email:** katherine.stewart@rhenish.co.za

**Venue:** Classroom C07 & C08

## Participating Schools

1. Afrikaans Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Collegiate Girls' High School
4. Eunice High School
5. Hoër Meisieskool Bloemhof
6. Hoër Meisieskool La Rochelle
7. Paarl Girls' High School
8. Pretoria High School for Girls
9. Potchefstroom, The High School for Girls
10. Rhenish Girls' High School
11. Wynberg Girls' High School

Public Speaking is more than a competition category. It is a declaration. It is the moment a young woman stands, breath steady, heart racing, and chooses to be heard. At this year's National All Girls' Festival at Rhenish Girls' High School, our motto calls to us clearly: Be Bold. Be Brave. Be You. These are not simply words to print on a banner. They are instructions for the voice. To be bold is to claim space at the podium and trust that your ideas deserve air. To be brave is to speak even when your knees tremble, and your voice carries more than just sound. And to be you is the most powerful act of all.

Authenticity turns a speech into something alive. It shifts words from memorised lines into lived conviction. Public Speaking teaches more than articulation and structure. It nurtures confidence, critical thinking, empathy and leadership. It equips young women to question, to persuade, to challenge and to inspire. A single voice, grounded in truth, can ripple far beyond a stage. When we speak as our authentic selves, we do not merely perform. We lead. We shape conversations. We colour the world with our own distinct hues. This festival celebrates voices that are fearless enough to be real.

## General Information

1. Uniform: All learners must wear their school uniform on the first day and for their prepared orals and on day three for Top Five Speakers. However, on day two they may wear their school tracksuit if they wish.
2. Participation: Each participating school may enter one junior speaker (Grade 8-9) and one senior speaker (Grade 10-12).
3. Speeches: Speakers are required to deliver one prepared and one unprepared speech.
4. Speech Requirements: Each speaker must write a new and original speech. NO AI IS TO BE USED. When research is used, sources must be acknowledged.
5. Language: Speakers should use language appropriate to the topic, audience, and the occasion.
6. Timing: Speeches will be timed from the first words spoken. The time limits are:
  - Junior level: Prepared speeches = 4 - 6 minutes, Unprepared speeches = 1 minute 30 seconds - 3 minutes.
  - Senior level: Prepared speeches = 5 - 7 minutes, Unprepared speeches = 2 - 4 minutes.
  - Topics for Unprepared speeches will be given on the day and speakers will have 5 minutes to prepare.



7. **Time Deductions:** One point will be deducted for every 10 seconds or part thereof over or under the time limit.
8. **Visual Aids:** Learners are required to have cue cards, no other visual aids, props, PowerPoints will be allowed.
9. **Top Speakers:** The top five junior and senior speakers will be announced on Wednesday 29 April. These speakers will deliver their prepared speeches at the showcase event on Thursday 30 April, after which the winners will be announced and Prize-Giving will take place.
10. **Awards:**
  - Each participant will be issued with a certificate of participation.
  - A certificate and a medal will be awarded to the Best Junior and Senior Prepared Speakers.

## Topics

The focus for this year is being your authentic self. Participants for Public Speaking are required to prepare motivation speeches on one of the following topics:

- **Beyond the Mask**
  - Breaking free from labels and living authentically.
- **Your Difference Is Your Superpower**
  - Turning quirks, culture and individuality into strength.
- **The Courage to Be Unfiltered**
  - Why the world needs your voice, not a polished imitation.
- **Becoming Before Belonging**
  - Why self-acceptance matters more than fitting in.

## Programme

PUBLIC SPEAKING: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
8:30 - 9:00	Everyone checks in	All arrive in C08
9:00 - 10:15	Workshop no.1	Discover how to communicate
10:15 - 10:45	Quick Break	The world is your oyster
10:45 - 12:00	Workshop no.2	Finding Your Voice
12:00 - 13:00	Lunch	Bloemhof Sentrum
13:00 - 14:30	Round 1 Unprepared Speeches	C08 and C07
14:30 - 14:45	Quick Break	The world is your oyster
14:45 - 16:15	Round 2 Unprepared Speeches	C08 and C07
16:30 - 17:00	Feedback	C08 and C07



## PUBLIC SPEAKING: Wednesday, 29 April

<b>TIMES</b>	<b>ACTIVITY</b>	<b>DETAILS</b>
8:30 - 9:00	Everyone checks in	All arrive in C08
9:00 - 10:15	Workshop no.3	The Boldness Challenge
10:15 - 10:30	Quick Break	The world is your oyster
10:30 - 12:00	Round 1 Prepared Speeches	C08 and C07
12:30 - 13:30	Lunch Break	Bloemhof Sentrum
13:30 - 16:00	Round 2 Prepared Speeches	C08 and C07
16:00 - 16:30	Break	The world is your oyster
16:30 - 17:00	Feedback and Top 5 Junior and Senior speakers announced	C08 and C07

## PUBLIC SPEAKING: Thursday, 30 April

<b>TIMES</b>	<b>ACTIVITY</b>	<b>DETAILS</b>
8:30 - 9:00	Everyone checks in	All arrive in C08
9:00 - 11:00	Top 5 speeches	C08
11:00 - 11:30	Feedback and awards	C08



**Standard Bank**



# VOCAL ENSEMBLE

**Host:** Sonja van Amstel

**Email:** [sonja.vanamstel@rhenish.co.za](mailto:sonja.vanamstel@rhenish.co.za)

**Venue:** Music Academy (base)/Library

## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Collegiate Girls' High School
4. Danville Park Girls' High School
5. Hoër Meisieskool Bloemhof
6. Hoër Meisieskool La Rochelle
7. Paarl Girls' High School
8. Rhenish Girls' High School
9. Wynberg Girls' High School

Rhenish Girls' High School is thrilled to host a vibrant All Girls' vocal ensemble festival this April, bringing together young singers from nine schools in a celebration of unity, artistry, and sisterhood. Each school will be represented by a small ensemble of 12–16 voices, creating an intimate yet powerful space for musical collaboration and expression.

A highlight of the festival will be our mass choir item, 'I Leave You With a Song', which all singers will learn and perform together, symbolising the shared journey of voices coming together as one.

More than just a musical gathering, this festival is an opportunity to connect beyond school boundaries. It is our hope that we arrive as individual ensembles and leave as a community of sisters, inspired by the power of music to unite, uplift, and transcend.

Bring your hearts, bring your musicality, and join us in celebrating the beauty of young voices in harmony.

## General Information

1. **Dress Code:** Schools may decide what their learners wear on Tuesday and Wednesday. We suggest comfortable clothing. Please wear blue jeans and the festival shirt on Thursday.



# Standard Bank



# Programme

## VOCAL ENSEMBLE: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
8:30 - 9:30	Meet and Greet	Rhenish Music Academy
9:30 - 10:00	Bathroom and water break	Take a break to refresh and return with enthusiasm
10:00 - 10:30	Warm up, wake up & sing up	Time to prepare the voices for a day of singing
10:30 - 11:30	Mass choir rehearsal	Individual voice groups- VA/XK/DV
11:30 -12:30	Performance workshop	Pick a number and perform
12:30 - 13:15	<b>Lunch</b>	Bloemhof Sentrum
13:15 - 14:00	Lunchtime concert	5 Schools - sign-up during the meet and greet.
14:00 - 16:00	Individual group sessions	Working within your groups -VA/XK
16:00 - 17:00	Finale	Highlights of the day

## VOCAL ENSEMBLE: Wednesday, 29 April

TIMES	ACTIVITY	DETAILS
8:30 - 9:30	Welcome warm up	Each school group brings ONE warm-up exercise to share
9:30 - 10:15	Mass choir rehearsal	Sit together - sing together
10:15 - 10:45	Bathroom and water break	
10:30 - 12:00	Individual group sessions	Masterclasses with groups - divided between VA / XK
12:30 - 13:15	<b>Lunch</b>	Bloemhof Sentrum
13:15 - 14:00	<b>Lunchtime concert</b>	4 Schools - sign up during the morning welcome.
14:30 - 16:00	Refresh, Refocus and Rehearse	Rotation of voice groups for the mass choir item
16:30 - 17:30	Showcase individual groups	Pick a number and sing!

## VOCAL ENSEMBLE: Thursday, 30 April

TIMES	ACTIVITY	DETAILS
8:30 - 9:00	Warm-up session	“Variety is the spice of life”
9:00 - 9:45	Mass choir final rehearsal	Tutti
12:00	Final performance	

# CHESS

**Host:** Gemma Hall

**Email:** gemma.hall@rhenish.co.za

**Venue:** Bloemhof School Hall

## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Collegiate Girls' High School
4. Eunice High School
5. Hoër Meisieskool Bloemhof
6. Hoër Meisieskool La Rochelle
7. Jeppe High School for Girls
8. Paarl Girls' High School
9. Pretoria High School for Girls
10. Rhenish Girls' High School

You've made it to the board after weeks of preparation. The pieces are set, the room settles, and now it comes down to this: your first move.

At this year's National All Girls' Festival, chess offers both a test of skill and a space of growing presence. In a field long dominated by men, stepping into this arena is, in itself, an act of boldness and courage. Here, players are invited to think bravely, compete boldly, and trust their own voice at the board.

Each match is a measure of focus and discipline. Across five rounds of classical chess, with two hours allocated per round, players will be challenged to sustain concentration, manage pressure, and make decisions with care and conviction. It is a format that rewards preparation, patience, and resilience.

Yet beyond the competition, this is also a space to build connections. Players from different schools come together in a shared environment of respect, rivalry, and support - where competition sharpens skill, but community strengthens it.

## Tournament Format

1. The event will be a Team Swiss System Tournament played over 5 rounds.
2. The current FIDE Laws of Chess shall apply.
3. The time control will be 60 minutes per player, with a 2-second increment per move starting from move one.
4. The scheduled start times of rounds will be as per the official programme, unless otherwise announced at the venue
5. The default time is 10 minutes.
6. School uniform to be worn.
7. Players must be neat and presentable at all times.
8. All sections will be Chess-SA-rated.



## Programme

### CHESS: Tuesday, 28 April

<b>TIMES</b>	<b>ACTIVITY</b>
09:00 - 09:15	Players seated for official announcements
09:30	Round 1
12:30 - 14:00	Lunch (Bloemhof Sentrum)
14:30	Round 2

### CHESS: Wednesday, 29 April

<b>TIMES</b>	<b>ACTIVITY</b>
09:00 - 09:15	Players seated for official announcements
09:30	Round 3
12:30 - 14:00	Lunch (Bloemhof Sentrum)
14:30	Round 4

### CHESS: Thursday, 30 April

<b>TIMES</b>	<b>ACTIVITY</b>
08:00	Round 5
10:30	Prize Giving



**Standard Bank**



# CROSS COUNTRY

**Host:** Jean-Maré Hambridge

**Email:** jean-mare.hambridge@rhenish.co.za

## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Collegiate Girls' High School
4. Durban Girls' High School
5. Eunice High School
6. Hoër Meisieskool Bloemhof
7. Hoër Meisieskool La Rochelle
8. Paarl Girls' High School
9. Pietermaritzburg Girls' High School
10. Pretoria High School For Girls
11. Rhenish Girls' High School
12. Rustenburg Girls' High School
13. The High School for Girls, Potchefstroom
14. Wynberg Girls' High School

## Tournament Rules

1. All ASA rules apply and can be found [here](#).

## Programme

CROSS COUNTRY: Tuesday, 28 April

TIMES	ACTIVITY	DETAILS
07:30	Buses depart to Bankhoek Conserve	Please meet at the front gate of Rhenish by 07:20
08:15 - 08:30	Race briefing	Banhoek Conserve - Kylemore
09:00 - 09:30	Juniors 4km (grades 8 and 9)	Individual competition
09:30 - 10:00	Seniors 4km (grades 10 - 12)	Individual competition
10:15 - 10:45	Buses depart back to Rhenish	
12:00-14:00	Lunch	Bloemhof Sentrum
14:00-15:00	Guest speaker Elana Meyer	Venue TBC
17:00-19:00	Dinner	Bloemhof Sentrum



## CROSS COUNTRY: Wednesday, 29 April

<b>TIMES</b>	<b>ACTIVITY</b>	<b>DETAILS</b>
07:30	Buses depart to Blaauwklippen	Please meet at the front gate of Rhenish by 07:20
08:15 - 08:30	Race briefing	Blaauwklippen farm
09:00 - 09:30	Juniors 4km (grades 8 and 9)	Team competition
09:30 - 10:00	Seniors 4km (grades 10-12)	Team competition
10:15 - 10:45	Buses depart back to Rhenish	
12:00-14:00	Lunch	Bloemhof Sentrum
14:00-15:00	Friendly volleyball competition	Rhenish Volleyball court
17:00-19:00	Dinner	Bloemhof Sentrum

## CROSS COUNTRY: Thursday, 30 April

<b>TIMES</b>	<b>ACTIVITY</b>	<b>DETAILS</b>
07:45	Walk from Rhenish to Eikestad Primary	Please meet at the Rhenish soccer field
08:00 - 08:10	Race briefing	
08:30 - 08:50	Juniors 4x1km (grades 8 and 9)	Relay competition
08:50 - 09:10	Seniors 4x1km (grades 10-12)	Relay competition
09:25 - 9:45	Prize giving	Eikestad Primary
09:45	Return to Rhenish	



**Standard Bank**



# ESPORT

**Host:** Leandri Kos

**Email:** leandri.kos@rhenish.co.za

**Venue:** B1



## Participating Schools

1. Collegiate Girls' High School
2. Eunice High School
3. Paarl Girls' High School
4. Wynberg Girls' High School
5. Rhenish Girls' High School

This is the second year esports will feature at the National All Girls' Festival. The energy surrounding the esports venue in 2025 was electric and we are excited to bring you a fantastic experience at Rhenish Girls' High School in 2026.

By playing each game, you will be able to earn points for your school and as an individual.

## General Information

Learners may sign up for any game, and may choose multiple games. Leaderboard games can be played at any point over the two days, while tournaments have games at specific times on Day 1 and semi-finals and finals on Day 2.

## Programme

ESPORT: Tuesday, 28 April

TIMES	ACTIVITY
8:00	Warm up
9:00	Rocket League Tournament starts
12:00	Lunch
13:00	EA FC 26 Tournament starts
15:00	Tekken 8 Tournament starts
17:00	Day ends



## ESPORT: Wednesday, 29 April

TIMES	ACTIVITY
8:00	Warm up
9:00	Rocket League Semi-finals
10:00	EA FC 26 Semi-finals
11:00	EA FC 26 Finals
12:00	<b>Lunch</b>
14:00	Tekken 8 Semi-finals & Finals
16:00	Award ceremony
17:00	Day ends

## ESPORT: Thursday, 30 April

TIMES	ACTIVITY
09:00 - 10:00	Workshop / Talk - ACGL



# HOCKEY

**Host:** Chris Gerber

**Email:** [chris.gerber@rhenish.co.za](mailto:chris.gerber@rhenish.co.za)

**Technical Director:** Andrea Nicolson

**Hockey Venues:** Rhenish Girls' High School & Hoër Meisieskool Bloemhof

**Warm Up Areas:** Mini Astro at Rhenish and Bloemhof

## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. C & N Sekondêre Meisieskool Oranje
3. Clarendon School for Girls
4. Collegiate Girls' High School
5. Danville Park Girls' High School
6. Eunice High School
7. Hoër Meisieskool Bloemhof
8. Hoër Meisieskool La Rochelle
9. Paarl Girls' High School
10. Parktown High School for Girls
11. Pretoria High School For Girls
12. Rhenish Girls' High School
13. Rustenburg Girls' High School
14. Wynberg Girls' High School

## Tournament Rules

1. FIH rules apply.
2. Penalty Corners Defence - **Face Masks**
  - At a penalty corner all defenders are mandated to use face masks. Failure by the defence to have sufficient face masks will mean that they will defend the penalty corner with only the players that have a face mask on.
3. All technical queries must be forwarded to the Tournament Director.
4. All pool games are 2 x 20 minute halves. Semi-finals and the final will be two halves of 25 minutes.
5. Half-time will be 5 minutes.
6. Teams may have a maximum of 18 players per team, which may include 2 goal keepers.
7. Teams will enter and exit the astros at different points which will be pointed out to all on arrival.
8. The first mentioned team plays on the left looking at the field, while standing with your back to the dug-out.
9. The team mentioned second starts with the ball.
10. All games will start on time as per the fixture list. Any team that DOES NOT take the field on time **will** forfeit the match.
11. As teams finish, they must vacate the technical areas as quickly as possible to facilitate quick changeovers between matches.
12. Umpires will be allocated to every match.
13. All matches are controlled by the technical table at each venue.
14. In the event of non-serious injuries, time will not be stopped. Injured players need to be removed from the playing area as quickly as possible. Qualified paramedics and first aid will be present.



15. Managers/coaches must sign their match sheets at the technical table after each match.
16. Only Technical staff, Umpires, Coaches, Managers, First Aiders and affiliated photographers may be on the astro
17. Any disputes will be dealt with by the Tournament Director.
18. The first round of matches will be a round robin format, played within four pools.
19. Points for the round robin matches are as follows:
  - o 3 points for a win
  - o 1 point for a draw
  - o 0 points for a loss
20. The final position in each pool will be in the order of the team finishing with the most points to the team with the least points.
21. In the event of teams finishing on the same number of points, the following criteria will be used: Goal difference, goals for, the result of the match between the two teams and the 8 second shoot-out (5 per team).

### PLAY-OFF: Top 8

22. After the round robin has been completed, Top 8 teams will play cross-pool rounds (Quarter-finals + Semi-finals) followed by the final match to determine the final positions of the tournament.
23. If Top 8 teams draw in the final rounds, the 8 second penalty shoot-out (5 per team) will be taken.

## Pools

### Pool A

Collegiate GHS  
Oranje Meisieskool  
Wynberg GHS  
Pretoria GHS

### Pool B

Rhenish GHS  
Eunice GHS  
Clarendon

### Pool C

HMS Bloemhof  
Rustenburg GHS  
Danville Park  
Parktown GHS

### Pool D

Affies  
Paarl GHS  
HMS La Rochelle

## HOCKEY: Tuesday, 28 April

	<b>Rhenish Astro</b>		<b>Bloemhof Astro</b>
07:30	Collegiate vs Pretoria GHS	08:30	Bloemhof vs Parktown
08:20	Oranje vs Wynberg	09:20	Rustenburg vs Danville
09:10	Rhenish vs Clarendon	11:00	Paarl Girls' vs La Rochelle
10:50	Oranje vs Collegiate	11:50	Bloemhof vs Rustenburg
11:40	Wynberg vs Pretoria GHS	12:40	Danville vs Parktown
12:30	Rhenish vs Eunice	13:30	Affies vs Paarl Girls'
14:10	Oranje vs Pretoria GHS	15:10	Bloemhof vs Danville
15:00	Wynberg vs Collegiate	16:00	Rustenburg vs Parktown
16:40	Eunice vs Clarendon	16:50	Affies vs La Rochelle

## HOCKEY: Wednesday, 29 April

CUP SECTION			PLATE SECTION		
Rhenish Astro			Bloemhof Astro		
08:30	QF1	A1 vs C2	09:30	QF1	B3 vs C4
09:30	QF2	A2 vs C1	10:30	QF2	D3 vs A4
10:30	QF3	B1 vs D2			
11:30	QF4	B2 vs D1			
12:30	AF1	Pos 5 - 8: Loser QF1 vs Loser QF2			
13:30	AF2	Pos 5 - 8: Loser QF3 vs Loser QF4	13:30	SF1	Plate Semi-final 1: A3 vs Winner QF1
14:30	SF1	Pos 1 - 4: Winner QF1 vs Winner QF2	14:30	SF2	Plate Semi-final 2: C3 vs Winner QF2
15:30	SF2	Pos 1 - 4: Winner QF3 vs Winner QF4			

## HOCKEY: Thursday, 30 April

CUP SECTION			PLATE SECTION		
Rhenish Astro			Bloemhof Astro		
07:15	7/8	Loser AF1 vs Loser AF2			
08:30	5/6	Winner AF1 vs Winner AF2	09:20	13/14	Loser QF1 vs Loser QF2
09:40	3/4	Loser SF1 vs Loser SF2	10:10	11/12	Loser SF1 vs Loser SF2
<b>11:00</b>	<b>1/2</b>	<b>FINAL: Winner SF1 vs Winner SF2</b>	11:00	9/10	Plate Final: Winner SF1 vs Winner SF2



# NETBALL

**Host:** Corné Lottering

**Email:** corne.lottering@rhenish.co.za

**Tournament Director:** Charlotte Schoeman

**Netball Venues:** Hoër Meisieskool Bloemhof, Courts 1 - 4

**Warm Up Areas:** Hoër Meisieskool Bloemhof, Courts 5 & 6

## Participating Schools

1. Afrikaanse Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. Collegiate Girls' High School
4. C & N Sekondêre Meisieskool Oranje
5. Danville Park Girls' High School
6. Eunice High School
7. Hoër Meisieskool Bloemhof
8. Hoër Meisieskool La Rochelle
9. Paarl Girls' High School
10. Pietermaritzburg Girls' High School
11. Pretoria High School for Girls
12. Rhenish Girls' High School
13. Rustenburg Girls' High School
14. The High School for Girls, Potchefstroom
15. Wynberg Girls' High School

## Tournament Rules

1. Teams are to toss-up at the **technical table** at **half-time** of the **previous round**. Teams that are a no-show will automatically forfeit the toss-up to the other team.
2. Teams must take the court immediately after the previous round has ended. There will be a 5-minute warm-up period before the start of the match.
3. Matches will run on central time. In saying this, **no injury time will be allowed**.
4. If an injury occurs, the substitution must happen immediately, and the injured player needs to be escorted off the court. In the event of a serious injury, 2 minutes will be given to safely get the player off the court by the medics.
5. Tactical time will apply to teams in this tournament, but teams must refrain from abusing this, as umpires are allowed to use their discretion to refuse a tactical time implementation.
6. All matches are quarters of 9 minutes, with 1 minute between quarters and 2 minutes half-time.
7. Only players registered for the festival will be allowed to participate in the matches.
8. A runner will be appointed to each court. The runner will make sure to have all the equipment needed, including scorecards, pencils, and a match ball for the court they are allocated to.
9. Scorekeepers will be provided by Rhenish Girls' High school for each match. At the end of the match, the scorekeepers must make sure that their scorecards are signed by both umpires.
10. Umpires will also decide on an MVP from both teams playing and indicate on the scorecard of said team.
11. The runner will collect scorecards and return them to the main technical table for capturing the results
12. No jewellery may be worn during the match, nails must be short, and long hair must be tied back.
13. Each school must bring their own bibs for the match. In the case of similar colour bibs, the team that lost the toss-up needs to change to another colour bib.



## Format

- 1.15 Teams will play ROUND-ROBIN matches in 2 pools.
2. Each match will consist of 4 quarters of 9 minutes each, with a 1-minute break after the 1st and 3rd quarters and a 2-minute halftime break after the 2nd quarter.
3. Teams will play a total of 7-8 matches respectively depending on which pool your school is in.
4. Once the round robin is completed, positioning in those pools will then determine playoff rounds which will take place on Thursday, 30 April. Teams will play against the same position in the other pool (e.g. 3 vs 3, 4 vs 4 etc.) to determine placings of teams 5-15.
5. The top 2 teams in each pool will play in the semi-final as follows: A1 vs B2 and B1 vs A2. The final will then be played between the winners of the semi-final for positions 1 and 2, the losers of the semi-final for positions 3 and 4.
6. 3 points will be allocated for a win, 1 point for a draw. In determining the final pool positions, in the case of a draw, the goal difference will determine placing.

## Pools

### Pool A

HMS Bloemhof  
Paarl GHS  
La Rochelle  
Affies  
Eunice  
Pietermaritzburg GHS  
Wynberg  
Pretoria GHS

### Pool B

Rhenish  
Collegiate  
Danville Park  
Oranje  
Rustenburg  
Clarendon  
Potchefstroom

## NETBALL: Tuesday, 28 April

ROUND	TIME	COURT 1	COURT 2	COURT 3	COURT 4
1	09:00	Bloemhof Pretoria	Paarl Girls' Wynberg	La Rochelle Pietermaritzburg	Affies Eunice
2	09:50	Rhenish (Bye)	Collegiate Potchefstroom	Danville Clarendon	Oranje Rustenburg
3	10:40	Bloemhof Wynberg	Pretoria Pietermaritzburg	Paarl Girls' Eunice	Affies La Rochelle
4	11:30	Rhenish Potchefstroom	Clarendon (Bye)	Collegiate Rustenburg	Danville Oranje
<b>LUNCH AVAILABLE FROM 12:30 – 14:00</b>					
5	14:00	Bloemhof Pietermaritzburg	Eunice Wynberg	Pretoria Affies	Paarl Girls' La Rochelle
6	14:50	Rhenish Clarendon	Potchefstroom Rustenburg	Oranje (Bye)	Collegiate Danville
7	15:40	Bloemhof Eunice	Pietermaritzburg Affies	La Rochelle Wynberg	Pretoria Paarl Girls'
8	16:30	Rhenish Rustenburg	Oranje Clarendon	Danville Potchefstroom	Collegiate (Bye)

## NETBALL: Wednesday, 29 April

ROUND	TIME	COURT 1	COURT 2	COURT 3	COURT 4
9	09:00	Bloemhof Affies	Eunice La Rochelle	Pietermaritzburg Paarl Girls'	Wynberg Pretoria
10	09:50	Rhenish Oranje	Rustenburg Danville	Collegiate Clarendon	Potchefstroom (Bye)
11	10:40	Bloemhof La Rochelle	Paarl Girls' Affies	Eunice Pretoria	Pietermaritzburg Wynberg
12	11:30	Rhenish Danville	Oranje Collegiate	Rustenburg (Bye)	Clarendon Potchefstroom
<b>LUNCH AVAILABLE FROM 12:30 - 14:00</b>					
13	14:00	Bloemhof Paarl Girls'	La Rochelle Pretoria	Affies Wynberg	Eunice Pietermaritzburg
14	14:50	Rhenish Collegiate	Danville (Bye)	Oranje Potchefstroom	Rustenburg Clarendon

## NETBALL: Thursday, 30 April

TIME	COURT 1	COURT 2	COURT 3	COURT 4
08:00	<b>Semi-final 1</b> A1 vs B2	<b>Semi-final 2</b> B1 vs A2	<b>Loser Position 15</b> A8 vs B7	<b>Position 11 &amp; 12</b> A6 vs B6
08:45	<b>Position 9&amp;10</b> A5 vs B5	<b>Position 7&amp;8</b> A4 vs B4	<b>Position 5&amp;6</b> A3 vs B3	
09:30	<b>Position 3&amp;4</b> Loser of A1/B2 vs Loser of B1/A2		<b>Position 13&amp;14</b> Winner of A8/B7 vs A7	
10:15	<b>Final</b> Winner A1/B2 vs Winner B1/A2			
<b>11:00 - Netball Prizegiving</b>				



# SQUASH

**Host:** Heather Lindsay

**Email:** heather.lindsay@rhenish.co.za

**Venue:** Maties Squash Courts

## Participating Schools

1. Clarendon School for Girls
2. Collegiate Girls' High School
3. Danville Park Girls' High School
4. Eunice High School
5. Hoër Meisieskool La Rochelle
6. Paarl Girls' High School
7. Pietermaritzburg Girls' High School
8. Pretoria High School for Girls
9. Rustenburg Girls' High School
10. Wynberg Girls' High School

## Tournament Rules

1. Teams must play in strict ladder order, and this must remain the same throughout the tournament. Numbers 4 and 5 may rotate from match to match.
2. Please ensure that matches start on time so the daily programme runs smoothly.
3. Rules from Squash SA will be enforced throughout the festival.
4. The PAR scoring system to 11 will be used for the duration of the festival.
5. Protective eyewear is compulsory for all matches; if players do not wear it, they do not play.
6. The Dunlop double dot ball will be used.
7. All players have to mark the game that follows the match that they played.

## Scoring

1. Score one point for every game won.
2. The team with the most matches won will score 4 bonus points.
3. If a team ties on matches, then games will be looked at; if there is a tie in games, the points will be looked at; if there is a tie in points, the bonus points will be shared between the two teams.
4. The completed result sheet, signed by both managers, must be handed in to the court manager after each match.

## Pools

### Pool A

Clarendon  
Rustenburg GHS  
Paarl GHS  
Danville Park  
Pretoria GHS

### Pool B

Eunice  
Collegiate  
Wynberg  
La Rochelle  
Pietermaritzburg GHS



## SQUASH: POOL A MATCHES

TIME	MATCH		COURT
Tuesday 8:00	1 vs 2	Clarendon vs Rustenburg	Court 1
	3 vs 4	Paarl vs Danville	Court 3
	5 BYE	Pretoria	
Tuesday 10:30	1 vs 3	Clarendon vs Paarl	Court 2
	4 vs 5	Danville vs Pretoria	Court 4
	2 BYE	Rustenburg	
Tuesday 14:00	1 vs 4	Clarendon vs Danville	Court 1
	2 vs 5	Rustenburg vs Pretoria	Court 2
	3 BYE	Paarl	
Wednesday 8:00	2 vs 4	Rustenburg vs Danville	Court 3
	3 vs 5	Paarl vs Pretoria	Court 4
	1 BYE	Clarendon	
Wednesday 10:30	1 vs 5	Clarendon vs Pretoria	Court 3
	2 vs 3	Rustenburg vs Paarl	Court 4
	4 BYE	Danville	

## SQUASH: POOL B MATCHES

TIME	MATCH		COURT
Tuesday 8:00	1 vs 2	Eunice vs Collegiate	Court 2
	3 vs 4	Wynberg vs La Rochelle	Court 4
	5 BYE	Pietermaritzburg	
Tuesday 10:30	1 vs 3	Eunice vs Wynberg	Court 1
	4 vs 5	La Rochelle vs Pietermartizburg	Court 3
	2 BYE	Collegiate	
Tuesday 14:00	1 vs 4	Eunice vs La Rochelle	Court 3
	2 vs 5	Collegiate vs Pietermaritzburg	Court 4
	3 BYE	Wynberg	
Wednesday 8:00	2 vs 4	Collegiate vs La Rochelle	Court 1
	3 vs 5	Wynberg vs Pietermaritzburg	Court 2
	1 BYE	Eunice	
Wednesday 10:30	1 vs 5	Eunice vs Pietermaritzburg	Court 1
	2 vs 3	Collegiate vs Wynberg	Court 2
	4 BYE	La Rochelle	

## SQUASH: PLAY-OFFS

TIME	MATCH		COURT
Wednesday 14:00	A1 vs B2	Semi-final 1	Court 1
	A2 vs B1	Semi-final 2	Court 2
	Play-off 1	Position 5 - 8	Court 3
	Play-off 2	Position 5 - 8	Court 4
	A5 vs B5	Position 9/10	Court 5
Thursday 8:30	Final	Final (Winner SF1 vs Winner SF2)	Court 1
	3/4	Loser SF1 vs Loser SF2	Court 2
	5/6	Winner Play-off 1 vs Winner Play-off 2	Court 3
	7/8	Loser Play-off 1 vs Loser Play-off 2	Court 4

# SOCCER

**Host:** José Cabral

**Email:** samantha.henery@rhenish.co.za

**Venues:**

**28<sup>th</sup>:** Van der Stel Sports Grounds

**29<sup>th</sup>:** Markötter Indoor Facility

**30<sup>th</sup>:** Stellenbosch Academy of Sport



## Participating Schools

1. Parktown Girls' High School
2. Rhenish Girls' High School
3. Rustenburg Girls' High School
4. Wynberg Girls' High School

## Tournament Rules

Points:

- Win - 3
- Draw - 1
- Loss - 0

If tied, the following comes into play (in order): Goal difference, goals scored, head-to-head, penalty shootout (if needed for final qualification)

### Wednesday - Futsal Mini-Tournament

Each school to split their team into two: "A-team" and "B-Team" for the Futsal 5-A-Side Mini-tournament. 5 players on-field and 3 reserves per team.

## SOCCER: Tuesday, 28 April

TIME	FIXTURE
09:00	Rhenish vs Rustenburg
09:50	Wynberg vs Parktown
10:40	Rhenish vs Wynberg
11:30	Rustenburg vs Parktown
12:20	Rhenish vs Parktown
13:10	Rustenburg vs Wynberg
14:00	<b>FINAL (Top 2 teams on the log)</b>



## SOCCER: Wednesday, 29 April

### Pool A

1. Rhenish A
2. Rustenburg A
3. Wynberg A
4. Parktown A

### Pool B

1. Rhenish B
2. Rustenburg B
3. Wynberg B
4. Parktown B

TIME	ROUND	FIXTURE
09:00 - 09:20	1	Court 1: Rhenish A vs Rustenburg A
		Court 2: Wynberg A vs Parktown A
09:30 - 09:50	1	Court 1: Rhenish B vs Rustenburg B
		Court 2: Wynberg B vs Parktown B
10:00 - 10:20	2	Court 1: Rhenish A vs Wynberg A
		Court 2: Rustenburg A vs Parktown A
10:30 - 10:50	2	Court 1: Rhenish B vs Wynberg B
		Court 2: Rustenburg B vs Parktown B
11:00 - 11:20	3	Court 1: Rhenish A vs Parktown A
		Court 2: Rustenburg A vs Wynberg A
11:30 - 11:50	3	Court 1: Rhenish B vs Parktown B
		Court 2: Rustenburg B vs Wynberg B
12:00 - 12:20	Semi-finals	Court 1: 1 <sup>st</sup> in Group A vs 2 <sup>nd</sup> in Group B - (SF1)
		Court 2: 2 <sup>nd</sup> in Group A vs 1 <sup>st</sup> in Group B - (SF2)
12:30 - 12:50	3 <sup>rd</sup> / 4 <sup>th</sup>	Court 1: Loser SF1 vs Loser SF2
	Final	Court 2: Winner SF1 vs Winner SF2

## SOCCER: Thursday, 30 April

TIMES	ACTIVITY	DETAILS
08:00 - 11:00	Mental Talk Technical Talk Tactical Talk	Stellenbosch Academy of Sport, Meeting Room



# TENNIS

**Host:** Sunel Malan

**Tournament Referee:** Jacobus Swanepoel

**Email:** sunel.malan@rhenish.co.za

**Venue:** Rhenish Girls' High School & Paul Roos Gimnasium

## Participating Schools

1. Afrikaans Hoër Meisieskool Pretoria
2. Clarendon School for Girls
3. C & N Sekondêre Meisieskool Oranje
4. Collegiate Girls' High School
5. Danville Park Girls' High School
6. Eunice High School
7. Hoër Meisieskool Bloemhof
8. Hoër Meisieskool La Rochelle
9. Paarl Girls' High School
10. Pretoria High School for Girls
11. Rhenish Girls' High School
12. Rustenburg Girls' High School

## Tournament Rules

Tournament played with Round Robin and Play-off sections:

### Tuesday

- All Round-Robin matches on Tuesday are played at Rhenish Girls' High School.
- Four groups of three teams each.
- No warm-up
- Singles: Pro-set (1st to 8 games with normal tie-breaker at 7 all). No-add scoring
- Doubles: Normal set, e.g. 6 - 2 or 7 -6.
- Match starting times: 8:00, 11:00 and 14:00

### Wednesday & Thursday

- The top two teams in each group after the Tuesday round-robin, move to the knock-out phase which consists of a quarter final, semi-final and finals, playing out for positions 1 - 8.
- Matches are played at Rhenish Girls' High School. Two courts allocated per tie.
- No warm-up.
- Singles: Two normal sets with a 3rd set super tiebreaker. Play with add scoring.
- Doubles: Normal set for Example, 6 - 2 or 7 -6.
- Matches starting times: 8:00 and 12:00.
  
- The 3rd team after Tuesday's round-robin in each group move to a separate round-robin group and are playing for positions 9 - 12.
- Matches (positions 9-12) are played at Paul Roos Gimnasium. Three courts allocated per tie.
- No warm-up.
- Singles: Pro-set (1st to 8 games with normal tie-breaker at 7 all), no-add scoring.
- Doubles: Normal set, e.g. 6 - 2 or 7 -6.
- Matches starting times: 8:00 and 11:00.

### Pool A

1. Rhenish
2. Collegiate
3. Rustenburg

### Pool B

1. Paarl GHS
2. Clarendon
3. Danville Park

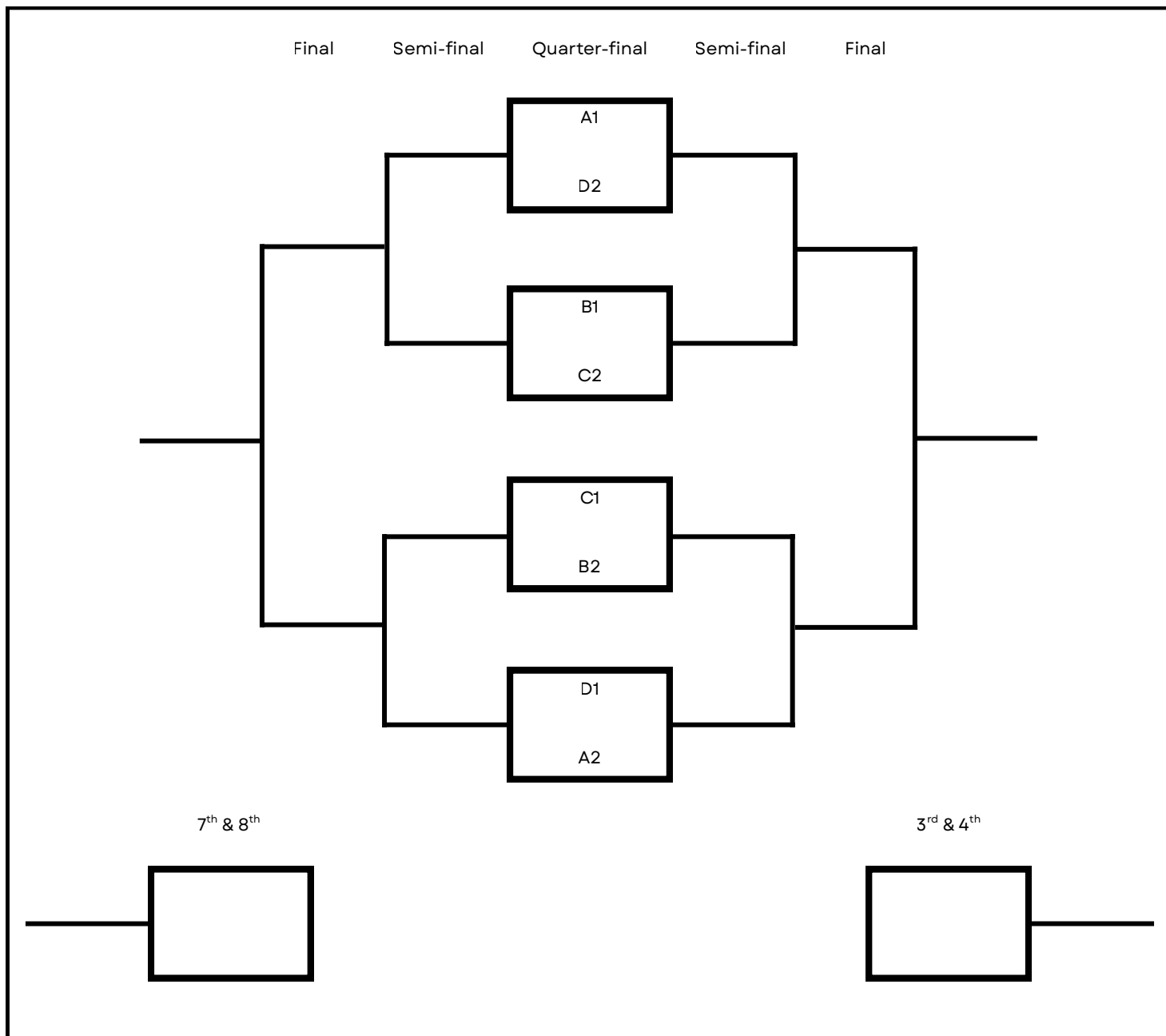
### Pool C

1. Bloemhof
2. Affies
3. Eunice

### Pool D

1. Oranje
2. La Rochelle
3. Pretoria GHS





**Round-Robin for teams that end 3rd in Tuesday's matches: Playing for position 9 - 12.**

- 1. A3
- 2. B3
- 3. C3
- 4. D3

**Round 1 (Wednesday)**

**08:00**

- 1 vs 2
- 3 vs 4

**Round 2 (Wednesday)**

**11:00**

- 1 vs 3
- 2 vs 4

**Round 3 (Thursday)**

**08:00**

- 3 vs 2
- 1 vs 4



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# National All Girls' Festival '26

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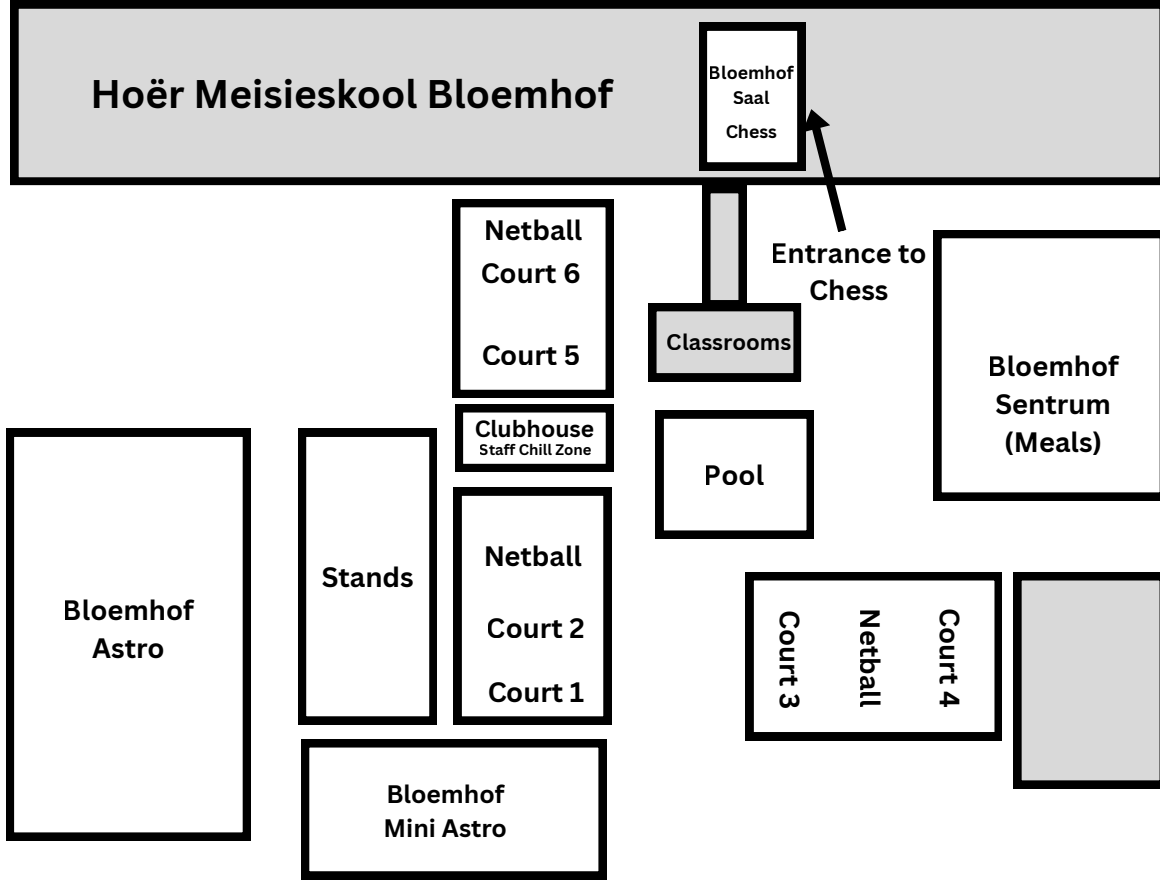


- 2000 Wynberg & Rustenburg Girls' High School (Cape Town)
- 2001 Eunice High School (Bloemfontein)
- 2002 Pretoria High School for Girls (Pretoria)
- 2003 Clarendon School for Girls (East London)
- 2004 Collegiate Girls' High School (Gqeberha)
- 2005 The High School for Girls, Potchefstroom (Potchefstroom)
- 2006 Durban Girls' High School (Durban)
- 2007 Eunice High School (Bloemfontein)
- 2008 Collegiate Girls' High School (Gqeberha)
- 2009 Pretoria High School for Girls (Pretoria)
- 2010 Rhenish Girls' High School (Stellenbosch)
- 2011 Clarendon School for Girls (East London)
- 2012 The High School for Girls, Potchefstroom (Potchefstroom)
- 2013 Parktown Girls' High School (Johannesburg)
- 2014 Collegiate Girls' High School (Gqeberha)
- 2015 Oranje Meisieskool (Bloemfontein)
- 2016 Durban Girls' High School (Durban)
- 2017 Afrikaans Hoër Meisieskool (Pretoria)
- 2018 Clarendon School for Girls (East London)
- 2019 Paarl Girls' High School & La Rochelle Girls' High School (Paarl)
- 2020 COVID
- 2021 COVID
- 2022 COVID
- 2023 Eunice High School (Bloemfontein)
- 2024 The High School for Girls, Potchefstroom (Potchefstroom)
- 2025 Wynberg Girls' High School (Cape Town)
- 2026 Rhenish Girls' High School (Stellenbosch)
- 2027 Danville Park Girls' High School (Durban)

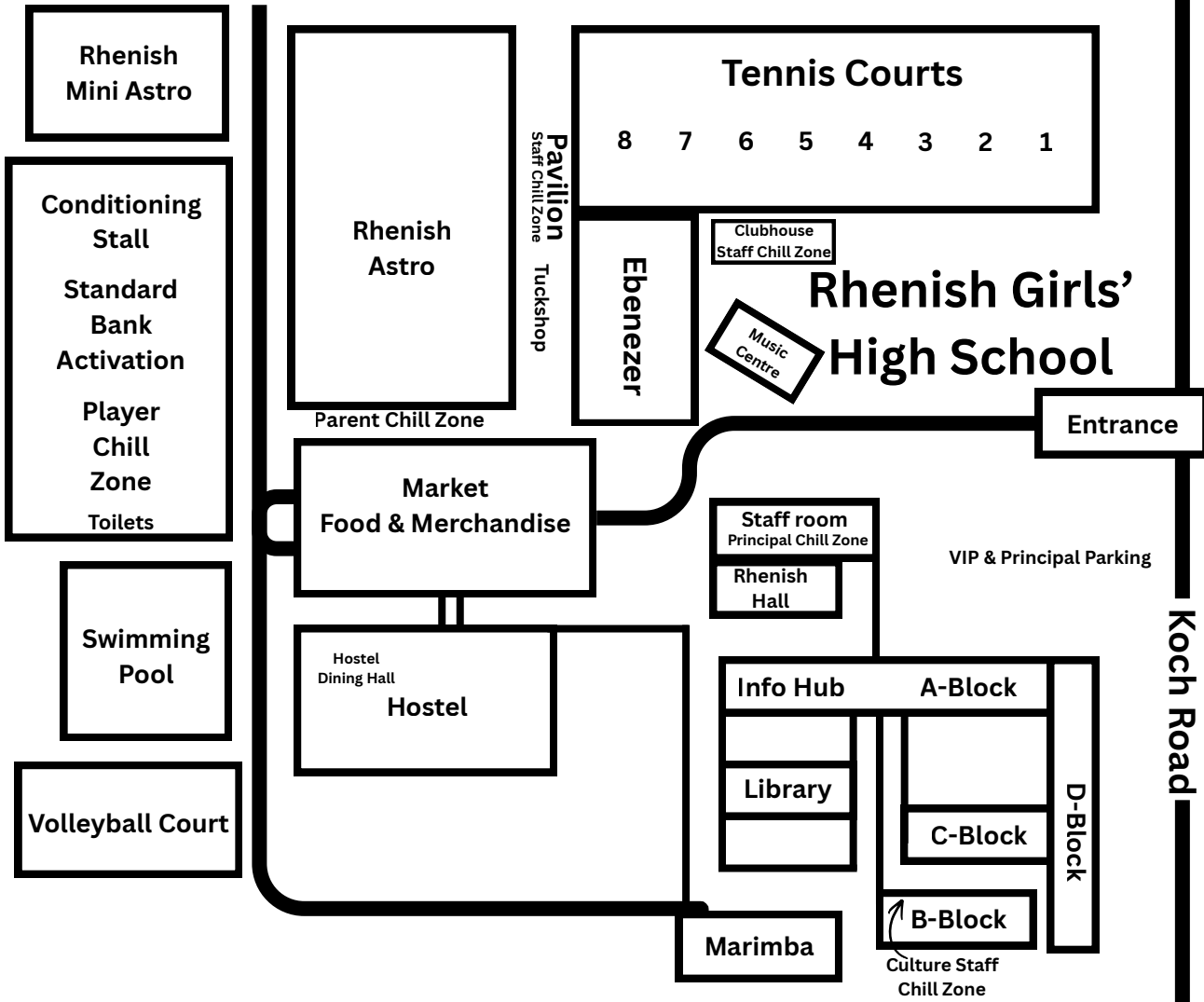


Markötter

# Hoër Meisieskool Bloemhof



Gate to Bloemhof

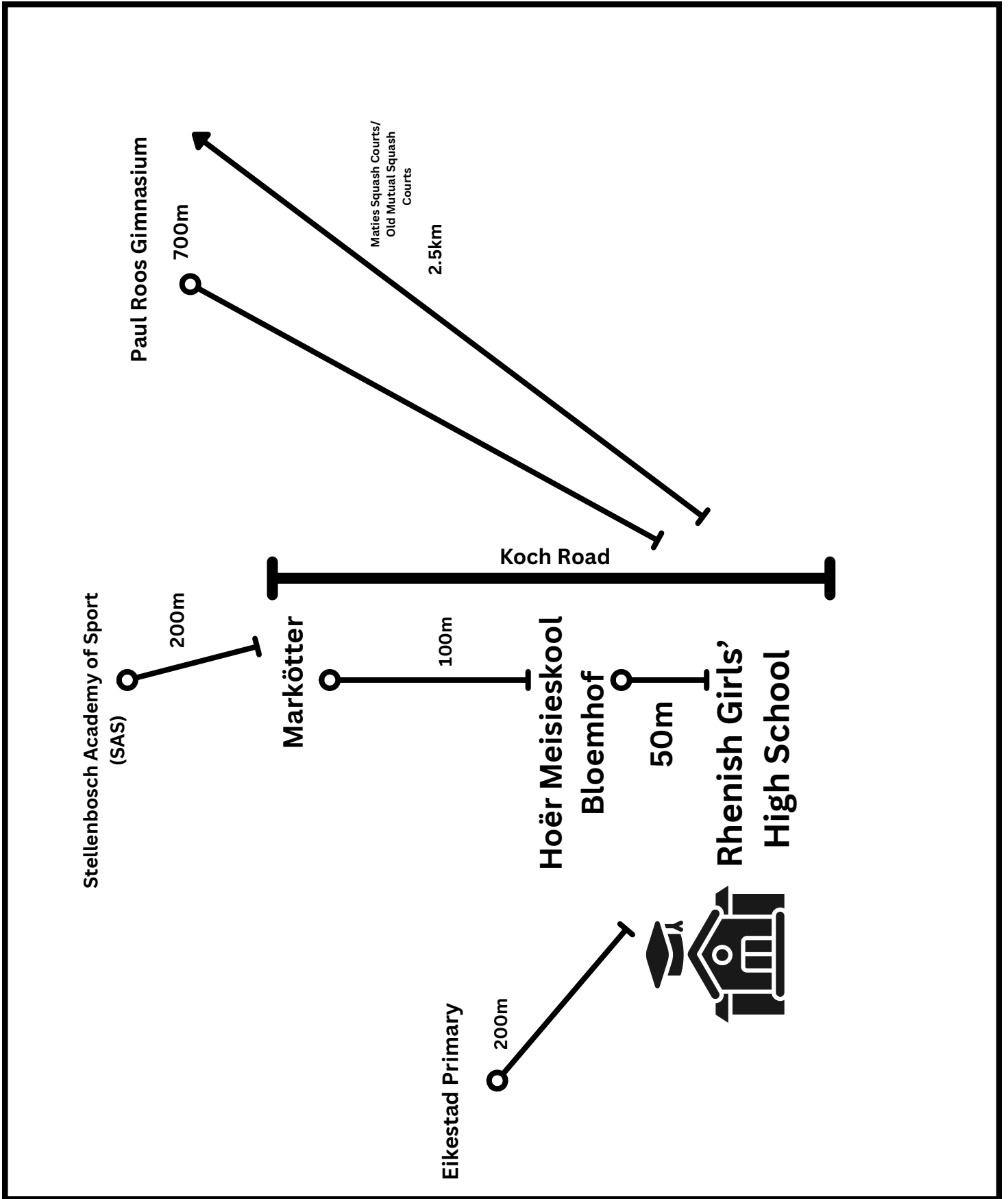


Koch Road

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# National All Girls' Festival '26

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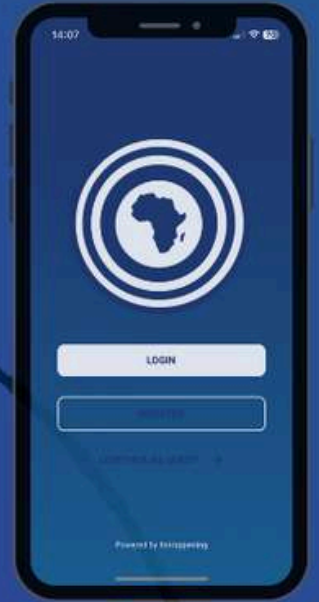
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## National All Girls' Festival '26

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- Staff Member
- Spectator

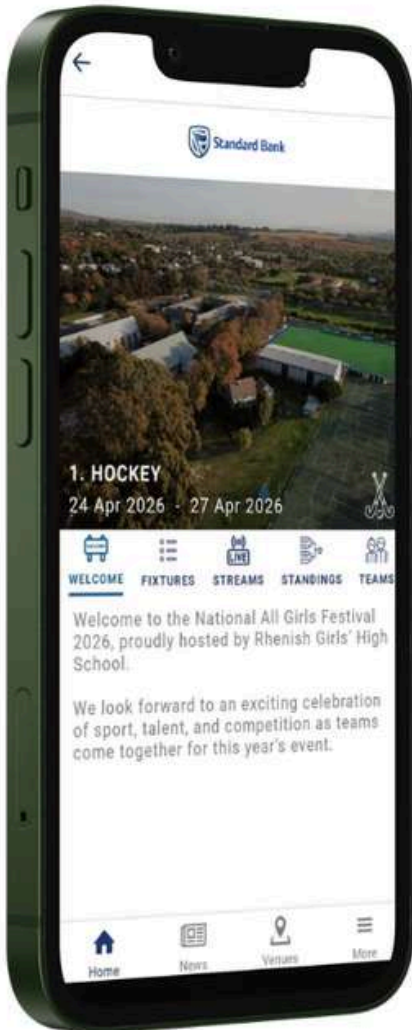
### STEP 3: Select **National All Girls' Festival '26**

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