



HILTON COLLEGE

View from the Dugout

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Elite sportsmen and coaches comprehend the necessity of rhythms in sports. They understand that in order to compete at the highest level they need to dedicate enough time to training, resting and competition. If any of these important spheres are not properly catered for the athlete or team will never reach their potential. To this end the very best coaches and athletes dedicate an immense amount of time planning to ensure that they are fully prepared for competition.

It is an exceptionally delicate balance, a science really, in which the slightest miscalculation may result in a poor performance or a ruined season. On a practical level, it all boils down to a single minded focus where performance milestones are identified, scheduled and are repeatedly measured. A strategy used by many professional sportsmen to achieve balance is to have a break from their main sport to engage in other sports at stages during the year. Tiger Woods is a case in point who actually is an exceptional Free Diver - he can hold his breath for something like 5 minutes! This type of strategy allows for rhythms or even seasons, if you will, to enhance in-season performance.

In schools it is just as important for us to carefully consider the busyness of our boys and their rhythms. It is for this reason that we discourage all-round sport in a single code. This does not mean that we encourage boys not to be engaged in sport in the year but rather we prefer that boys have off-seasons in which they do other sports as a form of active rest. This variety, after all, is critical to keep one fresh in the sports that you excel in.

SWIMMING

Our swimming club started the weekend on a high with their performances at the Regional Trials held at TWC, in Pietermaritzburg, on Friday afternoon. The Hilton College team was the largest boys team in attendance but our dominance was not just by way of numbers. The boys had an excellent gala scooping no less than 25 medals. Well done boys! The Umgungundlovu team will be announced in due course.



GOLF

Also in competition on Friday was the Golf club who started their league campaign in earnest against Maritzburg College. The 1st team battled to a nail biting draw in their contest, a match which could have gone either way. The second team, comprised mostly of juniors played exceptionally well. They showed real grit to win their close match 5 - 3.



ROWING

Arguably our best performance of the week came from our rowing club. Our oarsmen competed at the Victoria Lake National in Johannesburg in pristine conditions - which made for fast racing. Outstanding performances were registered by all of the boys who attended but it was our 1st quad that rocked the SA rowing fraternity with their record breaking performance. The crew, Rory Plunket, Patrick Plunket, Matthew Karlson, Mike Carter & Luyanda Cingo won the Men's A Quad Final in a time of 3:16'59 breaking the course record by 7 seconds. An unbelievable result! Other top performances included:

Men's A Scull Final: Patrick Plunket (bronze), Rory Plunket 5th & Mike Carter 7th

Men's B Scull Final: Matthew Karlson (silver)

Men's A Double Final: Rory and Patrick Plunket won Gold followed closely by Matthew Karlson and Mike Carter who took the Silver.



On Saturday we entered the arena against Northwood in what was their home fixture. We were welcomed by the searing heat, characteristic of a summer day in Durban. It was our boys, however, that were fired up for the contest and I was delighted with our performances across the board.

BASKETBALL

In basketball the U14A (16 - 2) and U15B (28 - 18) got the day off to a great start with entertaining victories. The U14A are a well-balanced team who don't back down on defense and who enjoy fast counter attacking play. In their match, our superior athleticism proved to be too much for Northwood and in the end we ran away with a comfortable win. The 1st team match was held in the heat of the midday and the hostile venue seemed to unsettle our boys. A lackluster start in the first quarter saw the lead see-saw between the teams in what was not a good display of basketball by either outfit. To our credit we pulled things together in the third quarter with a far more precise and determined effort. This blitz broke the back of the Northwood effort and we piled on the points. Northwood did not have the means to regroup and the 1st team finished off the game in full control. A solid 52 - 26 win for the boys in black. At the end of the day the club won 8 out of 10 matches - a great outing overall.



On Sunday the U16A team played in a KZN schools tournament at Michaelhouse. This was a tough outing for the boys who were unfortunate not to have won more games. A positive was that they were never totally out-gunned by the top teams they played and they gave their best in every match. I am confident that these boys will grow to become a great first team in the future.

The basketball club had further reason to celebrate after a dominant mid-week fixture against Carter High school. At the 1st team level, this Midlands League match was tipped to be a lot closer but our boys, playing at home, played with exactitude and flair blowing away their opponents 84 - 38. The rest of the club also fared well to complete a clean sweep of victories for the school.

CRICKET

The cricket club had an exceptional day against Northwood winning all but 4 matches of the 14 that were played. In the 1st XI match, the boys were keen to bounce back after their loss to Kearsney a week prior. Winning the toss we elected to bowl first and for the second weekend in a row created early inroads. Fortunately, this week we were able to convert our good position into continued pressure. The star with the ball was young Colby Dyer who earned his first 5 for and, in the process, ripped through Northwood's middle and lower order. In the end Northwood were bundled out for a paltry 82 runs, a below par score for this capable team. A mature batting performance saw the openers complete a 10 wicket win; a clinical victory for the 1st XI. In the 2nd XI match, a good opening spell by Guy Gillham and Brandon Matambo did not allow the Northwood batsmen to control the game. The introduction of spin had immediate results as Wezo Gqiba and Jonty Wiedemann shared six wickets between them. The chase of 145 on a good wicket was always in hand as the team cruised to a 5 wicket victory. Other solid victories were also racked up in the open division by the 3rd and 4th XI.

The U15 age group had a very good weekend once again, lead by the U15A team who scored 316/8 in their 50 overs. Early wickets by Craig James had Northwood reeling and although they recovered to 227, an 89 run victory was well deserved. The U15B team won by 10 wickets, after restricting Northwood to 126 all out, openers Letu Dandala (64*) and Greg Armstrong (43*) produced a faultless chase. The U15C team won convincingly after scoring 125/5, they ripped through the opposition bowling them out for 40.

The U14A team recovered from 136/6 to post 278 all out thanks to 99 by Matthew Bergset, whose partnership with Matt Wilson saw the team out of a tough spot. A forceful 62 by Luc Benkenstein had created the early momentum. Spin once again closed out the game, as Keiran Kilmartin and Matthew Bergset shared eight wickets between themselves, bowling Northwood out for 153. The U14B team squandered a good position at tea, with Rout (90) and Calenbourne (63) creating a platform for those to follow. Unfortunately, the momentum was lost as wickets fell at regular intervals allowing the team to be bowled out in the 40th over for 234. All was forgiven as Luthando Sigwebela (4/7) ran in hard and knocked over the top order of Northwood which allowed the team to continue to take wickets, as Northwood were dismissed for 55. The U14C team was involved in a humdinger as the game ended in the final over, although the team fought to the end, Northwood won by 4 wickets with one ball to spare. The U14D team started their Hilton College journey with a comfortable 8 wicket win. 3 for 5 in 3 overs by Ellis and 22 not out by Jenkins were the stand out performances.

..... WATER POLO

The water polo club continued their winning form against Northwood at the weekend. In perfect conditions for the game the club got off to a flyer, convincingly winning the U14B and U14A matches. These results set the tone for the rest of the fixtures on the day, with Hilton winning seven out of seven matches.

With the Northwood 1st team away at a tournament, the main attraction for the day was the 2nd team match. Our boys went about this match with patience, carefully nullifying the Northwood attacks and generating good chances by protecting our possession. In the end we dismantled this feisty Northwood team winning out 13-4. Once again the atmosphere was abuzz with passion and fervor, as the players proudly supported their fellows throughout the day despite the stifling heat. A fantastic day of water polo for the school!



..... TENNIS

Our racket and golf clubs enjoyed mid-week fixtures this past week. In tennis, our 1st team demolished St. Charles 1st in a one sided affair 15 - 3. Unfortunately, the 2nd and 3rd teams, playing in tough staggers against Michaelhouse 1st and Wembley 1st respectively, were out-muscled by their superior opponents 0 - 18 and 4 - 14. Next week we look forward to the 1st teams match against archrival, Michaelhouse, in an away fixture.

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