



FEEL THE PRIDE

Volume 2 No 23
2017

ATHLETICS AT JEPPE SATURDAY 9th SEPTEMBER

HERITAGE RUN

ENTER RACE

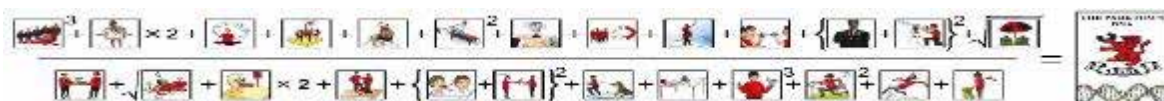
Enter our much anticipated Heritage run taking place on the 1st October now by clicking on the Enter Race link! Great prizes are up for grabs and an amazing day is in store for participants and spectators alike! Walkers are welcome. Regrettably no dogs allowed.



AQUATICS

The aquatics sub-committee would like to thank Tracey Fin for her continued efforts in building corporate relationships and charitable partnerships which continue to bring in funding and media exposure for our sport and the school. Her most recent collaboration with Bounce on the 28th of August proved to be a very successful event. A BIG THANK YOU to Bounce Fourways for sponsoring this event. We would also like to thank all Parktown staff, the boys, their families and friends who supported this SOLD OUT event. Well done!

The Aquatics Sub-Committee





ROWING EVENING

More Than Just Muscle
Making the Boat Go Faster

At Parktown Boys' Rowing Club we believe that by improving everyone's skills, we make our wonderful sport better, more competitive and more exciting for everyone.

All rowers, coaches and anyone interested is invited to join us for an evening of valuable input on off-the-water essentials to improve your crews' on-the-water performance.

Nutrition for Rowers

Louise Carter
Louise is a registered dietitian having completed a BSc in Dietetics at Stellenbosch University. She also has a Diploma in Sports Nutrition from the International Olympic Committee and a Diploma in Functional Medicine.

Having practiced for 10 years, Louise is passionate about helping people to help themselves. Louise specialises in sports' nutrition, and has been involved with the national rugby and soccer teams as well as a number of Olympic athletes.

Why We Row
Lessons from the Water

Ron Irwin
Ron is an American writer who divides his time between Cape Town, South Africa and various places in the United States. Ron grew up in Buffalo, New York, where he learned to row. He attended boarding school and college in New England, where he was part of a number of winning crews. Ron has worked as a journalist, a documentary filmmaker and as a teacher. He lectures in the Centre for Film and Media at the University of Cape Town.

Copies of Ron's book *Flat Water Tuesday* will be on sale

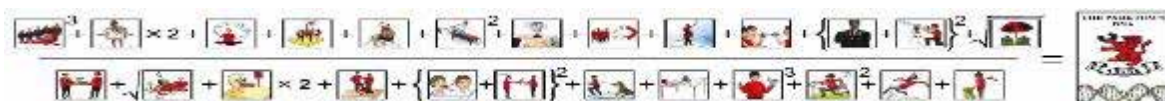
Date: 7 September 2017
Venue: Parktown Boys' High School Memorial Hall
Time: 18:30—20:30

Tickets
Pre-booked
Adults: R50.00 each
Scholars: R30.00 each
At the door: R60.00 each

To Book Your Seats Contact
Bev on bevwestman@gmail.com

BAND

Good luck to the band who will be performing this weekend at the 94.7 Joburg Day!



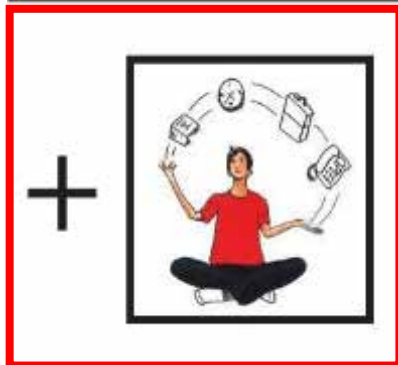


PARKTOWN DNA

The Parktown DNA encapsulates our values: Those aspects that we want to live up to in the numerator and those anti-values we want to avoid and eradicate in the denominator:



FEATURED VALUE: 'Can Do Attitude'.



From our Z-Card (Top line):

All of us 'deliver' in areas related to education.

- We meet deadlines.
- We strive for excellence.
- We respect each other.
- 'Nothing is impossible'.

Vivid example: The best way to succeed at Parktown is to be 'busy'. Our commitments in some areas must not be an excuse to not perform in other fields: Academics, Sport and Culture.

