



SELBORNE COLLEGE

2026



TEACHER-IN-CHARGE: MR D DEERE

ATHLETICS



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ATHLETICS MORE THAN A SPORT

Athletics has a long and valued place at Selborne College. It is part of the school's sporting tradition and its commitment to developing young men of character.

Through athletics, boys learn discipline, endurance, resilience, and accountability. The sport demands focus and perseverance, whether sprinting, completing a distance race, or maintaining composure in field events. Competing in the strong Eastern Cape athletics environment and against leading schools nationally challenges boys to raise their standards.

Wearing the black and white links current athletes to generations of Old Selbornians who have represented the school with distinction. Athletics strengthens school spirit, fosters brotherhood, and opens pathways to provincial and national opportunities.

THE SELBORNE APPROACH

Athletics at Selborne is structured, progressive, and purposeful. A clear pathway from junior levels to senior competition allows boys to steadily develop skill, fitness, and understanding of the sport.

The programme focuses on the complete athlete. Technical skill, tactical awareness, physical preparation, and mental resilience are prioritised. Training sessions are detailed and demanding, encouraging consistency, accountability, and teamwork.

Every athlete is reminded that he represents more than himself. Respect for opponents, humility in success, and composure under pressure are expected. The goal is to produce not only capable athletes, but balanced and responsible young men.





EXCELLENCE IN ACTION

Selborne Athletics competes strongly regionally and nationally. Recent success at the Eastern Cape Championships saw several athletes qualify for national competition. Many have progressed to provincial and national representation.

Teams and individuals perform consistently in inter-school meets, league fixtures, and championship events, reinforcing Selborne's reputation as a competitive athletics school.

The most significant outcomes are not measured in medals alone. The programme develops leadership, perseverance, and collective responsibility. Boys leave the track with a deeper understanding of commitment, teamwork, and pride in representing their school.

BEYOND THE TRACK

Athletics shapes character in quiet moments. Long training sessions, selection challenges, and competition days build resilience and emotional maturity. Selborne attends leading meets and tours nationally, broadening exposure and strengthening competitive growth. These experiences deepen team cohesion and perspective.

Old Selbornians who competed at high levels return to share experience and invest in the next generation. Coaches continue developing through provincial and national involvement, ensuring athletes benefit from current best practice. Athletics at Selborne develops capable, grounded, and disciplined young men who carry the school's values into every part of life.





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THE SELBORNE MAN

At Selborne College, we are not merely preparing boys to pass examinations, win fixtures, or collect accolades. We are forming young men.

A Selborne man is:

- **Intellectually Disciplined**
He thinks carefully. He questions respectfully. He pursues understanding rather than surface familiarity. He is not afraid of rigour.
- **Morally Grounded**
He understands responsibility. He acts with integrity when no one is watching. He knows that character is revealed in pressure.
- **Courageous in Effort**
He does not withdraw from difficulty. Whether in the classroom, on the field, or on the stage, he learns to persist.
- **Articulate and Thoughtful**
He can express his ideas clearly. He listens as well as he speaks. He engages the world with curiosity rather than cynicism.
- **Committed to Brotherhood**
He understands that strength is built in community. He supports others. He leads by example.
- **Prepared for the Future**
He leaves Selborne adaptable, capable, and ready to contribute meaningfully to society. Every subject, every sport, every society exists to shape these qualities.

That is the Selborne standard.

