



2026

SELBORNE COLLEGE

MASTER IN CHARGE: MR KJ FRIEND

HOCKEY



PALMA VIRTUTI



SELBORNE COLLEGE

HOCKEY MORE THAN A SPORT

Hockey holds an important place in the life of Selborne College. It is closely tied to the school's tradition of excellence and its commitment to developing young men of character. Through hockey, Selbornians learn resilience, discipline, teamwork and accountability.

Competing in the demanding Eastern Cape environment, and against strong opposition nationally, requires boys to develop both skill and mental toughness. Wearing the black and white carries responsibility. Each player represents not only his team, but a long line of Old Selbornians who have worn the same badge with pride.

Hockey is more than a winter sport. It strengthens school spirit, builds brotherhood and provides opportunities for boys to test themselves at provincial and national level.

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THE SELBORNE APPROACH

Hockey at Selborne is structured and purposeful. There is a clear progression pathway from the junior teams through to the 1st XI, ensuring that boys are developed steadily and intentionally.

The programme focuses on the whole player. Technical skills, tactical understanding, physical preparation and mental resilience are all prioritised. Training sessions are demanding and detail-focused, encouraging accountability and consistency.

Above all, a Selbornian who takes the field understands that he represents something larger than himself. Respect for the game, humility in success and composure in challenge are expected standards. The aim is not only to produce strong hockey players, but grounded young men.





EXCELLENCE IN ACTION

Selborne Hockey competes strongly within the Eastern Cape and against leading schools across South Africa. The programme has produced numerous players who have progressed to provincial and national representation, reflecting the quality and standard of coaching within the system.

Teams perform consistently at festivals, league fixtures and derby days, reinforcing Selborne's standing as a respected hockey school.

However, the most meaningful outcomes extend beyond results. The programme develops leadership, resilience and collective responsibility. Boys leave the Astro with a deeper understanding of teamwork, commitment and pride in representing their school.

BEYOND THE CLASSROOM / FIELD / MEETING ROOM

Much of hockey's impact is felt away from match days. Early morning sessions, demanding training blocks and the reality of selection all contribute to building emotional maturity and perseverance.

Selborne Hockey attends festivals around the country to strengthen exposure and competition. These experiences broaden perspective and deepen team cohesion. Old Selbornians who have played at high levels regularly return to share their knowledge and experience.

In addition, coaches continue to upskill themselves by attending provincial and national tournaments in coaching and managerial capacities, ensuring that players benefit from current best practice.

Ultimately, hockey at Selborne helps shape capable, disciplined and responsible young men who carry the values of the school into every sphere of their lives.





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.

