

Sacred Heart High

Sports News



January 2017

- Girls Go Gold
- Basketball News
- Unsung Hero Award
- Badminton Championships
- Football Results
- Sports Hall Athletics
- Gifted and Talented
- Cross Country Championships
- After School Clubs

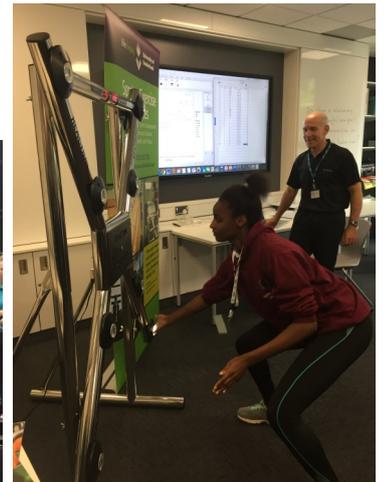
Girls Go Gold



Orieoma makes herself a Smoothie



Girls Go Gold Group with Olympic Medal Winners



Reaction Time Test



In September students studying PE in sixth form attended the Girls Go Gold conference hosted by Newcastle High School for Girls.

The conference started with the Keynote speakers being introduced and their accomplishments at this year's Olympics Games being highlighted.

They were, Dame Sarah Storey, Paralympic champion in cycling; Amy Tinkler, Bronze medallist on the floor in Gymnastics and Alex Danson, Hockey gold medallist.

Alex then proceeded to talk at length about her journey to Olympic gold.

This was a hugely motivating and

inspiring presentation leaving most of the audience with goosebumps.

From here the students attended a number of workshops including; Life as a Team GB doctor, Sports Nutrition, Talent Identification and Sports Psychology.

The day finished with a question and answer session with the Keynote speakers where the audience found out more about the life of an Olympic athlete.

Everyone came away inspired and with a much greater understanding of what it is like to be a professional athlete but also the multitude of careers available in sport.



Sports Medicine Lecture



Basketball News



4 girls in Year 7 and 8 who attend the Basketball club on a Friday evening were selected to compete against Gosforth East and Gosforth Central Middle Schools.

The girls represented the school fantastically and were a real credit to the PE department. Susan who coaches the girls had this to say about them

'I was so proud of how the girls played. They were unbelievable. Our club photographer even come over to me during the tournament to say how he was impressed with the standard of basketball they played'.

Another well done to the girls. Basketball club is open to all year groups and takes place on a Friday 3:30 – 4:30pm in the sports hall.



U13 players at an Eagles Match

Our Unsung Hero

Milly Kyne in Year 12 won the Young Unsung Hero Award at a city wide awards ceremony in November.

This award is presented to a young person who volunteers their time and resources to help other people in such a way that means they may not always be recognised for it.

Milly volunteers for Hatrick, a sports organisation that provide a range of sporting activities throughout the whole of Newcastle to children of all ages.

Over the summer Milly volunteered 128 hours of her time to help support the fantastic work Hatrick do.

Milly achieved an A in her GCSE PE and has gone on to study PE in sixth form. As well as volunteering at Hatrick, Milly is committed to supporting the school's extensive extra-curricular programme in PE.

Praise goes to Milly for her commitment to sport and a real big **CONGRATULATIONS** on receiving the Young Unsung Hero Award.



Milly , our unsung hero



Badminton City Championships



Two teams represented Sacred Heart High School in the City Badminton Championships which took place on Thursday 15th December at the Tyneside Badminton Centre.

Whilst competition was tough, the girls worked to the best of their ability and enjoyed the experience.

The team of **Amy Ward, Alicia Simpson, Ruby Sellars, Heather Hewitt and Rebecca Donohoe** very narrowly missed out on qualifying for the County Round of the competition. Well done to all the players representing the school in this championship!



Football Results



Under 12

On Wednesday 9th November we took a group of year 7's to a football tournament at West gate. They put in 100% effort all the way through on a wet and cold afternoon.

Nuha Jwamer played exceptionally well in goal as it was her first time. **Hannah Balding** also played very well and was not afraid to put in a tackle when it was needed. We played 4 tough games and unfortunately only won one against Benfield 3-1.

Under 16

The under 16 Football team remain unbeaten in the 7-a-side league. The girls played 3 matches in October; winning 2-0 against Whitley Bay, 2-0 against Kings and 2-0 against Walker. The second set of league matches was on 7th December and the girls continue unbeaten; winning 6-0 against John Spence A and 2-0 against Churchill.

England trials



Grace Ayre was selected to attend Under 15 England trials which is an outstanding achievement and experience for her.

City trials

Due to the high standard of players this season both the Under 13 and Under 15 City squads have had to hold two trials to finalise squads.

Year 10 students **Grace Ayre, Morgan Donald, Libby Howe and Miriam Ahktar** have been initially selected for the 16 player squad representing the Under 15 City Team.

Year 8 students Holly Soulsby and Jessica McGregor are attending a second trial to try to gain selection into the Under 13 City Team.



Under 13

A squad of six students made up from year 7 and 8 played in a 6-a-side competition at Walker Activity Dome on Thursday 3rd November. The girls played three matches in their group, drawing 0-0 with Walbottle, losing 3-0 to Bellingham Middle School and drawing 1-1 with Joseph Swan.

The girls showed some good play in their first match together this season. Unfortunately they failed to qualify for the semi-finals should but be proud of their efforts.

The Under 13 team have progressed to the semi-final of the 7-a-side City Cup after beating Excelsior 3-1. The girls played some good attacking play in a convincing victory.



Sports Hall Athletics



Year 7 and Year 8

The Year 7 and Year 8 Sports Hall Athletics Teams entered the Citywide Competition at Walker Activity Centre on Thursday 8th December. The athletes were involved in sprinting, middle distance running, shot put, standing long jump and triple jump, vertical jump and relays. Our teams were ultra-competitive and worked at their maximum levels to achieve the best they could possibly achieve.

There were 8 schools in each competition and the Year 7 team finished in 2nd place which has qualified them for the Tyne and Wear Finals in January. The Year 8 team finished in 3rd place. Unfortunately, they narrowly missed qualification for the next round.

Congratulations to both teams! It was an absolute pleasure to manage such an enthusiastic set of athletes



Year 7 Team



Year 8 Team

Year 9 and Year 10

On Monday 12th December, 12 Year 9 and 10 students competed in the city Sports Hall Athletics competition.

It was a tough competition with both St Mary's and Heaton Manor fielding very strong teams. However, both Sacred Heart teams stepped up to the mark and put in some outstanding performances.

Chidalu Onyebuchi in Year 10 once again demonstrated her skill in the Long Jump leading the girls long jump competition. **Eleanor Rowe** also performed well in the Long Jump jumping a personal best. **Megan Douglass** came first in the Shot Put an excellent effort given it was her first Sports Hall Athletics competition. Other great performances included **Gianna Ambelez** winning the Vertical Jump.

Congratulations to all the girls who took part, we are waiting eagerly for the final results to see if Sacred Heart have qualified for the next round of the competition.



Year 9 and Year 10 Team

Year 7

Gifted and Talented



Jade Brownless



Laura Hodgson



Lucy Brooks



Yemisi Mefful



Amy Ward



Emma Bullock



Sophie Carr

Congratulations to the Year 7 girls pictured above who have been identified as being gifted and talented in PE.

The girls have shown an aptitude for either a specific sport or have demonstrated sporting ability in a variety of sports.

As well as being recognised for their sporting talent, the girls will be given the opportunity to attend various workshops led by a strength and conditioning coach focusing on developing various aspects of fitness.

Year 9 Ice Skating Treat



The PE Department treated all Year 9 students to an ice skating experience at the Centre for Life.

Arriving by coach, the girls were greeted at the Centre of Life by one of the instructors who provided the group with safety procedures and some instruction to ensure everyone could have an enjoyable time. The girls got their skates on and took to the ice. The novice skaters worked really hard to stay upright then progressed to moving around the ice without relying too much on the barrier to keep them from falling. Others went whirring round the ice, stopping off to assist their friends.

After an hour on the ice and lots of fun, the girls enjoyed a hot chocolate and biscuit before heading back to school.

After School Sports Clubs

The uptake of sports clubs this year is unprecedented. Girls from all different year groups have been attending the clubs in their droves.

There is a range of activities on offer including netball, football, trampolining, fitness and badminton. Community coaches deliver volleyball, basketball and judo. Cricket will also be on offer in January through a community coach and this will lead into the Lady Taverners competition in March.

We were also lucky enough to enlist the coaching expertise of a regional netball coach who delivers an extra netball club for the Sacred Heart students on Thursdays from 4.30pm to 5.30pm.

Here's a reminder of the extensive range of after school sports activities on offer

Day	CLUB		
MONDAY	Netball Y9-13	Trampolining Y7&8	Fitness Y7&8
TUESDAY	Badminton all years	Football all years	
WEDNESDAY	Cricket starts 18th January (Coach—Adam)	Volleyball (Coach—Dave)	
THURSDAY	Netball Y7&8	Trampolining Y9-11	Fitness Y9-13
FRIDAY	Basketball all years (Eagles Coach)	Judo all years (Coach—Joe)	

Don't forget, if you are in Y7, Y8 or Y9 you earn a silver star for every sports club you attend. Certificates are awarded when you reach various milestones.

25 stars earns a Bronze Certificate

50 stars earns a Silver Certificate

75 stars earns a Gold Certificate

100 stars earns a Platinum Certificate

The following girls have already achieved their Bronze Certificate

Y7: **Yemisi Mefful, Amy Ward, Emily Gleadow, Veronica Weileder, Jade Brownless**

Y8: **Hannah Dixon**

Y9: **Chloe Nesbitt, Heather Hewitt**

A special mention to **Alyssa Navarro** who has attended 50+ clubs, earning a Silver Award in one term!