

# Sacred Heart High

## Sports News



*June 2019*

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## Hawkhirst Activity Centre

At the beginning of June ,23 students in Year 7 spent three days at Hawkhirst Activity Centre. They took part in a range of different activities from abseiling to raft building. Students were given the opportunity to go on the visit if they had been committed members of a PE club or sports team over the year. The girls mixed with people from different forms and teaching groups and worked well in various different groups over the three days. Despite the midges, everyone had a great time and all agreed they would love to go again.





# Athletics Competitions



Students in Years 7 – 10 competed in the City Athletics meet. Students who competed either train with a Harriers club or are being assessed in Athletics for GCSE PE. For some students it was their first Athletics competition.

All students put in excellent performances. The following qualified to represent Newcastle at the County Championships .

Caitlyn Flanagan

Tracy Mayamba

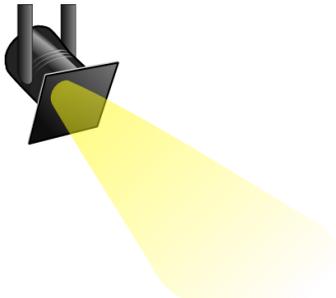
Sharon Jones

Sophie Price

Ketsia Iloki

Abbey Brown

Imogen Bungay



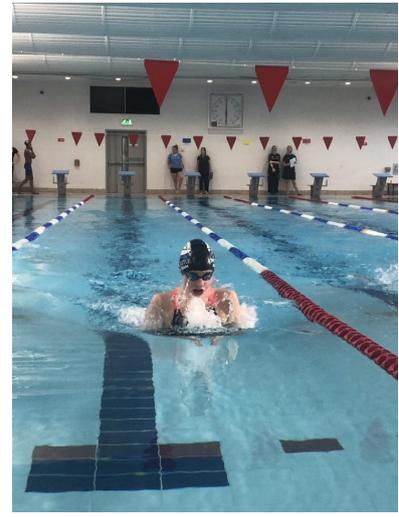
## Spotlight on Imogen Bungay



Imogen, a Year 8 student, and her sisters competed in the Schools National Biathlon Championships at Crystal Palace on 16th March. Competing in the U13 category, Imogen did really well finishing in 14th place out of the 105 qualifiers that competed.



# Swimming Gala



Students from Sacred Heart competed in the Tyne and Wear Swimming Gala. The gala was held at The Royal Grammar School and saw pupils from a large range of schools and swimming clubs come together to compete against one another. Sacred Heart Students predominantly competed in the 'A' strand of the tournament. There were a mixture of results with a lot of students placing in the top three for their event. Sacred Heart has a number of students who compete at a regional and national level for swimming.



# Year 9 Go Rowing

A group of Year 9 students, who have selected PE as an option for GCSE, were invited to take part in an 8 week 'Learn to Row' course. The course takes place at Tyne United Rowing club under the supervision of their coaching staff.

Within the first session the students were off dry land and into the tank. The students then took to the water in quads and doubles, rowing very convincingly up and down the River Tyne. It was a pleasure watching the girls gain confidence as they rowed in unison and learnt how to turn the boat.

A very different sporting experience and one most students don't have the opportunity to try.



# Cricket Competition

"On Tuesday 11th June we were selected to play in a cricket tournament at Walbottle Campus. Overall we came second in our competition which was a big achievement as it was our first competitive game. We had so much fun and learned a lot of new techniques. The team was Jasmine Hind, Jenny Probyn, Alana Philip, Renne Cliff, Megan Hall-Murray, Isobel Davies-Lavery, Evie Hutchinson, Lucy McShane.

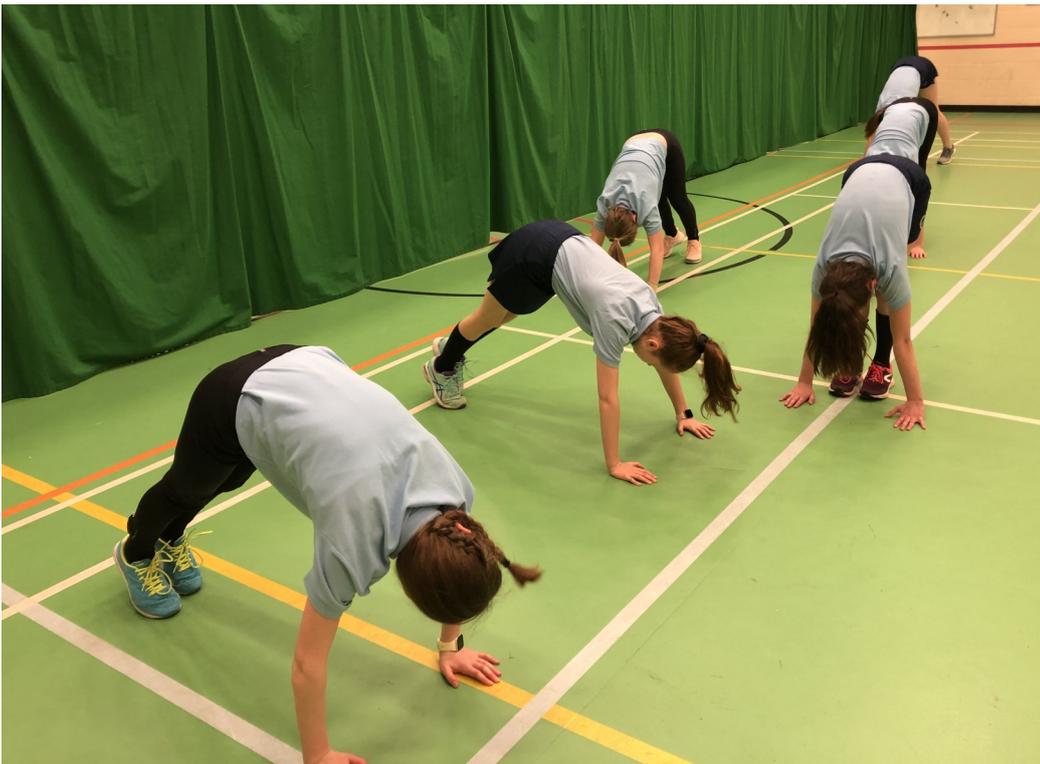
We had an amazing time and we can't wait until our next game."

Y8 School Cricket Team



# Gifted and Talented

Students in Year 7 and 8 who have identified as Gifted and Talented in PE have taken part in workshops with strength and conditioning coach Teleri Hamilton (FIT Gosforth). The sessions have focussed around students gaining a deeper understanding of the importance of mobility and recovery after exercise. Teleri delivered practice sessions giving students a range of ideas they can use to improve their mobility and ensure they optimise the recovery process after training. Whilst the sessions have been generic Teleri has given students a range of ways they can adapt them for their specific sport.





# Rounders Season



The U15 Rounders Club has been well attended with on average over 30 girls hoping to get a place on the team.

We started the season well with both the 'A' and 'B' team winning against Walbottle. The Year 10 girls then competed in the TWSSA tournament at Emmanuel and finished runners up in a field of 6 teams.

Unfortunately our game against Gosforth was cancelled then we travelled to St Mary's who proved to be strong opposition.

A good season in the making—well done Sacred Heart U15 Rounders Team



# Football Season Update



## Under 12

The year 7 girls played in the School Games 5-a-side competition on Thursday 14th February at Kenton School. The girls finished Runners Up in this competition which was a great achievement. This then led to qualifying for the Year 7 School Games Finals Competition at Beacon Of Light in Sunderland on Thursday 28th March 2019. The girls were in a very strong group and unfortunately failed to qualify for the semi-finals of the competition.

## Under 13

The girls played Gosforth Junior Academy in the semi-final of the Under 13 City Cup competition. Unfortunately the girls lost this match. It was a very difficult game with Gosforth being very strong throughout. The girls were resilient in the match and their second half performance in particular, showed great character with some excellent passing play.

## Under 15

The Under 15 girls played Gosforth Academy in the quarter-final of the Under 15 City Cup. Unfortunately, despite their effort and commitment the girls failed to win the match.



U13 Football Team



Year 7

5-a-side Football Team

# Tennis Club



There has been a very good weekly turnout at tennis this year. A lot of girls have been coming along to simply enjoy playing tennis and improve.

4 girls have played in doubles matches at Biddick Academy and Ponteland Middle School.

Year 7:

Maisie McCree

Grace McKinnell

Year 8:

Aliya Gany

Sophia Kalingking





# Netball Season



Sacred Heart entered 'A' and 'B' teams into the City leagues and tournaments as well as the Tyne and Wear Netball tournaments. Netball was very well attended this year with a large number of students from all groups attending. A special mention to the Year 10 'A' team who won their league and the Year 9 and Year 7 teams who were both runners up at their respective Tyne and Wear tournaments.



Year 7 Netball Team 2018–2019

## Year 8 Summary

This season's netball league has been successful for the Year 8 A and B team. In the most recent match, the A team were defeated by Westfield A team, but despite the strong wind and cold, we managed to successfully beat their B team 4-1. One of the highlights of the league was narrowly beating Heaton Manor's A team, with a final score of 6-5. Overall, both teams have played some excellent games, and learnt from some of the other teams. We can't wait for next year, but for now; bring on the rounders season!

## Year 9 Summary

This was a very tough year for the Year 9 team having won promotion last year to the top flight, but what an amazing set of girls who remained enthusiastic, committed and resilient throughout the season. They were an absolute pleasure to work with as they showed great team spirit and remained optimistic to the end. These ingredients did bring a reward in the shape of reaching the finals of the Year 9 TWS-SA tournament held at Park View in March. Well done Year 9!