

SPORTING



Westbourne School
Educating girls and boys for life

SUCCESSSES

OUTSIDE OF SCHOOL

Issue 1 - November 2016

Introduction

Welcome to the first issue of Westbourne Sporting Successes Outside of School. It has been fascinating to see the range of different sports undertaken by students throughout the school. It's great to have members of staff also willing to share their sporting success with us. If you want to be seen in this newsletter, please go to the office to request a submission form or download it from the Parent Portal and don't forget to send your photographs to me at jbillingham@westbourneschool.co.uk

James Billingham Year7

Rugby Winners

Hazel Joel & Macey Sanderson in Year 11 are members of Sheffield Swans girls rugby team which is based at the well known Sheffield Tigers in Dore. One of their best performances of the season resulted in the amazing winning score of 56-5 playing away against Pontefract. Macey scored 4 tries and Hazel claimed 2 tries. The team remains unbeaten this season. Both were awarded for their excellent contributions to the team; Hazel as 'Player of the Season' and Macey 'Top Try Scorer'. If you are interested in trying girls rugby, note that they run teams from Year 7 to year 13. For more information on the team you can visit the Sheffield Swans Facebook page at <https://en-gb.facebook.com/sheffieldswans/> Good Luck to Hazel & Macey, keep up the

Swimming for Gold

Not yet an Olympian, but competing in the 'Mini Olympics gala' held at Ponds Forge, Thomas Blades had great success in breaststroke, front-crawl and back-crawl. Thomas from Year 7, who has been swimming for 6 years, achieved 6th place out of 24 swimmers in front-crawl, 2nd place in back-crawl and 1st in a tightly fought breaststroke. The gold and silver medals were presented to him at this great event. Tom continues to swim regularly at King Edwards swimming pool and hopes to compete again in the near future.

Great Golfing Duo

Jacob Kenworthy from Year 7, who has been playing golf for 4 years, competed in the Derbyshire futures tour which ran from June to October 2016. The competition involves taking each player's best four scores. These are then given points based on the position achieved in these 4 games. This is called the order of merit. Jacob came 2nd in 3 games & 3rd in the fourth, gaining a total of 135 points. This placed him 3rd in the order of merit. He was awarded the bronze medal, which was a fantastic



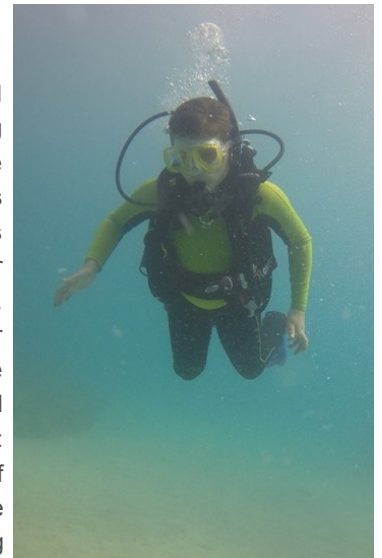
Alex Chan Kingswood in Year 8 plays golf at Peter Cowen Golf Academy every Saturday. Each lesson starts with reviewing what happened during games played in the previous week to see what needs to be improved. Alex then usually practices chipping from 50 yards to 100 yards on the practice area where there is a practice green and bunkers. Bunker practice involves learning how to get the ball to stop on the pin for the short distance shots, and to chip and run from the bunkers. He also does chipping practice, learns how to play lob shots



Scuba Diving Qualification

Harrison Gammons in year 6 became interested in scuba diving when he was younger. It all started when he used to play with his dad's scuba diving equipment in the garage. He first tried scuba diving two years ago while on holiday in Greece and really enjoyed the dive. It was a shallow dive from the shore. The water was warm and it fascinated Harrison because he could see lots of fish in this exciting underwater world. The second time he tried scuba diving was last year in Lanzarote. This time the dive was around a sea defence wall with lots of fish darting in and out of the underwater wall. He really enjoyed the dive and was eager to have diving lessons when he was old enough. During October half term he returned to Lanzarote and persuaded his Mum and Dad to enrol him for the PADI scuba diving course. Starting with the PADI scuba diver rating he quickly progressed to the

PADI open water diver qualification. The PADI scuba diver course is split into three sections: classroom study - to understand the principles of scuba diving; Confined water dives - to learn the basic underwater skills; Open water dives - using skills and knowledge to explore the open water and deeper dives. The part of the underwater skills which Harrison found the most difficult was removing his mask then replacing and clearing the water from inside his mask while underwater. To do this he had to hold the mask to his face, breathe in from his regulator and breathe out through his nose to fill the mask with air and expel the water from the mask.



Taking the Stage

Well done to Willow Clark in year 7 who enthusiastically took the stage in the famous City Hall with the Constance Grant Dance Centre. Willow has been dancing for eight years, starting at just age four. She enjoys weekly lessons at the Constance Grant Studio in Psalter Lane.

In the 2016 show Willow performed tap, ballet, modern jazz, and free-style dances. The show raised £1350 for the Parents Association of Children with Tumours & Leukaemia charity. Brilliant work Keep dancing!



Heptathlon Trophy...

The English Institute of Sport Sheffield (EIS) was the venue for a highly competitive heptathlon. Lily Wright in year 11 competed in the seven events which included long jump, high jump, hurdles, 800m, 200m, shotput and javelin. Although Lily was very nervous, she enjoyed the event and was successful in gaining a bronze medal and a trophy.

Lily has been involved in athletics for three years competing for the City of Sheffield and plans to continue. The club offers a range of athletics coaching to children aged 9 years or over and the EIS runs athletics sessions for children from 5 years upwards.

Good luck Lily for your next competition!

Hockey Goals!

Two goals were scored by Lucy Stern, year 11, in the JAC at Rotherham playing against North Yorkshire.

Roller - Hockey Debut

On the 23rd of October the Sheffield Wildcats Under 13 team, with Joseph Roman from year 7 as goalkeeper, showed an excellent debut in the Northern Counties Roller-Hockey Association tournament. The coach said that "The Wildcats team have shown a bright future for Roller Hockey, not just in Sheffield but also in the North of England. The team have fast-tracked their way to competitive hockey, with a big appetite for the sport and to learn together as a team".

The Wildcats train at Concord Sports Centre and it looks great fun! If you want to find out more about the sport, go to:

<http://bit.ly/1NDHKEI>

Well done Wildcats and Joseph!



Match Winner

Playing for City of Sheffield Water-polo Club, Morley Goulding in year 11 has been successful within Inter-regional tournaments

KES Swimming Star...

Richard Lee in Juniors, who has been swimming for 5 years, competed in King Edwards Swimming Gala. Impressively, he won

Horse of the Year Show

Evie Reynolds in year 7 came 8th in her group at the NEC in Birmingham in October. Her 4 year old pony, Neil, was on good form. Evie has also competed at the Bakewell Show, Lincolnshire County Show and came 4th at the Great Yorkshire Show.

Cross Country - in the rain

In a muddy field on a wet cold day, Lola Fowler from year 9 competed in the South Yorkshire Series, cross country race held in Rotherham. Despite the conditions, she came 5th in the first round and got through to the second round. Over 100 people entered the first round. A tremendous achievement for Lola!

Staff Successes - Gold in Budapest

Mr Glover proudly returned from Budapest in Hungary this summer with a gold medal in the men's Lacrosse European Championship. As assistant coach, his England team beat Germany, Latvia, Czech Republic, Italy and Hungary therefore, winning their group. They went on to beat Switzerland in the quarter-final, Finland in the semi-final and Israel in the final winning 7-6. This was an outstanding result to play eight matches unbeaten. Wales and Scotland also competed



Sporting Joke of the month... Why did the golfer have two pairs of socks?

Answer: Because he had a hole in one!