



# Barnes Wallis Academy

## Sports Newsletter 17/18

Issue 3

February 2018

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## “BWA students continue to win medals”

During Term 3 over 90 students attended at least five clubs weekly which is a great effort by all those students. Our top boy attender for the term was Will Behan who attended a mammoth 39 Clubs and the top girl attender was Abi Clarkson who attended an impressive 35 clubs.

This term has also included a Netball All Star match where two BWA students came away with player of the match awards and the Netball All Stars also took part in the annual DRET Invitational Tournament. Three of our County students were also lucky enough to

attend a DRET Conference day where they took part in a variety of workshops to help aid their performance in their chosen sport. BWA leaders played a key role in officiating and coaching primary school students in a Sport Stars event held on 31st January. This newsletter also reveals the athlete and team



## All Star Netball Teams Win Medals

On Friday 2nd February both DRET Netball All Star teams took part in the DRET Invitational Tournament held at the David Ross Sport Village, which is at the University of Nottingham. The Under 13 team included Bryony Curley and Laura Sylvester and the Under 15 team included Dani Cregan and Angel Harkus.

The teams were also lucky enough to meet Loughborough Lightning and England Netball player, Hannah Joseph who stayed and watched throughout the tournament.

Both teams did really well and managed to get all the way through to the final. However, in the final both teams just came up short and had to settle for second place finishes.

All the girls' should be very proud of their efforts as they played against very strong opposition and to make the final was a great achievement.



## Netball All Stars continue to go strong

On Wednesday 17th January both DRET Netball All Stars teams took on Worksop College. The hosts provided the DRET team with lunch before the players took to the court in the cold, wet and windy conditions.

The Under 15 team, who were captained by Angel Harkus, were immense in attack and defence which resulted in a very one sided scoreline of 25-0. With the game being so one sided Danielle Cregan got the opportunity to show she can play in more than one position. One of the main reasons for the scoreline being so one sided was because of Emily Cooke who showed a master class in how to score as she scored the majority of the goals. For her brilliant performance on the day

Emily was awarded the Player of the Match award.

The Under 13 team also won their match with a very one sided looking scoreline 21-1. Both Bryony Curley and Laura Sylvester from BWA played for the All Star team and was involved in numerous attacks which resulted in the ball getting fed into the D. The whole team put in a fine performance but on this occasion Laura Sylvester was awarded the Player of the Match award for her all round display.



## DRET Conference Day

On the 19th January three of our County players (Danielle Cregan, Emily Cooke & Angel Harkus) had the opportunity of attending a conference day at the University of Nottingham. The day included three different workshops led by ex and current Athletes and Coaches.

All three girls attended a workshop delivered by Rachel MacKenzie, who is Thai Kick Boxing World Champion and GB Boxer. She spoke to the girls about nutrition and what the girls should be eating and drinking before, during and after competition in order for their bodies to be prepared to cope with the demands of sport.

All three girls also attended a workshop delivered by ex Olympic Swimmer, Jo Roebuck. Jo spoke to the group about the life of an athlete and answered questions on how the students can progress their careers and what are the expectations of an athlete.

For the final workshop the girls split up with Emily and Danielle attending a workshop focusing on strength and conditioning which was led by Scott Hann, who is the coach to Olympic Medalist, Max Whitlock.

Angel attended a workshop focusing on preparing for the BIG moment. This workshop focused on coping with the pressure of scoring the winning point and how to take advantage of the moment.

England's 7's Rugby Captain Rob Vickerman led the session.



# Athlete and Team of the Month

Athlete of the month for December was Bonnie Murray for winning two silver medals at the last DRET competition, the Rowing Cup. Bonnie has also made the DRET Rowing All Stars due to her efforts at the Rowing Cup.

Team of the Month for December went to the Rowing Cup squad for finishing in a impressive 4th place and being crowned Sporting Progress Champions at the Rowing Cup.

Athlete of the month for January goes to Sam Gair for his good performances in both Football and Rugby fixtures during January. Sam also is a leader on the Rugby field and was part of the BWA Sport Leaders at the recent Primary School competition held at BWA.

Team of the month for January was awarded to DRET Netball All Stars. Both teams put in big wins in January against Worksop, with two BWA students picking up the Player of the Match Award.



## Sports Stars Programme

Our second Sports Stars Event of the academic year took place during Term 3, with our Tag Rugby and Quicksticks Hockey taking centre stage this time around. The event included six different Primary Schools.

In total there were over 100 Primary School pupils engaging with the day's activities and having a great time! The event included a 20 minute coaching session for the rugby and hockey teams, before the schools took part in a competitive tournament. The students performed really well on the day and showed plenty of teamwork and sportsmanship.

At the end of the competition we handed out plenty of certificates and medals to the pupils to reward students for the effort they put in during the day.

A final well done goes to our young leaders who helped out on the day for their officiating and running the sessions for the Primary School pupils.

Hockey

1st Holy Trinity

2nd Scamblesby

3rd Tattershall Primary School

Rugby

1st Gipsey Bridge

2nd St Andrew's





## Term 4 Key Dates

Next term is a very busy term for Sport at BWA. Therefore, please be aware of the following dates:

- 20/02/18 All Star Netball Match
- 26/02/18 All Star Netball Inspirational Trip
- 28/02/18 VIP visit Sally Walton
- 03/03/18 All Star Netball Match
- 06/03/18 DRET Spring Cup
- 08/03/18 Loughborough University Trip
- 09/03/18 All Star Rowing Competition
- 11/03/18 Rugby All Star Match
- 16/03/18-19/03/18 All Star Netball Tour
- 22/03/18 DRET Cross Country Cup

Throughout term 4 Year 7 & 9 Netball & Football League fixtures.



## Enrichment Timetable

Term 4	Monday	Tuesday	Wednesday	Thursday	Friday
Before School		Y7/8 Table Tennis	Y9/10/11 Table Tennis	Y7 Table Tennis	
Lunch	Y7 Football	KS3 Basketball	Rowing Badminton	KS4 Basketball	Y7/8 Dodgeball
After School	Table Tennis Cross Country	Football Y9/10/11 Netball	Rowing Y7/8 Netball	U13/U15 Hockey & Rugby	

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