

# ST KATHERINE'S SCHOOL PE & SPORT NEWSLETTER

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450 students post times for their houses in first competition of the year

### **PE CAPTAINS AND LEADERS**

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### **BRITISH BASKETBALL ALL STAR CHAMPIONSHIPS**

Lucky group of students travel up to Copper Box Arena for day of live basketball



## 9 BOYS RUGBY V HANS PRICE

### Boys fade at end of first run out despite being within 1 score at half time

On Tuesday 25 September a group of Year 9 boys supplemented by two Year 8 players travelled to Hans Price in WSM for the first friendly fixture of the season. Having enjoyed a close victory against the team last year, the boys were looking to get their latest season off to a positive start. Conditions were absolutely glorious and perfect for the style of rugby that this group like to play.



*Isaac ADEBO, Daniel BURT, Lewis COLE, Nana GYIMAH-SARPONG, Reggie-Lee HAYWARD, Benjamin LUMOSO, Ieuan MILES, Oliver PAGE, Toby RICE, Jack ROSSITER, Ariel RUGMAN, Max STEVENS, Will STRATTON, Jack THOBURN*

The boys won the toss and elected to receive the kick off so that they could have possession early. There were bright signs right from the word go and several of the boys looked dangerous with ball in hand. We spoke before the game about moving the ball around and playing quickly with plenty of passing and the need to accept that passing more frequently would lead to more errors but that was the way they were likely to get success. Unfortunately an early misplaced pass went in behind the SK line and was collected well on the stoop by full back Will Stratton. Will put in an excellent clearing kick and needed to as he found himself isolated with Hans Price players bearing down on him. The kick chase was slow and with the Hans Price ball carrier having built up a full head of steam he was always going to be difficult to stop. All of a sudden the boys found themselves a score behind with just 1 minute on the clock! What a great test so early in the season.

The Year 9 boys responded with bags of character and really earned their way back into the game. Captain Ari Rugman was supported brilliantly by Lewis Cole, Jack Rossiter and Ben Lumoso in defence. Ben in particular was proving a complete nuisance and had notched up a couple of turnovers for himself inside the first 10 minutes. He was benefitting from the good defensive work of the other three boys. Possession was always going to be important for the Saints and after 6 minutes half backs Toby Rice and Nana Gyimah-Sarpong combined brilliantly which led to the equalising score. It is always an advantage to have someone at 9 who really understands the importance of getting the ball away from the breakdown and fixing defenders and Toby did exactly that, timing his pass perfectly to put Nana away. Nana was looking really dangerous with the ball in hand at first receiver.

Hans Price scored twice more to take the lead 3-1 at half time and it was good strong, direct and pacy running that saw them across the line. SK were disappointed at one of the scores with yet another kick and sluggish chase being run back with interest in the form of points! The opposition were physically dominant as a team, there was no doubt about that – Hans Price had strong runners with some good pace in places. There wasn't much between the two teams defensively and SK were looking to pass the ball more. Towards the end of the first half SK were getting sucked into playing in a style that didn't suit them and it was proving costly. If they could dictate the pattern of the game in the second half they would be in the game!

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SK seized the initiative at the start of the second half and caught their opponents on the hop. SK kicked off and chased well to impart some defensive pressure on their opponents – something they had found difficult at times in the first half. All of the boys you would expect pulled their weight in defence but others were tackling their weight too – Isaac Adebo in particular put in a couple of crunching hits in the second half. Defensive pressure soon gifted them possession and SK spun the ball wide superbly to Max Stevens who set off down his touch line with space ahead of him. In the first half Max had gotten the ball in hand a couple of times and looked dangerous – on one occasion he just ran out of space around 10 metres from the whitewash. On this occasion he managed to find support in the form of fellow back Nana GS. Nana kept the momentum in the attacking move and finished really well for his and his team's second of the game. Captain Ari Rugman was geeing up his players and there were shouts of 'we're back in this' coming from inside the SK camp. At this point, I couldn't have agreed more – they were back in the game!

I was really hoping that the boys would recognise that both of their scores had come from moving the ball along the line and that Hans Price posed a real threat with ball in hand. For the period following their second score it seemed as though this was absolutely the case as they managed to retain possession and throw the ball around. As good as their handling was, it was the final pass that was causing them problems and on a couple of occasions the pass went to ground to everyone's frustration. You couldn't help but feel sorry for the boys because they were doing what they had been asked to do but it just wasn't coming off. Frustration soon began to show in their rugby and their defensive frailties came to the fore once again. Like all good teams, Hans Price could sense the frustration and capitalised on their opportunity to grab the game by the scruff of the neck. At the 30 minute mark, a 5 minute spell saw them run in as many tries in what seemed like a drill where SK kicked off and Hans Price ran it back to score. The boys were gutted that the game had escaped them so quickly but many of the boys remained resolute to the end. There is nothing better to see than players still running the ball back up to restart the game and shouting words of encouragement to their team mates. Toby Rice didn't lose any of his energy during this period of the game and the big players in the SK team stepped up to the challenge. Unfortunately SK never recovered from that disastrous period and at the final whistle Hans Price were comfortable victors 8 tries to 2.

The final score line may not suggest it but sport is always a contest decided on fine margins. In the first half Max Stevens was unlucky to run out of room short of the try line being snuffed out by a good covering tackle, the boys had a golden opportunity 5 metres out but elected to kick when keeping the ball in hand would surely have seen them score and then they chose to bury their heads and the ball with a tap penalty 5 metres from the opposition line when spinning it wide would have been a walk in. Not including the passes that went down with nothing but fresh air in front of them in the second half there were plenty of opportunities to get on the scoresheet on more than just the two occasions they managed – some butchered and some snuffed out! The Saints had lots of positives that they could take from the match and it was great to see them playing a lot of the rugby that suits the players they have.



Special mentions to Daniel and Ieuan who made their debuts for the school and to Will and Reggie for filling in when Year 9 boys weren't available. Man of the match was a difficult decision – Toby Rice got the ball away from the breakdown

quickly with a lack of drilled players at the breakdown and Nana was hugely influential in addition to scoring both tries. However Ben Lumoso was phenomenal in defence and also a constant threat with the ball in hand. Ben has a knack of stealing the ball and throwing offloads using all of his basketball skills on the rugby pitch.

Well done boys – a tough first run out but plenty of positives to take into the next one.

Mr Cook

## 8 & 9 BOYS BASKETBALL V GORDANO

### Boys find their basketball feet in close first encounter of the season

On Wednesday 26 September a group of boys headed for Gordano School to contest their first basketball fixture of the season. Last year the basketball at SK really took off with students across the school enjoying competitive fixtures for the first time. This year the responsibility fell to the Year 8 & 9 boys to find their basketball feet first and they certainly managed that!



*Shdrach BUNKETE, Ian ISAAC, Benjamin LUMOSO, Ahmed MAHAMUD, Trysten NMAI, Jonathan PUATI-KAMBU, Toby RICE, Ariel RUGMAN, Will STRATTON, Joseph WILLIAMS*

The boys wasted no time in getting themselves back into the scoring habit on the basketball court with Ben Lumoso notching up the first points of the year! As quick as the first basket came in the match it seemed that there were some serious cobwebs in the shooting technique of all of the boys. Their hustle off of the ball was excellent and that led to a number of turnovers which meant they were able to stop the majority of scoring opportunities for Gordano. Unfortunately there was a slight tendency to over-handle the ball which meant that boys were driving to the basket into heavy traffic and with their lay-up technique a little rusty were leaving points on the court. Toby Rice was quickest to rediscover his shooting technique and added a vital four additional points to the scoreboard before quarter time. The SK boys had a 2 point lead heading into the second period.

The second period of the game saw fresh legs and a rejuvenation of the basketball style that the group had put on show so readily last year. With fewer confident ball handlers on court the boys resorted to passing the ball and running to get the job done. The quality of the basketball took a real boost during the second period of the game. No matter how good the quality of the motion offence, someone still needs to put the ball in the basket and Will Stratton was the one putting his hand up on the scoring front. He hit 2 jump shots in about 30 seconds and boys were doing their best to get the ball

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into their hot shooter. Ian Isaac's movement was excellent in and around the restricted area and he found Will with a few excellent passes. Ari took on the ball handling duties but didn't over work the ball rather just passed it whenever there was a good option. Shadrach was also making positive moves to the basket offensively but was unlucky with some of his shots. Defensively boys remained strong and Ahmed Mahamud must have chipped in with at least 3 steals in this period. SK weren't the only team to improve in the second period and at half time it was still a 2 point game.



Credit to the boys on the side who watched the second period because they took all of their learning straight into the third period and wasted no time in extending their lead. The basketball improved markedly and although the boys were still a little lacklustre under the hoop, they managed to move their lead out to 8 points by the end of the period. Toby, Ben and Ian added the points in this period of the match but the possessions only came after the defensive work of Trysten, Joe and Jon. Trysten in particular was working hard to get up and down the court and didn't let the frustration that the ball didn't always make its way to him affect his work rate.

More changes in the final period were necessary as the boys started to flag on court – defensively they began to let their man drift away from them in bad areas and this proved costly as Gordano cut their deficit to just 4 points by full time. All in all it was a fantastic opportunity for boys to get out on court again and remember all of their learning from last year. When I think back to our starting place this time last year, I am filled with excitement about the potential for progression among this group of boys. They started learning about this brilliant game when they first started the school and still have lots of learning to do. With plenty of time to get the work done I am looking forward to another excellent season.



MVP a tricky decision with lots of boys having arguable their best performance on court to date; Ian Isaac, Ahmed Mahamud and Will Stratton were all unlucky contenders but the award goes to Toby Rice whose points were the difference on an afternoon when others struggled under the bucket.

Congratulations gentlemen.

Mr Cook

Player	Points
Shadrach BUNKETE	0
Ian ISAAC	2
Benjamin LUMOSO	4
Ahmed MAHAMUD	0
Trysten NMAI	0
Jonathan PUATI-KAMBU	0
Toby RICE	8
Ariel RUGMAN	0
Will STRATTON	4
Joseph WILLIAMS	0

## GIRLS FIXTURES V GORDANO

### Girls enjoy great start to the hockey and netball season against local rivals

Year 7: St Kath's A 5 - 0 Gordano A

In their very first game for the school the year 7's got off to a flying start and their training certainly paid off in terms of possession. The St Kath's side totally dominated the game allowing Gordano limited time on the ball. Ruby Gray and Leah Wardingley were terrific in defence, with any Gordano attacks being stopped immediately with an interception. Hannah Lange covered huge amounts of the court and was instrumental in playing the ball around and creating space, whilst Demi Cornick supplied excellent ball into the shooters. Both Polly Cole and Holly Lang were quick to take their chances in scoring and both contributed to the 5 goals scored, whilst Angel Chinn was able to support the shooters around the circle. Overall a dominant display of netball in their very first time representing the school.

Year 7: St Kath's B 1 - 1 Gordano B

Spurred on by the performance of their fellow team mates in the first game the girls got off to an amazing start with Nelly Hall, Jena Walker and Josie Rafferty linking well to supply Teagan Davidson in the circle and supplying plenty of shooting opportunities. The girls were moving the ball around freely, finding space and making ground well. The possession was finally rewarded with a goal from Josie. At half time the Gordano side switched on and began to trouble the defence of St Katherine's and both Madison Price and Celine Khalife had to work hard to limit their chances on goal. Sophie De Wet linked well in the centre court to assist them in clearing the ball, however eventually the Gordano pressure resulted in a goal and the match ended in a draw.



Year 8: St Kath's 1 - 2 Gordano



Year 9: St Kath's A 12 - 3 Gordano

Having finished last season as champions the girls had high expectations of their success in this game and they weren't disappointed. The combination of Lauren Clifford and Leah Rudolph in defence made it difficult for the Gordano side to create scoring opportunities, with both girls using their height to good effect. In the centre court Daisy Money moved the ball well down the court to link with Isobel Taylor and Jolie Breakwell into play. The St Kath's side dominated possession and made short work of the defence, with both Chloe and Sophie Weaden scoring with great accuracy.

Year 9: St Kath's B 4 - 6 Gordano A

Disappointingly Gordano did not field a B side meaning the St Kath's side had to face their A's who had already had practice against our A side. However, this did not phase the girls and they produced some great Netball. In defence Molly Green used her height well to mark the Gordano shooters and rebounded well, whilst Jess Stanley, Issy Prime and Hetty

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Cleaver worked tirelessly in the centre court to win the ball back and feed the shooters. Issy Howie and Natalie Stringer both played well together, creating chances for themselves in the game. A narrow loss overall but a great effort considering the circumstances.



Year 10/11 Hockey: St Kath's 0 - 3 Gordano

With St Kath's travelling to the away fixture with Gordano, everyone knew that the home team had a huge advantage with skills and team play suited to Astro-Turf. This was also the first outing for the newly formed Year 10/11 combined team, who coped brilliantly with the challenges they faced.

As a team, St Kath's fought for every ball and continued to play in a spirited and determined manner for the duration of the game. It was a privilege to witness such strong team work from the newly formed team. Although the key is team performance, there were some notable individual performances from:

- Chantelle Hawkes who attacked in a determined fashion and retained possession during tackles.
- Lucy Robertshaw, who, at centre midfield was a pivotal player for St Kath's, showing why she has recently been selected for Avon u16.
- Jazzy Pither, who showed that she was a natural right-handed player, driving the ball up the right side of the hockey pitch.
- Ruby Webber, as goalkeeper saved and cleared numerous Gordano shots and deservedly was awarded Player-of-the-Match.

The team will take two key tactics lessons into their next fixture. Firstly to be narrow in defence, but get height and width in attack. Secondly, to commit players ahead of the ball when in attack.

The final score of 3:0 to Gordano was a massive improvement on last seasons fixture and I am sure this new team will build on the solid foundations laid down in this game.

Well done everyone!!





## 7 BOYS RUGBY TOURNAMENT

### Newest boys score 12 tries in a fantastic first hour of school rugby

On Tuesday 2 October a group of Year 7 boys were selected to represent the school for the first time at a new style North Somerset rugby festival. The new festivals split the locality into north and south and look to introduce new players to the game of rugby using progressive rules. The festival was hosted by Yatton RFC who greeted all the schools with superb hospitality. The difficulty I had before the event was selecting a smaller group of players from the 30 who had attended training so far this year – this was a really tricky task!

The first festival had simplified rules which levelled the playing field meaning that any boys with slightly more rugby experience couldn't dominate with their knowledge of the game. SK were in a group with Nailsea, Backwell and Gordano and were looking to test their new-found rugby skills out on the pitch in their first competitive situation.



*Coby BARBOSA-GOA, Samuel BELCHER, Arthur CLEAVER, Samuel DIXEY, Nas GYIMAH-SARPONG, Ryan LAMPON, Frank MCCANN, Harvey NIEMCZYK, Jake PACKHAM, Jack SLOMAN, Oliver SONGER, Tom STANCLIFFE, Gabriel SYDENHAM, Layton THOMPSON, Jack VINE*

Their first match was against Nailsea and the first competitive encounter is always a bit of a baptism of fire. We took 15 boys to the festival and probably just under half of those play regular club rugby outside of school. In contrast to this, there were a good number of Nailsea boys who played for Nailsea & Backwell RFC and it was clear they had a lot of rugby playing talent. Before they knew it the boys found themselves two tries down and had hardly touched the ball – what a welcome to school boy rugby! The 8 boys on the pitch gritted their teeth and began to enjoy some possession of their own. Finally the boys in red had the chance to show what they were all about!

First of all, they demonstrated that they had plenty of strong, dynamic and powerful ball carriers – Sam Belcher, Jack Sloman, Ryan Lampon and Frank McCann certainly tick that box! It was Tom Stancliffe who scored the first try for the Year 7 boys with a determined, scything line of his own which saw him stride through the Nailsea defence to cross the whitewash. The second try of the match belonged to Coby Barbosa-Goa – Coby is a hugely talented athlete and has already demonstrated that he has bags of skill and athleticism this year and it was all of this and more which earned him his first try. Coby is not alone because Sam Dixey, Ollie Songer, Layton Thompson, Nas Gyimah-Sarpong and Gabe Sydenham are all brilliantly talented athletes in their own right; some powerful and explosive in the tackle, some with fantastic footwork and others strong and tenacious. The third try of the game belonged to Jack Packham so somehow managed to dance his way through almost the entire Nailsea defence to dot down making a large number of them look quite helpless in the process! Jake's footwork is something else but he's not the only boy in this team that can render defenders useless – Harvey Niemczyk has a lethal step; Arthur Cleaver seems to have a knack of just slipping through tackles and Jack Vine has got some serious gas!

All of this and at this point I'd only seen half of the boys in Year 7 play!



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Nailsea managed to score two more before half time to leave SK trailing by 1 at the break – not bad going at all considering their start to the match! At half time I asked the boys if they had noticed any difference between the two teams as there is nothing wrong with learning from experienced opponents. The boys identified that Nailsea were passing the ball a lot more before contact and so decided to focus on that in the second period. The group took to the field and immediately looked to pass the ball a lot more. It wasn't long before they were rewarded for their improvement as Jake Packham and Harvey Niemczyk, both with outstanding footwork, scored impressive tries. Saints retained possession for multiple phases before moving the ball wide for these boys to finish the moves off in opposite corners. The boys scored last in the match but not before Nailsea had scored 2 more to tie the second half and win the match 6 tries to 5. If the opening game was anything to go by then this group of boys had bags of potential!

Their second match was against Backwell which was set to be another tough contest and the boys had just a few short minutes to reflect and recharge ready for their second ever match! Backwell had great strength in depth and worked over the SK defence in the early part of the match but SK had boys who were stepping up to meet them in their tackles! The likes of Sam Belcher, Jack Sloman, Tom Stancliffe, Sam Dixey, Gabe Sydenham, Jake Packham and Frank McCann were all hauling their opponents to the ground but Backwell still had go forward. With possession, forward momentum and territory it was only a matter of time before they scored. Backwell may have been two tries to the good but that didn't affect the quick thinking of Jack Vine who capitalised on a Backwell error in the middle of the pitch. It was fair to say that the boys had been on the back foot in the game and Backwell were dominant but when they split a ball, Jack was first to pouch. Jack collected cleanly and immediately opened up to full speed – what a fantastic sight it was to watch him accelerating away from the Backwell defenders to cross the line and give his team a fighting chance. Backwell crossed the try line a total of 5 times in the first half but SK didn't just stop with Jack's try. Gabe Sydenham and Coby Barbosa-Goa scored tries of their own to keep the Saints within touching distance at half time. Unfortunately for the boys the second half was unusually quite with neither team adding to their first half exploits.

Ahead of the final match the boys identified passing before contact and moving forward in defence as two things they wanted to focus on for their final game against Gordano. In this match all of the boys would feature equally for a half with captain Frank McCann playing the whole game. In the first half the boys opened up with real intent and it was clear to see that they had taken the message on board. Whereas earlier in the afternoon the ball carrier was not looking for the pass, now they had their head on a swivel and were looking to move the ball. As good as their intentions were, the passes just weren't going to hand and errors were proving costly. SK knocked the ball on at least twice within 5 metres of the Gordano line but even more costly were the errors that they made in bad field position and it was these that gifted Gordano their three first half tries! It wasn't a fair reflection of the first half and the boys could have easily scored 2 tries of their own.

Nonetheless the job fell to the rest of the squad to get their team back into the game. An early score is always top of the priority list for a comeback and SK managed to earn themselves one of those! A hat-trick from a hugely talented rugby player is also pretty high on the list too! Since starting at SK Layton Thompson has shown his ability with a football, rugby ball, basketball and in gymnastics – he finished all three tries to earn the boys a dramatic draw in their final match. All credit to Layton as he was sole creator for the first try with some unbelievable footwork that astonished everyone watching. His second two tries however are down to the grit and determination demonstrated by his team mates and for me the last try epitomised the character that the team displayed. Jake Packham picked the ball up as first receiver and ran straight and hard to start the go forward for his team. With Jake on the floor in the tackle someone else took the reigns as scrum half and found Frank with a superb pass. For all the money in the world it looked as though Frank was going to smash into his opponent given that the boys were only about 10 metres short of the try line and the third score they so desperately wanted. Frank drew in his defender and then threw a superb pass to Layton who was on his outside and had an easy run in to score!

It was a real pleasure to take the boys for their first competitive school rugby experience and I am hugely excited about the potential that there is in this year group. What excites me most is that this was fewer than half of the boys who have trained this year and I am really looking forward to seeing the rest of the boys go in fixtures later this term. Man of the tournament for me was an easy decision. Frank McCann has shouldered the responsibility of captaincy superbly. He has been extremely organised in the run up to the festival and continued to demonstrate excellent leadership all afternoon. Frank led a very professional warm up prior to the first match, encouraged all of his team mates, remained entirely



positive at all times and led by example out on the pitch. What more could you ask of from a captain?

Congratulations on a fantastic first afternoon of competitive school boy rugby gentlemen. I am really looking forward to watching you go from strength to strength this year! Keep training!

Mr Cook

## 7 & 8 BOYS BASKETBALL V GORDANO

### Next generation of SK basketball talent graces court for first time

On Wednesday 3 October it was the turn of some of the newest basketball players at SK to take to the court for the first time. Rather than just throw them straight in at the deep end, the boys had a couple of safety nets. The first in the form of the older and more experienced Year 8 players that would be on court with them and the second in the form of Toby Rice from Year 9 who kindly volunteered his time to come and lend a hand with the team. In actual fact, Toby pretty much took responsibility for everything and did an amazing job – he led with the confidence and competence of a Year 11, 12 or 13 student!



*Matthew BRENNAN, Reagan DREWETT, Nas GYIMAH-SARPONG, Ian ISAAC, Ahmed MAHAMUD, Trysten NMAI, Jonathan PUATI-KAMBU, Toby RICE, Oliver SONGER, Will STRATTON, Layton THOMPSON, Najib YUSUF*

It took the boys a while to get going in the first period and it was a while before either team scored any points. The boys in red made a couple of attempts at the basket but none of them were successful. It was all Year 8 boys who started the first period which gave the younger boys an opportunity to watch and pick up a few things that would help them out on court later in the game. Eventually the scoring drought was broken by Najib who executed the perfect lay-up straight over the basket with no angle to work with at all. Gordano replied two-fold to nudge in front but the Saints showed plenty of character to take a two point lead into quarter time. Jon PK and Matty Brennan with the baskets. The boys were well organised defensively but Toby had correctly identified that they were wasting their possessions by releasing a lot of their shots from poor shooting positions.

In the second period of the game the boys started to put it all together – they showed good hustle in defence with a number of interceptions. Matty Brennan read the game brilliantly and although he didn't have a lot of game experience on

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the basketball court, he used all of his rugby skills to great effect. Ahmed, Jon and Will also used a combination of reading the game well, athleticism and good physicality to steal a lot of ball. Trysten was typically solid under the defence hoop and picked up a large number of rebounds for the team. Najib really started to find his handling feet and brought the ball up the court with consummate ease. Boys were also working hard to get up and down the court and finding some excellent offensive positions. Ollie Songer was putting in a real shift and got into some great spots but just didn't get the final pass that he was after enough. Ian Isaac was also showing his ability to find good quality spots in and around the Gordano restricted area. It was great to see boys learning on court and none demonstrated that clearer than Reagan Drewett who picked up the ball for the first time just outside the three-point line. Reagan has great shooting technique but just shot from the wrong place on the court. When he found himself on the ball again he waited until he was in a much better position before putting his shot up and came much closer.



In the second and third periods of the game Will, Layton, Najib, Ian and Nas all added points to the total and started to extend their lead. In particular Najib and Layton were combining really effectively on court. Najib was shifting defenders around the court and finding some brilliant passes to Layton who was showing his skills on the basketball court. Layton is in my tutor group and since starting St Kath's I have found that he is an extremely bright boy who is a really quick learner. After we had spoken about shooting from good shooting positions on the court, Layton made it his mission to get open in as many good spots as he could and was rewarded for it with 8 points – more than any other boy on court.

SK found themselves up 22-9 at the end of the match but what was most pleasing was the speed at which the youngest boys picked up some of the fundamentals of the game. Their ability to operate in man-to-man half court defence was great and they also showed great hunger to get up the court ahead of the ball handler and back down it to find their player when they lost possession.

MVP – Layton Thompson, a constant threat under the Gordano basket; what a sportsman this boy is but more importantly what a quick learner he is!

Special thanks to Toby Rice whose leadership was outstanding – as I have said already, Toby took complete responsibility and led at a level that I would only expect from a much older student. I am really grateful for your help Toby and I know that the boys are too!

Well done gentlemen – lots more to learn about the game so keep coming to practice!

Mr Cook



Player
Najib Yusuf
Jonathan PK
Matt Brennan
Layton Thompson
Ian Isaac
Nas GS
Will Stratton

Points
6
2
2
8
2
2
2

## GIRLS NETBALL V BACKWELL

### Year 7, 8 and 9 girls in sun-bathed netball action against Backwell School

Year 7: St Katherines A 5 - 3 Backwell A

Following their first win against Gordano last week the girls were full of confidence for their match against Backwell. They had the majority of the possession despite Backwell being much tougher opposition, but it was clear that given any opportunities, the Backwell side would score, and they did, despite Leah Wardingley's and Ruby Gray's best efforts. Nearing half time, the side were 0 - 2 down, but it all then began to click, with Hannah Lange working incredibly hard to move the ball from defence to attack, supported well by Madison Price and Angel Chinn. But it was the tremendous work of Polly Cole and Holly Lang in the shooting circle that brought the game level at 2-2. The second half was a mixture of possession for both sides, but St Katherine's pushed ahead and defended well to win the game by 2 goals. Player of the match was voted as Polly Cole.



Year 7: St Katherines B 2 - 1 Backwell B

Having watched their team mates win their A team game, the St Kath's side were clearly spurred on to do well. Both sides had plenty of possession, but the defence of Celine Khalife and Hannah Mohammed were up to the task and made some crucial interceptions. The centre court trio of Jena Walker, Sophie Hicks and Sophie De Wet linked well to move the ball through the thirds and provide the shooters with opportunities. Josie Rafferty moved the ball around well linking with Grace Lowther Harris to get closer to the post. They had a handful of chances, as did the Backwell side, but it was St Kath's, with two goals from Grace that won the game by 2 goals to 1. Player of the match was voted as Sophie Hicks.



Year 9: St Katherines A 7 - 9 Backwell A

Having won their first game, the St Kath's side were in high spirits but were soon brought down to earth with a quick start by Backwell taking a 2-goal lead. The game was intense and fast paced, but the St Kath's girls worked hard and began to regain composure, then matching the goals of Backwell goal for goal. Chloe Weaden and Sophie Weaden linked well to keep the goal count ticking over whilst Leah Rudolph and Lauren Clifford were battling hard in the defensive end. The game was full of close calls and interceptions with Isobel Taylor having a great tussle with the opposite centre. Jolie Breakwell and Daisy Money worked well in the centre court moving the ball from defence to attack, but the St Kath's side despite their best efforts were not able to make up the 2-goal deficit from the start. Player of the match was voted as Isobel Taylor.

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## Year 9: St Katherines B 2 - 4 Backwell B

This was a tough challenge for the St Kath's side who went immediately down a goal seconds after the whistle. Backwell weren't able to field a full B side so fielded a number of their A team within their side. Despite this, the St Kath's side worked incredibly well together, from the quick reactions of GK Natalie Stringer and the linking of Jess Stanley, Issy Howie and Ella Leakey in the centre third, controlling the St Kath's possession. Both India Sydenham and Maya Matthews worked the circle really well despite both being marked by the Backwell A team defence. It was a really close game, but the St Kath's side were unable to overcome that initial Backwell lead and lost by 2 goals. Player of the match was voted as Maya Matthews.



## Year 8 Netball

Well done to all of the Year 8 girls who represented the school against Backwell.



## 6F BOYS BASKETBALL V NS STARS

### Boys enjoy good run out in first game of season against the Stars

On Sunday 7 October a group of 6F, Year 11 and Year 10 boys met at school for their first competitive basketball match of the new school year. In all of the matches for other year groups that have taken place already there has been a little rustiness which the older boys were expecting too. The first game was a great opportunity to get back into the swing of things and rediscover their basketball feet.



*Kyle BARRETT, Danny CONWAY, Matthew CRUTCHLEY, Ciaran DUNFORD-HENNESSY, Ashya GRAY, Tom GREEN, Zakaria MOHAMOOD, Dexter MOTT, Louis STRATTON*

In typical fashion the game started at a fast pace and right from the outset it was clear that the Stars had been busy on the practice court over the summer term. The Saints were confronted with two varieties of offence where before the Stars had operated one main offence. Quickly the Stars started to look dominant and you could see SK trying to work out what the set plays were so that they weren't caught out. With the ball in hand SK looked every bit as threatening as they normally did with some great motion offence and some excellent passing. The Stars were causing lots of problems offensively but weren't as tight in defence as they would have liked. Each time they went out in front with a decent lead, Saints pegged the game back. Zak Mohamood's shooting was exceptional in the first period where he hit 8 of his 10 points and Danny Conway wasn't far behind with an impressive 6 points.

In the second period SK continued to be caught out by the clever Stars offence – they showed excellent patience with the ball and where the opportunity didn't present itself or the play required, they would reset and look to work a gilt-edged opening to the basket. They also switched between different styles of offence which made it difficult for SK to settle into any defensive habits. One minute they were following a man with motion offence and the next they were having to avoid well set screens which is difficult unless you are extremely well-practiced. In typical fashion it was their hunger an appetite for the ball that kept them in the game defensively – they executed a number of good steals with a whole range of boys chipping in. Danny was working at 100% capacity with both body and brain and read a couple of plays superbly to time his interceptions. In the middle of a real defensive workout the boys battled hard to find themselves just 1 point down at the half way point but you couldn't help but feel that fatigue might get the better of them in the later stages.

One of the problems that the boys had in the first half was that they were allowing the Stars to rebound a lot of ball offensively. This isn't usually an area of the game they struggle with but as soon as it was mentioned at half time, the boys took it upon themselves to box out under their hoop to limit their opponents scoring opportunities. Dexter Mott excelled on the rebound with excellent technique. The Stars continued to plough away with their offence and when their plays came off, they worked some superb openings to the basket and took their chances. SK were in the contest so the Stars couldn't afford to take their foot off of the gas but they were the favourites during the second half and became a safer bet the longer the game went on.

SK worked hard on defence despite being confronted with a really well organised, planned and executed Stars offence that varied depending on the call of the ball handler. When they had possession SK resorted to what they do best which is clever movement and quick, accurate passing. After half time the boys decided to put Matty in to the post and on numerous occasions Zak fed him brilliantly. Zak didn't just make a great pass, he also went hard to the basket and picked

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up the return which saw him add more points to the red tally. Some of the 3-point shooting was also really good from the boys in red as Ciaran, Louis and Ashya both weighed in with impressive efforts from range. Had it not been for a toe, Danny would have added his name to the list too.



As the game reached the last couple of minutes, SK knew that the 15-point deficit was too much to overcome. That didn't stop them playing hard for the remainder of the match and they did manage to reduce the Stars lead slightly. The game was really summed up with the final 30 seconds of the match where the Stars boys ran the clock down to time one final excellent offensive move which rewarded them with a final 2 points. All credit to the opposition who finished deserving winners; final score of 60-48.

When I think about starting point for this group of boys and their basketball this year and compare that with previous years there are so many positives to take from this first match. Being a threat from range, a huge increase in the number of boys capable of handling the ball and a planned and deliberate offence. What I know about this group is that they are committed to their practice and are all capable of bringing about big improvements in their individual games and subsequent performance as a team. The thought of working hard in practice to counteract a well organised offence and all of the improvement that is likely to come this year is really exciting.



MVP – lots of boys in contention for this one in a tough first game. Danny Conway was excellent on court but also did a huge amount of thinking and organisation when he was subbed out. Ashya Gray's athletic prowess on a basketball court continues to astound me and he's not half bad with the ball either! MVP on this occasion goes to Zak Mohamood who had one of his strongest performances for the school to date coupled with a solid double points.

Thank you all for your efforts gents.

I am looking forward to the rest of the season.

Mr Cook

Player
Zak Mohamood
Louis Stratton
Ashya Gray
Danny Conway
Matty Crutchley
Kyle Barrett
Dexter Mott
Ciaran Dunford-Hennessy
Tom Green

Points	Assists	Steals	Rebounds	Blocks
10	0	2	1	0
5	1	2	3	0
12	0	0	5	1
8	2	4	5	0
0	1	0	5	2
2	0	1	0	0
0	1	2	8	0
9	1	1	1	1
2	1	1	4	0

## 11 BOYS RUGBY V SIDCOT

### Ferocious defensive performance keeps older boys in the game

On Tuesday 9 October the Year 11 boys kicked off their school season with a friendly fixture against Sidcot School. The Year 11 boys were bolstered by a good number of Year 10 lads which meant that they had a healthy squad of more than 20 players to use in the match. Conditions were absolutely ideal for rugby and before the game the boys were hoping that the weather would suit their style of play and the personnel that they had available. Pre-match the group acknowledged that the breakdown was not an area of strength for them and so in defence, they would not commit numbers and instead concentrate on their line. With ball in hand, they were looking to shift the Sidcot pack around the pitch and keep them moving.



*Max ANDREWS, Tyler BARR, Finlay BELCHER, Harry BELCHER, Danny BENNETT, Tyrese BRACEY, Jordan COLE, Will CONROY, Henil DESAI, Maximus DIXEY, Louie DUN, Tom EVANS, Bailee FARLEY, Brandon GEATER, Zak HARRIS, Charlie HAYWARD, Felix MCGOVERN, Finn O'ROURKE, Jazper PEACEY, Sam WILLIAMS, Muhammed ZUBAIR*

So often the opening moments of the game set the tone and this match was no different. Vice Captain and tight forward Tyler Barr opened his tackling account with two big shots to set the defensive tone for his team. Tyler stopped the ball carrier right on the gain line twice in two fascinating contests between aggressive attacking and unwavering defense – a contest that would be played out time and again over the course of the game! Eventually sustained defensive pressure gifted SK the opportunity to get their hands on the ball after they had forced the error. Unfortunately the first scrum didn't quite go to plan and left the boys in maroon well and truly on the backfoot. Sidcot seemed to have complete ascendancy in the scrum but credit to boys in the pack who managed to lockout on a couple of occasions to maintain possession as the first half wore on. Sidcot used their solid platform at scrum time to earn their first try after tying in 8 players before shifting the ball wide to score in the corner. 7 minutes in and the boys were stood under the posts 5 points down but there was a different feel among the group today!

Sam and Tyler got the boys together and set out their expectations for defense after conceding early. I was stood behind the Sidcot kicker at the time but it didn't take a genius to work out they wanted more from their players! SK had very little early possession in the game and when they did have the ball their mindset was so focussed on defense, it wasn't long before they turned it over. Jordan Cole managed a half break after catching a miscued penalty kick to touch from the Sidcot kicker. Despite looking dangerous with the ball, the signs were few and far between as Sidcot continued to enjoy the lion's share of the ball.



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St Kath's didn't have any choice but to keep the door shut else the game was going to get away from them before half time – fortunately, they did just that! There were some immense pieces of defensive work going on all over the pitch. The tackling was excellent and some really strong, athletic lads were making their presence known! Max Andrews was a tackling machine at 10 making hit after hit and getting back to his feet so quickly between the shots. Finn O'Rourke was also hugely consistent in the tackle and didn't miss in the centre. Danny Bennett and Zubair did their job and some from the flank – neither boy is particularly big in stature but my word did they hold their ground in the first half. I think opponents must look at Danny at 7 and fancy their chances but they quickly change their mind after they have been taken to ground! Zubair is a pest at the tackle as well and seems to have a knack of dislodging the ball.



*Felix bring his man to ground*



*Backward step? Tyler? No chance!*



*Danny and Zubair in tandem!*

Without question the best defensive set of the match came around 5 minutes before half time as SK found themselves camped on their try line. Phase after phase ensued but the boys refused to yield and held their ground. Every time it looked as though Sidcot had the go forward, someone would step out of the line and make a big hit to knock them backward. Finally when Sidcot had managed to tie in some bodies and shift the ball wide quickly it looked as though they had breached the SK defense. Jordan Cole had other ideas when he latched himself around the ball like a limpet meaning that Sidcot were held up over the line. With each piece of defensive resistance you could sense the resolve growing and when the boys snuffed out the attack that came from the resulting 5 metre scrum it was fair to say that they were pumped up. In actual fact they were so delighted with their defensive efforts that the elation got the better of them and a broken-field line break resulted in a Sidcot score just moments before the half time whistle meaning the lead was 12 at the break.

The boys remained under the posts as the half time whistle sounded and were a little dejected. In actual fact there were a huge number of positives to take from the first half display. Their main problem was that defence was so ingrained in their minds that they were completely at sea whenever they did get hold of the ball. An injury at half time meant that scrums in the second half had to be uncontested so this presented the boys with an opportunity to establish a foothold in the game.

A high tackle on Max gifted the SK boys with an opportunity to attack from the Sidcot 22 and Max didn't waste any time feeling sorry for himself. He took the quick tap himself and spotted that there was no sweeper centre field so chipped the ball in behind. The kick sat up perfectly for him to go over under the posts but the boys were unable to convert leaving them trailing by 7. There was no chance at all that Harry Belcher was going to put down the defensive baton at half time and moments after the first SK score, Harry weighed in with an almighty tackle which everyone on the pitch felt, not least the recipient. The boys were starting to get into the contest and at the same time maintain their defensive discipline. Sam and Max worked well as a half back pairing to get the ball away from the contact points quickly and into the hands of some of their dangerous runners. Tyrese and Bailee both made mini breaks early in the second half; Tyrese in particular having the presence of mind to step away from touch to keep the move alive. Defensive standards showed no sign of stopping as boys picked up where Harry had left off. Felix and Charlie Hayward snuffed out one Sidcot line break and Henil was popping up with some big tackles when he managed to lock on to his targets.



*Harry carrying hard*



*Bailee surrounded*



*Will's last-ditch tackle!*

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Sidcot were forced to try something different as there was no way through the maroon wall! They did exactly that and put in an excellent kick to regather possession in behind the defensive line leaving full back Will Conroy no chance at all to stop the score. Sidcot converted to make the score 19-5 after 32 minutes. There were whispers of negativity under the posts as Sidcot kicked to get the extra 2 points but Captain Sam Williams was having none of it – we're only two scores down he told the boys!

The Saints went out and established some good field position which meant Sidcot were with ball right on their own try line. The sweeper was back for the kick and the line was set and hell-bent on making life as difficult as possible for the away team to clear their lines. The rush defence bought about an error which saw Sidcot throw the ball dead in goal. The resulting scrum was a fantastic attacking opportunity now that they needn't worry about the push! Harry Belcher had been growing into the game minute-by-minute and his eyes lit up when he saw the opportunity to pick and go. There was no stopped Harry from short range and he drove powerfully over the line for his Captain to convert which took their score to 12 in reply to Sidcot's 19. Sidcot weren't about to roll over and they found another gear to extend their lead once again after some impressive running lines were too much for the tired SK tacklers. The monumental defensive effort had started to take its toll on some of the boys and in combination with the mental battering of continually getting back into the game and then conceding again, some of the boys were looking tired!

With just 5 minutes left of the match the boys span the ball wide to Tyrese Bracey on the wing knowing that he might have something left in the tank. If Tyrese has anything in the tank then it is normally enough to outpace the opposition so all credit to Finn and Will for spotting him in space and shifting the ball quickly. Like all good wingers, Tyrese backed himself on the outside but was hauled down short of the line by the covering tacklers. Sam Williams was first to the break down and quickly moved the ball away to Max who went over easily with a lot of the Sidcot players still moving back towards their own line. The conversion was all importantly but missed by the narrowest of margins meaning that although there was still time on the clock, SK would need two scores to get anything from the game with the current score at 26-17. Sidcot made the most of the final play of the match and played the game with absolute abandon knowing at this point that they couldn't be beaten. Will Conroy made arguably the tackle of the match stood at full back after he watched an impressive Sidcot line break. Will and team mates got back into the defensive line but were on the back foot and couldn't prevent one final Sidcot score to make the final score 31-17 to the away team.

Huge credit to the 10 and 11 boys who put in a monumental defensive display full of heart and character. With a little more second half ball they fought their way back into the game and put together a really enjoyable watch. There were lots of boys in the running for man of the match but on this occasion the award went to Harry Belcher who led the defensive effort with some unbelievable tackles, carried the ball hard when it mattered most and more importantly worked tirelessly to get around the pitch to affect as much of the game as he possibly could – well done Harry.



Special mention to Senior Sports Captain Dexter Mott from Year 12 who whose help was invaluable as he took responsibility for substitutions, photographs and the all important match notes that have helped me recall what happened for the match report! Thank you for giving up your time to help the boys.

Congratulations gentlemen – I know that the result is disappointing, but the performance could not be more different. I thoroughly enjoyed watching the contest and seeing so many boys enjoy some of the best performances for the school. Special thanks to Sam Williams and Tyler Barr for their captaincy and leadership before and during the match.

Mr Cook



## GIRLS NETBALL V CLEVEDON

### Lower school girls involved in triple header of netball fixtures between St Kath's and Clevedon

Year 7: St Kath's A 3 - 12 Clevedon A

An incredibly hard task for the year 7 team saw the girls face a set of girls that already train and play for Clevedon side, Royals. The game began close, with both sides having equal possession and shots on target. Leah Wardingley and Ruby Gray had a substantial task defending against the Clevedon shooters, however they did a fantastic job working well together and making vital interceptions and rebounds. Demi Cornick, Madison Price and Angel Chinn linked well in the centre and had a busy game keeping possession whilst Polly Cole and Holly Lang were excellent in the shooting circle with limited chances. Unfortunately, the Clevedon side were too strong on this occasion for the St Kath's side and with an almost 100% shooting record were scoring freely to surpass the St Kath's score. A great battle but unfortunately the sides first loss. Player of the match was voted as Polly Cole.

Year 7: St Kath's B 0 - 6 Clevedon B

Again, another unbeaten side faced a strong and well drilled Clevedon and the game started well, with good possession from the St Kath's side, spurred on by a dominant performance by Jena Walker in centre. Towards the end of the first half, the game began to turn in Clevedon's favour and possession was controlled by them, leaving Celine Khalife and Toula Hudson plenty to do in defence. Sophie De Wet found good space and made some key interceptions, whilst Nelly Hall in the second half was energetic and worked the Clevedon WA hard. Grace Lowther Harris worked hard to support fellow shooter Josie Rafferty, but neither were able to get close enough to score. The game finished with a Clevedon win and player of the match was voted as Toula Hudson.



Year 8: St Kath's 12 - 20 Clevedon

Year 9: St Kath's A 5 - 12 Clevedon A

In a replay of the WESPORT finals, the year 9 St Kath's side faced a very finely tuned Clevedon team. And despite injury and absence of a couple of few players the first half was relatively close, with both Sophie and Chloe Weaden taking their few chances and Ruby Aczel and Lauren Clifford limiting the chances of the Clevedon side. The second half went in the favour of Clevedon and they began to move away from the St Kath's score. Isobel Taylor, Maya Van Heerden, Jess Stanley and Jolie Breakwell worked tirelessly in the centre court, but it wasn't enough to get the score back on track. Clevedon finished as winners and player of the match was voted as Isobel Taylor.





Year 9: St Kath's B 1 - 3 Clevedon B

A much closer game saw an outstanding performance by the B team in defence, with Molly Green and Katie Clarke making some great interceptions and rebounds against tough opposition. Despite it being a close game, the shooters from St Kath's saw little of the ball so had to push further down court to free up possession. Ella Leakey linked well with centres Natalie Stringer and Deya Reynolds whilst Hetty Cleaver supported the defence well and Issy Prime linked well with goal shooter Issy Howie. A tough game but much closer than the score would suggest. Player of the match was voted as Molly Green.



## 6F GIRLS NETBALL V CLEVEDON

**Senior girls involved in nail-biting thriller that went all the way to the wire!**

For some of these girls this was the first netball they had played in over 2 years, and the first time the year 12's and 13's played alongside each other. Despite this unfamiliarity the girls got off to an amazing start pulling out a 4 - 0 lead, with the sharp shooting of Bo Marshall finding the net each time. However, the Clevedon side soon settled down and began to move the ball around well, finding space in the circle and working the defence of Abbie Clarke and Athea Heavens hard. At the end of the first quarter the St Kath's side were leading 5 - 4.

In the second quarter Faith Clarke found good space in the centre and attacking third to provide good ball into the shooters, and the St Kath's side levelled possession for an end to end game. Each goal was matched for another at the opposite end and interceptions were key to turn the game. At half time the score was 13-13, and the Year 12 Clevedon side made way for the fresh set of legs in the year 13 Clevedon girls.

The third and final quarters were much closer, with both sides making good use of their centre passes and generally scoring from them. Megan Andrews worked hard in defence and covered a lot of court marking an energetic Clevedon GA. Ashleigh Wills was everywhere as centre and fed both the St Kath's attack whilst offering support to the defence. The game was close throughout and ended in a thoroughly deserved draw at 22 all. Player of the match was voted as Ashleigh Wills playing as centre.



## 10 & 11 GIRLS HOCKEY V CLEVEDON

**Girls put in solid defensive display on hockey pitch to earn draw**

Thurs 11th October - St Kath's 0:0 Clevedon



On the road once again for another away trip, the combined Year 10/11 Team travelled to close rivals Clevedon. This was always going to be a tough fixture for the girls, with two key players missing. But in true St Kath's Squad style, they rose to the challenge and produced some lovely attacking hockey. Captained by Ruby, from the unusual position of goalkeeper, the team were inspired by her string of outstanding saves (that earned her Player of the Match).

Molly and Niamh linked brilliantly between defence and midfield, well supported by Stella, who distributed the ball well to Ellie. Leah was very strong at Left Mid, battling hard against quick Clevedon players.

The only thing missing from this challenging fixture and fantastic performance was a goal. Keep the good work going girls, every single member of the squad (Chantelle, Amelya, Eleanor, Amelie, Lara, Ruby) performed to their best.

A win will come!!

## 7 BOYS RUGBY V SIDCOT

**More than 30 boys represent SK in fantastic rugby-filled evening at Sidcot**

On Wednesday 10 October a coach packed with Year 7 boys headed for Sidcot School. There have been so many boys at practice since the start of the year that it is only fair they all get a chance to experience the enjoyment of playing in a competitive game. With so many boys travelling it was important that the boys got a quality experience and so we enlisted the help of Senior Sports Captains Tom Green and Louis Stratton from the Sixth Form as well as Year 8 rugby captain Will Stratton. The boys were split into two squads of 15 with each playing a 10-a-side match against a team from Sidcot School. The boys in red ranged in experience hugely with some playing club rugby outside of school to other who were quite literally playing their first ever rugby match!

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*Cadnan AHMED, Coby BARBOSA-GOA, Samuel BELCHER, Charlie BELL, Arthur CLEAVER, Samuel DIXEY, Reagan DREWETT, Monty FISHBOURNE, Ethan GARBUTT, Alfred GISBORNE, Tom GREEN, Nas GYIMAH-SARPONG, Bailey HASELL, Ryan LAMPON, Hector MACKENZIE-ANDRIEUX, Frank MCCANN, Joseph MCLOUGHLIN, Owen MOSS, Harvey NIEMCZYK, Jake PACKHAM, Lucas PACKHAM, Ashton PORTER, Jack PORTON, Tyler REED, Sam RICHARDSON, Jack SLOMAN, Oliver SONGER, Louis STRATTON, Will STRATTON, Billy STRINGER, Gabriel SYDENHAM, Layton THOMPSON, Charlie TOPP, Jack VINE*

Tom and Louis both took responsibility for a team each with Will helping between both sets of boys. The two teams both took part in contests that were split into three 10 minute thirds which meant that there would be lots of opportunities for the boys to play, watch, learn and then go and improve which was exactly what they needed. There were boys across both teams who showed such huge improvements from the first minute to the last and it was really lovely to watch them learning about the game and then getting the chance to put it into practice. I was stood in the middle of the two pitches and quite literally didn't know which way to look!

**Cadnan** - At one point in the second third, Cadnan appeared to tackle the entire Sidcot team within the space of about 30 seconds – this boy is a tackling machine and one that doesn't get tired! He'd make one hit, drive his player backwards and to ground before getting back to his feet all over again – what a defender; strong and tenacious!

**Coby** – anyone with the athletic ability that Coby has should be a great asset on the rugby pitch. Coby is everywhere and uses his dynamism to great effect. If he's not at the heart of a tackle, he'll be acting as scrum half or taking the ball up the pitch. Louis just wrote in his match notes ... **COBY'S TACKLING** which tells you all you need to know!

**Sam B** – Sam is as strong as they come and is such an attacking threat with the ball in hand. Opposition players tend to queue up in front of Sam trying to stop him but what isn't so obvious is that he has superb hands and a brilliant pass which makes him unplayable. Sam also leads from the front in defence.

**Charlie B** – Charlie was so composed over the ball that he made such he picked the best attacking options when he was passing away from the tackle. Charlie is also a fantastic communicator and organises the defence really well when he's out in the middle. What fantastic attributes at such a young age!

**Arthur** - Arthur completed a hattrick of tackles in the last third of the match taking down three different Sidcot players but also managed to get his name on the scoresheet. Arthur's support play was superb and got better as the game went on. This boy just gets better and better each week!

**Samuel D** – Samuel has an insatiable appetite for rugby and doesn't care whether it's running, passing or tackling he throws himself into it head first and seems to love every minute! His work rate is phenomenal and he is always in the thick of the action – so impressive is his engine that he got himself a try after supporting the ball carrier in this game.

**Reagan** – Reagan worked his socks off in this game which was his first! He got stuck into his tackling and carried the ball into tackles with absolute conviction. Reagan worked so hard towards the end of the game and was determined to cross that try line before the final whistle! Rest assured Reagan got his try – what a pocket rocket this lad is!

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Monty – Monty set the tone for his team in defense with some superb tackling but also showed his skills as he caught a well-struck Sidcot kick-off. The ball headed for Monty like a bullet but he just swallowed the catch before running it right back at his opposition. What a superb first performance for the school.

Ethan – Ethan worked tirelessly from start to finish and showed huge improvements throughout the match. Ethan always found himself around the action and was able to contribute for his team when they needed him. Well done on a great first match for the school!

Alfred - Alfred could have been forgiven for shirking his defensive duties when the largest Sidcot player ran straight at him ball in hand yet Alfred did no such thing. In actual fact he stood his ground and put in a fantastic tackle to bring his man to ground – what bravery and skill from such a young player!



*JJ evading Sidcot defenders*



*Reagan backing himself on the outside*



*Cadnan with ball in hand*

Nas – Nas is an unbelievable runner who is amazingly agile and so difficult to tackle. Nas seems to run around defenders with complete ease and changes direction like nothing I've seen before. No surprise Nas got his name on the scoresheet but he's not half bad when it comes to tackling either!

Bailey – when Bailey caught his first pass in school rugby and set off charging down the right wing I don't think Sidcot knew what was about to hit them. Bailey just smashed his way through the tackle attempts to make about 15 metres of ground. He didn't just need the ball to contribute either and made numerous brilliant tackles. What a debut!

Ryan - I think Ryan had been on the pitch for about 5 seconds before he made his first tackle and what a great tackle it was too! Ryan didn't stop there either and looked to carry the ball whenever he could. Ryan has so much strength and power but has brilliant footwork as well – what a talented boy!

Hector – the best thing about Hector is that he doesn't know how good he really is! This lad can run, he's strong, got great hand-eye coordination and has superb tackling technique. I watched one passage of play where he got so close to getting himself a try. It's only a matter of time with the ability that this boy has!

Frank – The best compliment I can pay Frank is to say that he leads by example in every aspect of the game! His sportsmanship, handling, work rate and tackling is second to none and he just has a natural ability to bring players together and lead from the front. Lots of great things to come on the rugby pitch from this hugely talented boy!

JJ – I am certain that JJ was making up for lost time in this game having just come back from injury. This boy is a bundle of rugby playing energy on the pitch and opposition players just don't know how to contain him. If that was JJ not 100% fit then I cannot wait to see him firing on all cylinders – what a performance and a great try too!

Owen - Owen naturally slotted in at scrum half and gave really high quality service to his team mates. Owen wasn't just passing well he was making tackles too! There were times where it looked like Sidcot were in and then Owen would get to his man. Owen also created so many attacking phases – all in his first game too!

Harvey – Harvey's footwork is absolute magic and he's got a deadly sidestep. If you can get the ball to Harvey in just a few yards of space then the opposition are in trouble. Harvey's not one dimension either mind you – this boy can pass and tackle too and is getting better with each minute he's on the pitch. A hugely talented sportsman!

Jake – there aren't many sportsman who are the complete article but Jake has got it all! He's only been at school for a month but boy does this lad have some serious talent! Jake packs a punch in the tackle, draws men out of the line with the ball in hand and has some crazy footwork that embarrasses defenders for fun! This lad is one to watch!

Lucas – when Lucas is in the zone he is a formidable opponent and he spent a large part of this match right on the money. He is a natural sportsman who things just seem to come naturally too. Lucas' tackling was immense in this match and he was a dangerous runner with ball in hand too. I can't wait to see this lad play again!

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*Jack thundering down the pitch*



*Jake drawing a man out of the line*



*Monty & Nas queuing up to stop the traffic*

Ashton – fiery, combative and uncompromising are just a couple of the words that I would use to describe Ashton's defensive work. This is certainly a boy that you want to be stood next to in the defensive line. The only problem is, given a choice between him and you, opponents aren't likely to run at him! What a tackler!

Jack P – Jack has an unbelievable ability to hold on to catches and in school boy rugby there are always some suspect passes thrown. Jack just doesn't seem to put anything down – I've seen him play cricket, dodgeball and now rugby and I'm certain he hasn't dropped anything yet!

Tyler – Tyler flies in the face of the myth that footballers aren't as tough as rugby players! Tyler is a superb defender and puts his heart and soul along with everything else into his tackles. I wouldn't want to be on the receiving end of one of Tyler's tackles but I am delighted that he has started rugby for the school as he is a huge asset to the team!

Sam R – Sam is a fantastic leader and uses his experience on the rugby pitch to support his team mates brilliantly. Sam sets a great example with his work rate and was a real driving force behind his team in this match. Sam made a significant number of notable contributions but also encouraged others to give that little bit more!

Jack S – Jack is a huge rugby playing talent and has an accomplished all-round skill set. Jack is tall and strong and takes his rugby seriously which makes him a tricky opponent. Jack is just as good with or without the ball which makes him very difficult to leave out of any team!

Ollie - Ollie is a lethal weapon when he's got the ball in his hands but this boy can tackle too! Ollie used his pace to cover across the pitch and make a try saving tackle right in the corner, stopping his man just inches short of the try line – what a tackle! Ollie also got himself a well-deserved try after a brilliantly typical mazy run! Huge talent!

Billy – this boy has massive potential on the rugby pitch! Billy is seriously quick, has lightening footwork and hits like a train in the tackle much to the surprise of his opponents! Billy has so much natural sporting talent that he has just been able to pick up rugby with ease. Every team needs a play like Billy and fortunately for us – we've got him!

Gabe – Gabe brought some rugby experience with him to secondary school and it didn't take him long to rediscover his rugby playing talents. Gabe has a super pass, a great tackle and a natural desire to get on the ball and make things happen. Gabe will give you 100% every second he is on the pitch and there's nothing better to watch than that!



*So fast it's eyes shut all round!*



*Charlie leaves his opponents in his dust*



*Layton heading for that line!*

Layton – this boy breaks tackles for fun and is near impossible to put down. When Layton gets the ball in his hands there is only one thing on his mind and that is crossing the try line. Luckily for his team mates, he seems to be pretty good at it and bagged himself another score in this match. What a threat with the ball in hand!





Charlie T – I think it is fair to say that Charlie made a fairly big impact in his first appearance for the school. 4 tries, some ruthless tackling and a lot of hard work made Charlie the standout player across all of the matches on Wednesday. I cannot wait to see this boy play again!

Jack V – Jack has got what every rugby player fears and desires and that is raw pace! There is nothing better to see on a rugby pitch than someone who has got gas opening up to full throttle and leaving players looking at a clean set of heels. Jack's catch pass game is impressive too making him a real danger man. This lad is a serious runner!

As I said to all of the boys before their matches, I am really not concerned about results all the time we are still learning about the game. If we can concentrate on learning something new each game and improving our individual and team performances, then that is the only thing that matters! All up our 31 boys in 2 teams scored a total of 14 tries and conceded fewer in around 60 minutes of rugby.

Most importantly I can see this group of 30 plus rugby playing boys really starting to take shape. Each and every one of the boys contributed something slightly different to their teams and I am hugely excited about the direction that they are heading in. Special thanks to Tom, Louis and Will for their invaluable support – you helped the boys massively and it wouldn't have been possible to take so many boys without you.

Congratulations to all of the boys who took part. It is fantastic to see SK so well represented.

Mr Cook

## 9 BOYS RUGBY V SIDCOT

### 8 & 9 combination side take on Sidcot in exciting high scoring friendly

On Thursday 11 October a 25-man strong squad took to the top field at St Katherine's to prepare for a friendly encounter against Sidcot School. Year 9 have been a group that struggled for players last season and so we invited some Year 8 boys to boost the numbers. I think it was fair to say that based on experience, we weren't expecting everyone to turn up which meant that when they did, we had more than enough players!



*Isaac ADEBO, Joe BETTY, Matthew BRENNAN, Daniel BURT, Euan CAUL-PATERSON, Kanye CHRISTIE, Lewis COLE, Nana GYIMAH-SARPONG, Jordan-Lee HATHERALL, Reggie-Lee HAYWARD, Alfie KING, Hugh LEWIS, Benjamin LUMOSO, Ieuan MILES, Izaac OSBORN, Toby RICE, Jack ROSSITER, Ariel RUGMAN, Max STEVENS, Ollie STRATTON, Will STRATTON, Jack THOBURN, Waide WATSON, Joseph WILLIAMS, Mansur YILMAZ*

SK started strongly and brightly and immediately took the game to Sidcot. Sidcot won the toss and elected to receive the kick off which their captain and scrum half caught. Lewis Cole gave great chase to Toby's kick and nailed his first tackle to give his team the advantage. SK showed great dominance in the scrum in the early stages of the game and a number of their ball carriers were able to get good go forward in the contact. Ben Lumoso was proving particularly difficult for Sidcot to put down and he seemed able to cross the gain line at will. When he was eventually pulled to the ground, normally having drawn in several of the opposition team, his mates Lewis and Ari were able to clear the ruck and give Mansur quick ball at 9. Mansur delivered the ball well to the backline and stand-off Nana had so many options at his

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disposal. Year 8 team captains Kanye and Will occupied the centre of the backline while speedsters Izaac and Isaac took up residence out on a wing each. Toby Rice was given licence to come into the line from full back and it meant that SK looked great with the ball in hand.

As talented and as varied as the boys in the backline were, it was the pack who made the most ground in the opening exchanges. Some strong carrying from Jack Rossiter and Joe Williams alongside Ben was well supported by Ari and Lewis which gave the home side some serious rumble! It was the rumble that gave them strong field position and when Ben Lumoso picked up from the base of a ruck there was much that anyone could do except for watch him cross the line in the 15-metre channel. Despite crossing the line unopposed, Ben made life pretty difficult for himself by dotting down early but managed to put over his conversion kick impressively.

Sidcot weren't without weapons of their own and the spine of their team were really strong. Their half backs were great and worked superbly to get them back into the contest. They also had a number of boys who had genuine pace and they were really clever about how and when they used them. In broken field, these boys were going to be dangerous so SK either needed to keep the ball or make sure it was slow enough to get the defence set. Unfortunately, just moments after going ahead they managed neither which allowed their pacey winger to coast in down the touchline and score under the posts drawing the scores level.

SK once again established possession and territory and were now finding that they had joy out side as well as through the middle and could vary their game with ball in hand to make life more difficult for Sidcot. Alfie King claimed the restart brilliantly and quickly shifted the ball down the line to Kanye Christie who quickly gave an injection of pace down the left wing. Kanye broke through the initial tackle attempts but was hit by the cover only for the boys to recycle the ball and spin in wide right. The handling intentions were great but the boys just forced one pass too many to concede possession which meant that they couldn't keep their opponents down.



*Ben imposing himself on the game*



*Alfie spotting the space out wide*



*Kanye injecting pace to proceedings*

Having worked to regain possession Ben Lumoso scored once more before half time under the posts and converted to give his team a 7-point lead at the break. Ben managed his kick from in front of the posts despite turning to me and saying 'it will be embarrassing if I miss this' before striking the ball. Thankfully for him and for the team, he needn't have worried!

With so many boys in the squad, it was only fair to give all of them some game time although it wasn't easy to get them all on the pitch. Loads of boys came on in the second half and made really positive impacts but it just made continuity really difficult for the boys who were on the pitch. Sidcot took advantage of this in the final minutes of the game to score twice and take the victory but there was far more to this game than just the final result. So many boys made so many excellent contributions that I really hope this will be a boost for both the 8 & 9 teams.

Jack Rossiter is back playing regular club rugby as of a few weeks ago and is already looking sharper for it. Joe Williams added some real physicality to the pack and was a big miss when he was unable to play for their first game. Ollie Stratton is working his way back to full fitness and what a player to have back in the team – Ollie is not just a leader, he is a leader on and off the pitch so is superb to have him back with the group. Hugh Lewis and Joe Betty both made their debuts for the school and both bring talent and rugby playing attributes by the bucket load. Joe is a dynamic ball player with great feet and Hugh really packs a punch in the tackle – both fantastic additions to the group.

There were loads of positives that came from this game for both 8 & 9 teams. Some of the younger boys got some vital pitch time in a tougher environment where they are tested more and face a bigger challenge. For the boys in Year 9 this was an opportunity to find some of the great rugby they show in training and lessons in a competitive game and they did exactly that! Men of the match goes to a trio of boys who have impressed in both matches so far this season and who demonstrated great consistency through this game. Ari, Lewis and Ben all compliment each other really well and deserve a special mention for their efforts in this match.

Well done gentlemen – plenty more rugby to come this year.

Mr Cook



## 9 & 10 LEADERS PRIMARY FESTIVAL

### Nearly 30 leaders put on fantastic festival for 188 primary students

On Friday 12 October, just a week after their hour-long training session, a number of leaders from Year 10 gathered in the sportshall ahead of one very busy morning! We were playing host to 188 Year 1 and Year 2 students from 13 different primary schools that would be competing in a multiskills festival. Normally these festivals are limited to 20 teams but not wanting to turn participants away, we accepted entries from 2 additional teams and had to call on some strong Year 9 leaders for some assistance! The leaders got straight to work setting up their games and running through their final preparations before it was finally time for the children to start arriving. 8 brave volunteers headed up to the top of school with me to battle the elements and help bring the visitors down through the wind and rain to the sportshall. It was fair to say that getting soaked through to the bone wasn't the ideal start to the morning but it perfectly demonstrated the commitment that this group of students had to ensure the morning went completely to plan.



*Max ANDREWS, Finlay BELCHER, Fergus CRETON, Seb DE MONTFORT, Ajay DIMAMBRO, Louie DUN, Ethan EMERY, Nana GYIMAH-SARPONG, Chantelle HAWKES, Amelya HOBBS, Molly JACKSON, Charlie MEDDER, Leah MILKINS, Jazper PEACEY, Amelie PURVIS, Toby RICE, Lara ROPER, Ariel RUGMAN, Lauren SCHOFIELD, Jessica STANLEY, Ollie STRATTON, Isobel TAYLOR, Daisy TILEY, George TURNER, Chloe WEADEN, Sophie WEADEN, Muhammed ZAEEM*

My colleagues in PE will all tell you that ahead of our first leadership event with any year group I am always apprehensive. What if the leaders get confused? What if they panic and can't do it? What if they let themselves down? What if they don't enjoy it and don't want to help again? These are all things that I worry about and the worry gets worse every year because in each subsequent year group, the standard of leadership seems to have gotten stronger and stronger – what if this is the year where it isn't quite as good or better?

I can honestly say that I was completely blown away by Year 10 and Year 9 on Friday morning – they absolutely excelled themselves and gave 188 primary school children an amazing school sport experience at St Katherine's!

The leaders took responsibility in groups of 3 for one of nine mini games which were played by each team throughout the morning. If you had walked into the sportshall at any time during the morning it would have looked chaotic but had you stayed for any length of time, you would have quickly realised that there was absolute order to the chaos and that the order was being provided by our 9 & 10 leaders!

Some of our leaders were absolutely in their element and instantly engaged with the children they had in front of them. For others, in the early stages of the festival they relied on their more confident peers and found themselves a little out of their comfort zone. By the end of the morning, the quality and quantity of the interaction between the primary school children and our leaders was incredibly! There were so many smiles on the faces of children, leaders and other adults in the room.

It is always easy to say how much everyone enjoyed an event after it has happened but just look at the photographs below! If they don't tell the story, then I don't know what will!

Sometimes people question the value of sport or justify it based purely on physical benefits but there is so much more to our subject! Yes there were physical benefits to taking part in the festival and I know our leaders will tell you they were tired and had sore legs at the end! However the social, emotional and intellectual benefits gained from being involved with an event like this are massive. In a really competitive education system where so many students are all going for the same places, decisions from employers, schools or colleges so often rest on what other experiences students have had. If you had been in the sportshall on Friday 12 October then you would have seen a group of young adults demonstrating all of the qualities that are needed to be successful in any aspect of life and I am convinced you would have been hard pressed to say no to any of them!

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Well done everyone. We are enormously proud of you and grateful for the fantastic leadership you demonstrated at this festival. I am really excited about the remaining events we are due to host this year and hope that lots of you will want to be involved again!



## BBL ALL STARS CHAMPIONSHIP TRIP

**Lucky students travel to Copper Box Arena in London's Olympic Park for day of live basketball**

On Sunday 14 October a lucky group of 10 students travelled across to the nation's capital city to visit the Copper Box Arena in the Olympic Park. Luckily for me it wasn't long ago that I was last there and I for one was looking forward to some more sporting action! The group had tickets for the British Basketball League All Star Championship Finals which is where eight of the BBL's best teams do battle in this electrifying adapted tournament.



With features such as 12-minute matches, an all-star 5-point line and a Golden Buzzer Power Play, the British Basketball All-Stars Championship is a non-stop afternoon of fast-paced basketball. This year defending champions London Lions were joined by BBL treble winners Leicester Riders, Esh Group Eagles Newcastle, Glasgow Rocks, Surrey Scorchers, Bristol Flyers, Worcester Wolves, and DBL Sharks Sheffield. The group were particularly excited about cheering on their very own Bristol Flyers! After we had taken our seats in the fantastic multi-purpose venue we eagerly awaited the second game on which involved the Bristol Flyers. The group enjoyed watching the Flyers beat eventual Champions Surrey Scorchers alas it wasn't the Flyers' afternoon as they exited the tournament early.



The group enjoyed a whole afternoon jam packed with basketball action from the minute the doors opened at 1pm right up until the buzzer in the final game just before 6pm. There was no wasted time, no talking and no gimmicks - it was just 100% basketball. There were a couple of phenomenally close games - one of the group games in particular went to triple overtime! The final itself went to overtime and rounded off another superb day of live sporting action!

I hope you enjoyed your day out!

Mr Cook

## 7 BOYS RUGBY TOURNAMENT II

### Boys show massive improvements on rugby pitch at second festival

On Tuesday 16 October just a fortnight after their first ever rugby experience, the Year 7 boys were back in action at Yatton RFC at their second progressive festival. There were some changes in personnel but without wanting to completely change things around, several of the boys were going to be able to use their experience to help their new team mates on this occasion. This was also going to be a fantastic opportunity to measure progress as the boys were playing against the exact same schools.



*Coby BARBOSA-GOA, Samuel BELCHER, Samuel DIXEY, Hector MACKENZIE-ANDRIEUX, Frank MCCANN, Joseph MCLOUGHLIN, Harvey NIEMCZYK, Jake PACKHAM, Tyler REED, Jack SLOMAN, Tom STANCLIFFE, Billy STRINGER, Layton THOMPSON, Charlie TOPP*

In the last festival the boys got better and better with each match and managed their best result of the competition against their last opponents Gordano. This time around the boys faced Gordano first up and so were looking to pick up where they left off. Anyone who expects progress to be perfectly linear is always likely to be disappointed and the boys were really slow to start in their first match. Gordano came out strongly and SK didn't have any answers early on. Gordano enjoyed the large share of possession and although there was some defensive resistance, it was almost as if the boys had forgotten that this was a contact sport! There was quite a lot of whinging and whining in those opening minutes! When the reds did get the ball in hand they just seemed to have tunnel vision and ran straight into the strong Gordano tacklers – it wasn't long before they found the touchline or just ran out of steam! At half time we questioned what the ball carrier was looking to do. The boys came up with some pleasing answers and got better in the second half. It was a bit like tough going and in an otherwise disappointing performance, a breakaway try from Charlie Topp after some strong and athletic running, gave the boys some momentum heading into game number 2.

The boys knew Nailsea and Backwell were both tough opponents having lost to both in the previous week so they were determined to get back out on the pitch in search of their best rugby. Things started well with an early try from Sam Belcher. Sam carried the ball powerfully and dynamically right through the heart of the Nailsea defence. I was worried about watching Sam score so emphatically that the boys might just throw him the ball and ask him to keep going – that was far from what actually happened! It was almost as if Sam's try was the spark that ignited the red fire and what a fire it was! Jack Sloman's name was on the scoresheet for SK's second try after the 3-minute mark but my goodness – that doesn't tell half of the story! All of a sudden the boys started throwing the ball around with complete abandon – they were passing just before contact and getting some serious go forward. Some of the passing was crazy and the handling was even better; with each pass that was thrown and stuck the boys upped the ante. The passage of play that led to Jack touching down was sublime and the last pass thrown by Jake Packham was an absolute beauty. Jack literally didn't have to break his stride, the ball just hit him in the stomach and he fell over the try line – eat your heart out Danny Cipriani! The boys found themselves three tries up before half time after Jack had finished yet another superb passage of play off by crossing the whitewash. The boys were really firing on all cylinders! Sam Dixey was making the game look easy as each

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time he got on the ball he just started motoring forward and ripping his passes before getting his head down to support the ball carrier again. It is like a transformation when boys start throwing passes around because then subconsciously they all start busting a gut to support the ball carrier and the whole thing starts coming together. Nailsea came out in the second half with a steely determination to wrestle back momentum and they did exactly that. A tense finish to the match saw SK hold out for a 4-4 draw with another second half try for Charlie Topp – I wouldn't fancy playing against Charlie in the first half of a rugby match, let alone in the second half. Charlie seems to have complete resistance to any sort of fatigue and as good as his try was, his defence was something else. Nailsea were running hard at the line with their tails up and weren't looking to tie the game. Charlie made a couple of hits during this period and either smashed his man out into touch or drove them back – one particular tackle saw him drive the Nailsea ball carrier away from the try line almost half the length of the pitch back! At full time the boys were gutted to have drawn the game – I could not have been happier; not about the result (what's the point in worrying about results when we don't even know all of the rules of the game!) but about the quality of the rugby the boys had put on display. Bear in mind this was a team we lost against just two weeks ago!



Coby, ball in 2 hands + go forward!



Jake winding up for another pass



Hector hunting down his next victim

I don't know if what I said had any effect on the boys, but they saved their best rugby for their final match against Backwell – the team they had lost most heavily to first time around. The game was really evenly contested for the first half as the two teams exchanged possession on or around the half way line. In one passage of play a Backwell player threw a long pass that bounced perfectly into the hands of the onrushing Charlie Topp who just carried on right to the try line to get himself his third try of the afternoon. In all honesty, we were lucky to be 1 try up at half time as the contest was really even. Every single one of the 14 boys that travelled took to the pitch in this last game and that just goes to show the massive strength in depth with this group.

Backwell scored two quick tries in the early part of the second half and some dropped ball from the boys in red gave them opportunities that they capitalised on – I couldn't expect the boys to hold every single pass that was being thrown! When the going gets tough, the best competitors raise their level and with his team a try down with less than 8 minutes to play up stepped Coby! In a 2 minute period Coby managed to dot down twice after some absolutely superb support play. Coby just put his head down and followed Frank who had half broken the line, got the offload, passed the ball before contact and followed the ball again! Coby also has superb feet and was able to throw in a step or two on his way to scoring his first try. His second try was in tandem with Layton Thompson. Layton scored 3 tries in one match last time around and it would be easy to look back and say that, because he didn't score this week he must have not played as well. That couldn't be further from the truth – Layton's contribution with the ball was huge all afternoon and his ability to pass before contact and support the ball carrier was the only reason Coby scored his second try. The two boys might share lifts to school but they shared the rugby ball superbly on their way to the try line in a fantastic showcase of running rugby.

In the final minutes of the game the boys had a 3-2 lead and things were tense. SK found themselves camped on the Backwell try and after a last-ditch tackle, the reds had the ball at the breakdown just inches from the try that would put the game beyond their opponents. One side of the tackle Harvey Niemczyk was waiting and on the other side Jack Sloman was waiting. I watched the boys butcher decent try scoring opportunities two weeks ago by ignoring passing options like this and instead choosing to run into close contact. Watching Sam Belcher acting as scrum half and having seen him score the first try of the afternoon in the fashion he did, I was certain this would be another wasted try scoring opportunity. So much so that I even turned to the boys on the side and said, 'I bet we'll run this ball into contact'. I was delighted to be proved wrong and even more pleased to see Sam fire an unbelievable pass right into Jack Sloman who literally walked across the try line untouched – that showed me!

At the end of another frantic afternoon the boys had managed to go one better than last time with a win, draw and a loss but far more importantly the standard of their rugby had increased ten-fold. I was so pleased that the boys had played some superb rugby and also been rewarded for it because that doesn't always work out! The most exciting thing by a mile is that there were only 14 of the 30 plus boys who are showing an interest in playing rugby for the school there that afternoon and there is still so much to come from the group as a whole.

Men of the tournament is another difficult decision. Frank captained the boys superbly again, Charlie Topp was a handful with and without ball, Sam Belcher gave a complete performance, Hector was a tackling machine but Sam Dixey and



Coby Barbosa-Goa have both made huge strides forward with their understanding of getting go forward and passing before contact and both boys made big contributions on the afternoon as a result!

Congratulations gentlemen. Well done.

Mr Cook

## 10 BOYS RUGBY V BACKWELL

### Stacks of character and resilience on show in great team performance

On Wednesday 17 October a group of Year 10 boys travelled to Backwell to contest their first game of the season as a year group in their own right. The last time this year group were at Backwell with me it absolutely chucked it down with rain and the temperature was in single figures all afternoon. It wasn't just the weather that was miserable either – the boys didn't enjoy their best rugby outing that afternoon! There has been somewhat of a resurgence of rugby with Year 10 at the start of the year and all of a sudden they have really shown signs of improvement in lessons. From the start of the year to now there is no doubt about it, the boys are playing much better rugby and I was looking forward to seeing them put some of their new-found enthusiasm for the game into action!



Max ANDREWS, Kyle BARRETT, Finlay BELCHER, Tyrese BRACEY, Maximus DIXEY, Louie DUN, Tom EVANS, Brandon GEATER, Kireon KEEGAN, Finley KING, Harley LANGFORD-DAVIS, Leeban MAHAMUD, Charlie MEDDER, Jazper PEACEY, Joshua REEVE, Tony TANNER, George TURNER

As you can probably see from the photograph above, one real problem with this year group is the distinct lack of boys who play in the front row. For that reason we had no choice but to play uncontested scrums and it was still a challenge to find 8 boys to tie in even then! Quite literally this is a year group full of running backs so I was hoping for some entertaining rugby and I wasn't disappointed!

Backwell scored first but this score came against the opening run of play. SK caught the restart and made their way into yellow territory. Max Andrews wasted no time at all imposing himself on the game and let the Backwell boys know that they were going to be in for a physical afternoon. SK managed to keep the ball alive for a few phases but then a turnover presented Backwell with a break away opportunity. They moved the ball wide quickly and showed great pace out wide to beat the drift defence. After just 2 minutes the away team were gathered under the posts having conceded first. This group of boys can lack a bit of resilience and when things start to go against them they are often guilty of getting their heads down too early. Under the posts we had time to quickly identify a couple of key points – 1 we have to keep the ball, 2 commit as many as possible to the tackle and 3 commit nobody to the ruck if we're defending. The boys headed back out and regathered possession shortly after the restart. Louie Dun managed to get the ball away from the base of a scrum cleanly which gave Max a great opportunity to take the ball hard to the Backwell line. I think everyone expected Max to try and make as big a dent as possible in the Backwell line but when he ripped a pass out to Tyrese it caught



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everyone off guard. The Backwell boys hadn't come across Tyrese before as he started new last year. If they didn't know much about him before, they soon did after he backed himself on the outside to round his man and touch down under the posts to give captain Max Andrews an easy conversion. There is no better sight than to see a winger back himself on the outside and then just beat his man for genuine pace – a fantastic score from a lightning quick runner.

Backwell came back strongly and upped their performance after the equalising try. They scored on 5 occasions in the first half but it wasn't as though there was no defensive resistance and the tries just came from poor defence. The boys tackled well in the middle and held onto their men. Brandon Geater made some serious hits, Finlay Belcher was solid with his defence and Jazper Peacey put in one of his best tackling performances for the school. The Backwell boys were just playing good quality rugby, retaining possession well and moving the ball through the hands cleanly. It was good quality rugby that was beating the SK defence in the main but it didn't take a genius to work out that the heads were starting to drop midway through the first half. We got together under the posts and reappraised some of our targets for the match. The boys identified that Tyrese's try was the only occasion they had visited the Backwell 22 so far so we set the target of getting 2 more visits before half time. With a new approach and outlook on the game the boys began to play a little more rugby. They knew that they had Max's ball carrying ability to fall back on but Backwell were wise to the danger he posed and were doubling & tripling up on him. This presented opportunities for other boys and a good number of them made the most of it! Max didn't just carry the ball into 2 or 3 Backwell boys – I managed to get one photograph of him with all 15 of the Backwell boys in the shot! Max led from the front and notched up the first visit for his team before his team mates were a little too slow to react after Max was eventually tackled. In fact the boys were so busy realigning having recognised that they had a try scoring opponent that they didn't bother hitting the ruck to ensure that the ball came back on their side! Their second visit came after Finlay fielded a high ball before offloading to Kyle Barrett on the charge. Kyle went to ground and the boys recycled the ball before Leeban carried into more tackles to cross the half way line. The ball came back out on the red side again which presented Max with the chance to feed Tyrese once again. Tyrese pinned his ears back and was followed by Max Dixey – not an easy job following Tyrese. Having been scragged by yellow shirts, Tyrese freed his arms and offloaded to Max who was just unable to hold the pass. I had absolutely no problem with an offload going to someone who was moving forward and supporting the ball carrier and the referee awarded the scrum inside the Backwell 22 – target hit!



Kyle carrying hard



Max running the ball back with interest



Tyrese getting his hands on the ball early on

At half time the boys were disappointed and needed a second half boost if they were going to be able to get back into the game. Incredibly there are only just over 50 boys in Year 10 and given that nearly half of them were out representing the school, they were putting up a really brave fight. 5 tries to 1 down at half time, the boys targeted an improved attacking and defensive display in the second half which they wanted to judge by tries scored. This was always going to be a tough challenge as with only 17 boys travelling, fatigue was going to be a factor!

The second half started with Backwell showing no signs of fading away. They played some excellent rugby in the opening minutes and scored 3 more tries. To make matters worse, Kyle Barrett had strained his groin and was unable to continue meaning the boys only had 1 player they could rotate. What SK needed was something to lift their spirits but there didn't seem to be any sign of that arriving. Some of the boys were showing real character in the face of adversity in their defensive efforts. Tony Tanner managed to grab hold of a Backwell winger and refused to let go allowing one of his team mates to come and finish the tackle despite their being a big difference in stature between Tony and his opposite number. Tyrese was piling in to tackles as well and using all of his explosive strength to keep the opposition at bay. Kireon Keegan and Josh Reeve are never ones to shy away from a contest and also stepped up in defence. Max was leading his team superbly and was the stitching that was keeping the seams together. Early in the first half Max moved to full back when we were defending in attempt to increase our defensive rigidity. I lost count of the number of 1 on 1 tackles Max nailed at 15 – I can't get across how much of an accomplished defensive display he put in. It wasn't entirely faultless though as Max did miss one tackle which allowed the Backwell ball carrier to break into the 22. Max gave chase and eventually got back to his man after he had crossed the line. Max hauled his man down who lost control of the ball in goal. In that moment everyone on the pitch seemed to freeze except for Harley Langford-Davis who picked the ball up and ran in out to the half way line. There was only one player on the pitch who was capable of getting up with play to support Harley and sure enough Tyrese got the offload from Harley. Harley had done an almighty job to get around the Backwell line and up to half way but Tyrese was determined not to finish there. Initially he injected some pace but then realised the covering

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defender was heading his way. Tyrese then rounded yellow defenders in a cartoon style escapade of majestic footwork rendering each completely helpless. With each defender Tyrese beat you told yourself that the next would surely stop him and although many tried, none managed and Tyrese eventually sauntered in under the posts to finish off the most amazing school boy try I have seen. It isn't often you get end to end rugby in school matches so this was a real treat!

This was exactly the lift that the boys needed and you could audibly hear the difference out on the pitch. So delighted were they with the nature of their score that they momentarily forgot to prepare to receive the kick off. Needless to say that their second try spurred an improve defensive effort in the closing stages of the match and they were able to keep Backwell to just a single additional score better their first half defensive display by a single try. Although they hadn't quite reached the two second half scores they were looking for; the try they did score will live for a long time in my memory and had all of the boys talking at the full-time whistle.



Harley trying to disrupt a breakdown



Count carefully! 15 yellow shirts!



Leeban evades two defenders

Huge credit to the Backwell boys who were the superior team and thoroughly deserved their comfortable victory having played some excellent rugby. With all of the SK boys around at the end of the game we relived Tyrese's second try all over again and it was great to hear the boys talking with such excitement about a sport that only 1 of them plays at club level outside of school! My opening gambit was to encourage boys to get themselves to a club but after that I moved on to awarding a man of the match.

Tyrese Bracey simply had to earn the title of man of the match. He scored two amazing tries – his first a product of raw speed and his second was just absolute magic. Tyrese also tackled like a monster as well and there was no way he couldn't be man of the match. As first class as Tyrese's performance was, I also had to man of the match to Max Andrews. I have rarely seen such an athletically dominant performance at this age group as Max gave in this match. Some of the collisions were absolutely brutal but Max has also added a touch of real class to his ball handling which makes him so much more of an attacking handful. Max doesn't thump into boys deliberately or clumsily. He always tries to step to beat his man and never runs right at them and when tackling he never hits high but always engages with near perfect technique – this boy has so much rugby talent it is unreal. Two brilliant performances from two brilliant lads.

A thoroughly enjoyable game and a pleasure to watch the Year 10 boys enjoying the contest so much. Well done gentlemen – you did yourselves proud!

Mr Cook

## GIRLS FIXTURES V NAILSEA

### Great performances across both hockey and netball for SK teams

Year 7: St Kath's A 14 - 0 Nailsea A

After the disappointment of last week's loss against Clevedon, the St Kath's side went into this match with the desire for a win. With a slight change of position for some, Holly Lang played in the centre position and worked extremely well alongside Hannah Lang WD, Toula Hudson and Nelly Hall WA. Madison Price joined Polly Cole in the shooting circle and the game was predominantly played in their end of the court, both girls worked well within the circle, creating shooting opportunities and with great accuracy in their shots. The ever solid defence of Ruby Gray and Leah Wardingley were fairly quiet, but when required defended well and allowed the Nailsea side very little opportunity on goal. The game was a fantastic 14 - 0 win and player of the match was voted as Polly Cole.

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Year 7: St Kath's B 0 - 0 Nailsea B

This game was much more evenly matched and both sides had plenty of opportunities within their attacking ends. Teagan Davison and Celine Khalife worked well together and despite Nailsea's best efforts, managed to keep them from scoring. Sophie De Wet and Sophie Hicks combined well with Jena Walker in the centre third to keep the shooting duo of Josie Rafferty and Madeline Thomas provided with opportunities at their end. Unfortunately for both sides, no goals were scored so the game finished goalless and player of the match was voted as Jena Walker.

Year 8: St Kath's A 6 - 3 Nailsea A

It was a game of two halves for the A team fixture. The girls were slow to find their rhythm and teamwork in the first half, with too many unforced errors allowing Nailsea to take a 3-1 lead into half time. Following a stern half time team talk the team found their composure and tried to implement the basics we'd been working on in training. They came out with all engines firing and quickly pulled the score back level with some sharp shooting from Scarlett Newby and Poppy Baldwin-Brooks. The defence of Jemima German, Mia Melias and Zara Mace worked hard to limit the Nailsea opportunities and convert defence into attack. The difference in play was astounding and they scored 5 goals to Nailsea's none in the second half. We now just need to ensure we start every game the way we finished this one!! Player of the match: Scarlett Newby (Goal shooter)

Year 8: St Kath's B 4 - 5 Nailsea B

This was a game of two very closely matched side and made for a fantastic contest which was played in greatest manner showing real sportsmanship! Although the teams were closely matched St Katherine's made the most of their chances with great conversion of shooting opportunities from Jamie Packham and Rose Barker. Nailsea although they often got into their circle could not convert their chances St Katherine's, thanks to some great defending in particular from Helena ..... went into halftime with 4-1 lead. Nailsea came out strongly in the second half and scored 3 quick goals bringing the game level and setting up a fantastic finish to the game with both teams looking for that winning goal. Unfortunately, St Kath's just couldn't make the breakthrough and Nailsea scored with virtually the last play of the game to sneak the close contest 5-4. Player of the match: Amritveer Gill (Centre)

Year 9: St Kath's A 15 - 22 Nailsea A

With further injuries this isn't the season the defending county champions were hoping for, but despite this they made a good start against the Nailsea side, with great linking between Sophie Weaden and Chloe Weaden in the circle to match the Nailsea sides 5 goals. Nailsea had a number of talented players with Isobel Taylor working extremely hard to cover her opposite centre. Jolie Breakwell started well but had to make way to Jess Stanley through injury. Lauren Clifford and Daisy Money had a tough job in the defence, having to spend a lot of time rebounding and trying to block the Nailsea shooter, however they had great accuracy, and this allowed them to stretch out a lead into the final quarter. Despite a much closer final quarter, the girls were unable to get back on terms with the Nailsea side. Player of the match was voted as Isobel Taylor.

Year 9: St Kath's B 9 - 16 Nailsea B

This was a game of two halves, with Nailsea starting particularly well and gaining a strong lead, despite the best efforts of Maya Van Heerden and Molly Green in defence. There were few opportunities for the attacking pair of Niamh Gaynor and India Sydenham, but this didn't stop their hard work in trying to create chances. The second half was much more evenly matched, with Ella Leakey working well with wings Millie McLoughlin, Hetty Cleaver and Issy Prime. Natalie Stringer joined Molly in defence and this proved to make a great partnership with Nailsea finding it tough to create the chances they had in the first half. Niamh Gaynor was shooting well and was rewarded with being voted as player of the match.

Year 10 & 11 Hockey: St Kath's 0 - 0 Nailsea

The 14 strong squad of Year 10/11 girls travelled to Nailsea for a tough away fixture. The girls played in determined fashion with excellent ball transfer resulting in more scoring opportunities than their opponents. The team won three penalty corners as a result of creative play and should be really pleased with the numerous scoring opportunities they created. Keeper and Captain Ruby had very little to do but led the team well in this good spirited game.

Player of the Match was Jazzy, but the whole squad of Grace, Stella, Ellie, Eleanor, Lucie, Niamh, Chantelle, Amelya, Molly, Leah, Amelie and Lucy should take great credit for the way they all played.

Well done girls!



## 7 BOYS RUGBY V CLEVEDON

### 3 more boys make debuts as 30 travel to Clevedon for tough contest

On Wednesday 24 October another coach crammed full of young rugby players headed for Clevedon School. The boys hadn't faced Clevedon yet so weren't entirely sure of their playing standard but Clevedon have a reputation for having strong rugby teams with good numbers of club players. Fortunately, Clevedon also had large numbers of Year 7 boys which meant that we were able to play two mixed-standard matches to maximise playing time. This was the perfect opportunity for those boys with less rugby experience to continue climbing that steep learning curve but it was also a fantastic chance for our more experienced boys to use their coaching and leadership skills.

*Cadnan AHMED, Coby BARBOSA-GOA, Charlie BELL, Arthur CLEAVER, Samuel DIXEY, Reagan DREWETT, Dillan FAULKNER, Monty FISHBOURNE, Ethan GARBUTT, Alfred GISBORNE, Nas GYIMAH-SARPONG, Bailey HASELL, Jack JANSEN, Ryan LAMPON, Hector MACKENZIE-ANDRIEUX, Frank MCCANN, Joseph MCLOUGHLIN, Owen MOSS, Harvey NIEMCZYK, Jake PACKHAM, Lucas PACKHAM, Ashton PORTER, Jack PORTON, Sam RICHARDSON, Tom STANCLIFFE, Billy STRINGER, Gabriel SYDENHAM, Jack VINE, Will YOUNG*

The boys were always going to have their work cut out in both matches and it didn't take long to realise that they were up against two really strong sides. It was great to see the boys really have their resilience tested and to see which habits they fell back on under some serious competitive pressure. For a good number of boys it was a bit of a baptism of fire because they were taking to the field for the first time! That didn't seem to worry Dillan, Jack J or Will as all three of them ploughed straight into their rugby. When Jack got the ball in hand he used all his agility and evasive skills which made him really hard to tackle. Will wasted no time getting involved either and one of his first contributions for the school was to hold on to a pretty terrible pass that was down around his ankles before taking the ball into the Clevedon defence – some serious bravery for his first match! Dillan was shy in getting started either as one of the Clevedon boys will vouch for! Enough seemed to be enough for Dillan when he piled through with a huge tackle in the second half of his match, driving his opponent right back off his feet!

It would have been all too easy to look at the final result in both matches and to make assumptions about the games when in actual fact that would be the worst possible thing you could do! Of the 35+ that have represented the school this year only a handful play for clubs, for most boys this was only their second competitive match and for 3 of them it was their first! With a group of boys who are learning the game, all they need to focus on is getting better, learning more about the game and enjoying themselves – if they can get those 3 right, the rest will take care of itself! There were huge numbers of positives to take from these matches but there are a few special mentions below that are worthy of a little extra recognition!

A big well done to Jack, Dillan and Will all playing for the first time in two difficult matches however all three boys contributed brilliantly and wasted no time at all getting stuck in – that is exactly what being a student at St Katherine's is all about!

Special mentions to Jake, Tom S and Coby all of whom managed to bag themselves a try against some serious opposition! I should also mention Arthur who was all but scorer of one of the tries having put the ball down over what he thought was the try line only for one of his team mates to pick it up and actually score – huge improvements from this boy shown over the last term!

Bailey Hasell and Ashton Porter both put in superb performances in only their second school performance. Mr Dawes picked out Bailey from his match for his strong running and athleticism and Ashton was a superb tackler and ball carrier in my match too! Well done to both boys who should be looking to play a lot more rugby!

If I had to give an award for most improved player during this first term then I would give it to Hector – he's been training with such determination to improve that there is absolutely no surprise to me that he has made huge strides forward in just 8 weeks! Hector's tackling against Clevedon was superb and I know he has worked really hard to improve this area of his game!

Finally special mentions should go to all of the boys with experience who led, supported and coaches their team mates through two difficult matches. I can't recall a single moan, negative word or piece of unconstructive criticism throughout my game at all – in fact it was the complete opposite. However there was one boy who's leadership, positivity and support stood out above the others for me and that was captain Frank McCann. I can pay Frank no higher compliment than to say he is leading the Year 7 rugby team with the maturity and responsibility of a captain 3 times his age. Getting around 30 boys organised and ready to represent the school is no easy feat and Frank should be extremely proud that so many want to be a part of this team!

Congratulations on a hugely successful first term of rugby gentlemen. If this last term is anything to go by then the next few years on the rugby pitch will definitely be worth a watch!

Mr Cook

## HOUSE CROSS COUNTRY

### Students battle for opening points in another record-breaking Cross-Country competition

Older students in the school know that the end of term 1 means only one thing – the start of the House Sport Competition! The opening points in the sporting calendar are always decided on the cross country course and so the houses know that the only way to earn big points is to work as a team! The introduction of the new house system gave us the perfect opportunity to revamp the house sport competition starting with cross country!

It has been a very long time since I can remember such fine autumnal weather and the ground out on the course was as firm as I can remember – even behind the back of the sportshall! The vast majority of runners took to the course in perfect conditions – bright sunshine, not a breath of wind but a slight chill in the air to cool all exertions. When you are blessed with the site that we are at St Katherine's, this is absolutely the best time of the year! The race surroundings were absolutely stunning and even if the runners didn't quite take it all in as they were going around, hopefully some of the photographs below will serve as a reminder of how lucky we are!

The race programme and scoring system were tweaked to align with the new house system. For students in Year 7, 8 and 9 cross country is compulsory for all house members. Any runner who didn't have a race time received a default time of 60 minutes. Results were based on a house average time where every second of every race counts regardless of finishing position! For students in Year 10 and 11 cross country is optional for mixed gender teams of up to 8 runners. Results were based on an average of the fastest 3 finishers for each house.



### Current Course Records

\* NEW THIS YEAR

Year Group	Category	Race Distance	Girls Record		Boys Record	
Year 7	Minor	1.85 km or 1.16 mi	<b>Leah Wardingley *</b> 8 minutes 21 seconds (2018)	Y	<b>Jake Packham *</b> 6 minutes 58 seconds (2018)	T
Year 8	Junior	2.82 km or 1.75 mi	<b>Leah Porter</b> 12 minutes 59 seconds (2017)	Y	<b>Caolán Pearce</b> 11 minutes 24 seconds (2014)	T
Year 9			<b>Judit Molnar</b> 12 minutes 51 seconds (2017)	P	<b>Henry Welch</b> 10 minutes 51 seconds (2016)	P
Year 10	Inter	4.21 km or 2.61 mi	<b>Judit Molnar *</b> 19 minutes 21 seconds (2018)	P	<b>Mursal Sharif *</b> 15 minutes 57 seconds (2018)	S
Year 11			<b>Ruby Webber *</b> 21 minutes 26 seconds (2018)	S	<b>Finn O'Rourke *</b> 17 minutes 11 seconds (2018)	S

### Year 7

It was the Year 7 races that set the standard this year with two fantastic record-breaking performances! Leah Wardingley was on another level in her race and had opened up a 20 second lead by the time she crossed the finished line. Leah looked comfortable for the entire race and beat Jamie Packham's old record of 8.39 by almost 20 seconds! The closer race was on the other side of the year between Madeline Thomas and Ruby Gray. The girls spurred each other one superbly around the 1.16 mile course but it was Ruby who strode away at the finish crossing the line in 8.36 just three seconds ahead of Madeline. Amazing efforts by these three girls, all of whom equalled or bettered the previous course record – that shows the standard of the Year 7 girls this year! The standard of running generally was excellent from the

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Year 7 girls and we are really looking forward to seeing the top finishers compete at the North Somerset Championships later next term.

The Year 7 boys race was another hotly contested affair with just a single second separating first and second position. Ryan Bundy must have thought his course record of 6.59 was safe after his phenomenal run this year but it wasn't to be! Layton Thompson crossed the line to equal Ryan's record time but ahead of him by the narrowest of margins was Jake Packham who is now the new Minor Boys record holder with a time of 6.58. Layton and Jake pushed each other all the way around the course and were closely followed by Buster Barnes and Charlie Topp who took joint third and pushed the top two all the way. All of these boys ran around 6-minute mile pace which is really good going given the nature of our course – it certainly isn't all flat!

Special mentions to the girls and boys who made it into the 'Top 6'

Leah WARDINGLEY (Yousafzai) - 8:21  
Ruby GRAY (Stephenson) - 8:36  
Madeline THOMAS (Turing) - 8:39  
Sienna MCLEARY (Yousafzai) - 8:48  
Phoebe OAKMAN (Turing) - 8:55  
Ruby MAGNUM (Turing) - 9:37

Jake PACKHAM (Turing) - 6:58  
Layton THOMPSON (Turing) - 6:59  
Buster BARNES (Stephenson) - 7:09  
Charlie TOPP (Stephenson) - 7:09  
Samuel DIXEY (Yousafzai) - 7:15  
Billy STRINGER (Turing) - 7:29

Well done to everyone in Year 7 who completed the course!



Leah with nothing but grass behind her



Ruby and Madeline sprint at the finish



Jake, Buster and Layton working in tandem

## Year 8

Both of the Year 8 competitions were wide open this year and it was anyone's guess who would take the titles! The girls race was extremely competitive and there are some talented distance runners who didn't make it into the Top 6 this year! Rose Barker took the race to the rest of the field and there was only one girl who was able to follow her lead. Megan Hart-Jones chased Rose with sheer guts and determination all the way around the course but Rose was able to hold her lead of 2 seconds to cross the finish line. Megan has somewhat of a reputation for putting in gutsy athletics performances so Rose couldn't afford to rest on her laurels and was pushed all the way.

The boys race was another wide open competition. We knew that Ryan was the Minor Boys record holder, albeit over a shorter distance and we also knew that Gabe finished the extended elite distance last year in the fastest time. Gabe put in a super human display to finish in 11.56, 20 seconds clear of Ryan giving so much to his race that he was really struggling to walk afterwards. Najib and Mohamed both pushed each other all the way in the race on the other side of the year but neither could match Gabe's time. There aren't many boys to have gone sub 12 on this course so Gabe was the closest to Caolán's record for some time.

Special mentions to the girls and boys who made it into the 'Top 6'

Rose BARKER (Stephenson) - 15:03  
Megan HART- JONES (Pankhurst) - 15:05  
Scarlett NEWBY (Stephenson) - 15:20  
Poppy BALDWIN-BROOKS (Yousafzai) - 16:08  
Hollie ANDREWS (Turing) - 16:11  
Zara MACE (Pankhurst) - 16:15  
Daisy MEDDER (Pankhurst) - 16:15

Gabriel ANTOLIC-FURLONG (Turing) - 11:56  
Najib YUSUF (Stephenson) - 12:08  
Mohamed WARSAME (Pankhurst) - 12:12  
Ryan BUNDY (Turing) - 12:26  
Matthew BRENNAN (Pankhurst) - 12:39  
Dylan HEWETT (Yousafzai) - 12:57

Well done to everyone in Year 8 who completed the course!

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Megan and Rose side by side



Girls and boys making the climb!



Gabe out in front & our amazing backdrop

## Year 9

The standard of running in the Year 9 races was perhaps most consistent of any year group. The top 7 boys all finished within 1 minute of the winner and the top 9 girls all within 2 minutes of the winner. The girls race was won by current Year 8 record holder Leah Porter who crossed the line in 13.34. Leah may have run the course faster last year but once again this year was caught up in a serious race with Maya Matthews. This is the third year running that these two girls have gone head to head on the cross country course and the rivalry is now an annual tradition! It was great to see both girls working off of each other and determined to win the race. The girls weren't the only beneficiary of the rivalry as both of their times were to go on the Yousafzai score sheet!

Ever since Henry Welch ran an incredible sub 11-minute time back in 2016 students have been desperately out in search of bettering his performance. Henry's run was unbelievable and nobody has ever managed to get anywhere near his time. Hugh Lewis was the closest this year and despite crossing in a very impressive 11.52, he was still just over a minute off of the record. Hugh's run was excellent and he was closely followed by house mate Corey Garland and Stephenson rival Ben Lumoso who both finished joint 2nd in 11.55. Hugh ran on the other side of the year to Ben and Corey so it would be really interested to see what the three boys could conjure up if they ran together.

Special mentions to the girls and boys who made it into the 'Top 6'

Leah PORTER (Yousafzai) - 13:34  
Maya MATTHEWS (Yousafzai) - 13:35  
Maya VAN HEERDEN (Turing) - 13:46  
Isabelle HOWIE (Turing) - 15:02  
Jolie BREAKWELL (Turing) - 15:07  
Ava BAKER (Turing) - 15:08

Hugh LEWIS (Turing) - 11:52  
Corey GARLAND (Turing) - 11:55  
Benjamin LUMOSO (Stephenson) - 11:55  
Djafar MENGOU (Turing) - 12:19  
Toby RICE (Pankhurst) - 12:33  
Oscar THORPE (Pankhurst) - 12:37

Well done to everyone in Year 9 who completed the course!



Hugh at the top of the hill & in front!



Year 9 enjoying the best of the weather!



Leah and Maya enjoying their rivalry

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## Year 10

For the first time we included older students in the race programme and weren't quite sure what to expect. In typical fashion, students in Year 10 came forward and stepped up in number to take on the 2.6 mile course. 23 brave runners from the year group arrived on the start line with all houses represented. There was a sense of anticipation as Year 10 were the first group to ever run the increased distance at school. Without a doubt the worst part of the course is the climb from bottom field to top and at 160 metres it isn't the distance that causes the problem, it is the gradient! Unfortunately for Year 10 and 11 runners they would have to face the climb a gruelling 3 times!

The grit and determination shown by the runners was fantastic and every single one of them finished the course despite knowing that for scoring purposes they didn't all need to finish! There was also a real cross house community feel as the runners cheered each other on through the finish line.

Special mention to Mursal Sharif who set a new Inter Boys record with a very impressive time of 15.57 closely followed by Jazper Peacey in 16.05. Jazper followed Mursal all around the course and caused his house rival to look back over his shoulder constantly to check his gap but Jazper didn't quite have enough to make up the gap. Mursal also deserves a special mention as the quickest of all runners to complete the new Inter distance. A very special mention also to Judit Molnar who now finds herself holder of the Junior Girls and Inter Girls course records. Judit finished a whole 2 minutes clear of her nearest female rival and in fourth position overall in the Year 10 race – an amazing achievement from a hugely talented distance runner.

Pankhurst	Stephenson	Turing	Yousafzai
22m 21s	19m 41s	19m 00s	20m 44s
4	2	1	3

Well done to everyone in Year 10 who completed the course!

Max ANDREWS (Yousafzai), Kyle BARRETT (Yousafzai), Seb DE MONTFORT (Yousafzai), Maximus DIXEY (Yousafzai), Courtney DUN (Turing), Ethan EMERY (Stephenson), Tom EVANS (Yousafzai), Louis HAWKER (Pankhurst), Mortimer HOGG (Pankhurst), Nasma ISMAIL (Turing), Molly JACKSON (Yousafzai), Kireon KEEGAN (Stephenson), Finley KING (Turing), Robert MACKENZIE (Pankhurst), Leeban MAHAMUD (Turing), Judit MOLNAR (Pankhurst), Jamie PAGE (Stephenson), Jazper PEACEY (Turing), Amelie PURVIS (Turing), Joshua REEVE (Stephenson), Lauren SCHOFIELD (Yousafzai), Mursal SHARIF (Stephenson), Connor WHITING (Stephenson)

Congratulations to Turing House who finished in top spot with an average time of 19 minutes exactly.



Mursal and Jazper stretching their lead



Molly and Lauren smiling!



Double-record holder Judit in the finish funnel

## Year 11

Year 11 were equally as committed to their running despite the conditions turning pretty miserable for them as the last race of the week. In total 18 runners arrived on the start line and once again every single house was represented. The weather might have taken a downward turn but this didn't dampen the determination of the runners who all pushed themselves as hard as they could for their houses.

Special mentions to Finn Hamza, AJ and Khaled who all finished fastest for their respective houses in a really tightly contested race. All four runners finished with a decent sized gap between themselves and the runner behind and it was great to see the distance running talent spread across the four houses. Special mention also to Ruby Webber who finished superbly in a male dominated race for Stephenson house clocking a time of 21.26 which was second only to Judit Molnar as the fastest female time.

Pankhurst	Stephenson	Turing	Yousafzai
22m 15s	19m 13s	23m 22s	20m 29s
3	1	4	2



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Well done to everyone in Year 11 who completed the course!

Danny BENNETT (Yousafzai), Hamza BULALEH (Turing), Will CONROY (Stephenson), Bailee FARLEY (Turing), George HARDWELL (Pankhurst), Charlie HAYWARD (Pankhurst), Abdulahi JAMA (Yousafzai), Aranvir KHAKH (Stephenson), Khaled LOUTOUF (Pankhurst), Finn O'ROURKE (Stephenson), Reece PALMER (Yousafzai), Corey PARKHOUSE (Yousafzai), Harry POWELL (Pankhurst), Charley SAUNDERS (Stephenson), Joshua SONGER (Stephenson), Ruby WEBBER (Stephenson), Logan WEST (Turing), Muhammed ZUBAIR (Yousafzai)

Congratulations to Stephenson House who finished in top spot with an average time of 19 minutes and 13 seconds.



Ruby smiling down the hill



Zubair enjoying his surroundings!



Finn on his way to gold

## Final Results

In Year 7, 8 and 9 house competitions were decided on the average time posted by all students in each house. Students who did not earn a time were given 60 minutes by default. In Year 10 and 11 house competitions were decided on the average time posted by the fastest 3 runners in each house.

Average times as results for each competition.

Gender	Competition	Average Times						
		7	8	9	10	11		
BOYS	Pankhurst	20m 20s	25m 43s	26m 05s	10 & 11 competitions were mixed gender teams with a maximum of 8 runners. An average time for the first 3 finishers in each house is the score below.			
	Stephenson	12m 38s	32m 30s	21m 55s				
	Turing	17m 01s	21m 24s	23m 01s				
	Yousafzai	13m 34s	27m 08s	22m 24s				
GIRLS	Pankhurst	12m 05s	26m 41s	26m 15s				
	Stephenson	17m 15s	27m 45s	33m 23s				
	Turing	17m 42s	25m 28s	26m 55s				
	Yousafzai	14m 3s	30m 45s	31m 26s				
TOTALS	Pankhurst	7, 8 and 9 competitions were compulsory for all students. An average time for every student in the house is the score above.			22m 21s	22m 15s		
	Stephenson				19m 41s	19m 13s		
	Turing				19m 00s	23m 22s		
	Yousafzai				20m 44s	20m 29s		

## Points taken forward to overall House Sport Competition

House	Year 7		Year 8		Year 9		Year 10		Year 11		Total		
	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	
BOYS	Pankhurst	1	4	3	2	1	4	1	4	2	3	8	4
	Stephenson	4	1	1	4	4	1	3	2	4	1	16	1
	Turing	2	3	4	1	2	3	4	1	1	4	13	2
	Yousafzai	3	2	2	3	3	2	2	3	3	2	13	2
GIRLS	Pankhurst	4	1	3	2	4	1	1	4	2	3	14	1
	Stephenson	2	3	2	3	1	4	3	2	4	1	12	3
	Turing	1	4	4	1	3	2	4	1	1	4	13	2
	Yousafzai	3	2	1	4	2	3	2	3	3	2	11	4
OVERALL	Pankhurst	5	3	6	2	5	1	2	4	4	3	22	4
	Stephenson	6	1	3	3	5	1	6	2	8	1	28	1
	Turing	3	4	8	1	5	1	8	1	2	4	26	2
	Yousafzai	6	1	3	3	5	1	4	3	6	2	24	3

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This year once again our students stepped up to the mark and there was definitely a renewed enthusiasm for the competition with the new whole school house system. Cross Country is a brilliant competition because everyone takes part and everyone who did should feel a huge sense of achievement. In this format, regardless of finishing position – every single second of every race counts and it was great to hear students cheering on their house mates. Special mention to 9b/Pg who win the prize hands down for the best atmosphere at the finish line!

You can't force students to smile while they are running cross country and you can see from the photographs just how many are smiling!



Thank You!

Well done to everyone who completed the course this year for their house! Praise Postcards are on their way to you! Thank you also to House Captains for their organisation prior to the event.

A special well done once again to our record-breaking runners; Leah Wardingley and Jake Packham as well as our record setting runners; Judit Molnar, Mursal Sharif, Finn O'Rourke and Ruby Webber.

Thank you to all of the older leaders who supported our 2018 competitions as marshals, photographers, timers, recorders and in some cases accompanying runners! We are really grateful to you for giving up your time to come and support the lower school!

Megan ANDREWS (Turing) - 2, Danny CONWAY (Yousafzai) - 5, Stella CROCKER (Pankhurst) - 1, Tom GREEN (Pankhurst) - 2, George HARRIS (Yousafzai) - 1, Bo MARSHALL (Pankhurst) - 6, Dexter MOTT (Stephenson) - 1, Caolán PEARCE (Turing) - 4, Mason SMART (Pankhurst) - 2, Louis STRATTON (Yousafzai) - 2

Another year and another fantastic competition – we are looking forward to our next house competition early in term 2!

**The PE Faculty**



## HOUSE RESULTS OCTOBER 2018

### Stephenson sprint in to early lead after excellent start to competition

It is perfectly fair to say that nobody is quite sure how the new feel house competition is going to turn out and nobody is too sure how their house compares to the others. The evidence from the first competition would suggest that things are going to be mightily close this year and that the most successful houses will have buy in from all their house members. We certainly know that Stephenson had the best % completion in cross country!

Current Standings		
Position	House	Points
1	Stephenson	28
2	Turing	26
3	Yousafzai	24
4	Pankhurst	22

*“Stephenson House take victory in 4 out of the 10 race competitions to steal early leading heading into second term of school year”*

Previous Standings		
Position	House	Points
1=	Pankhurst	0
1=	Stephenson	0
1=	Turing	0
1=	Yousafzai	0

House	Year 7		Year 8		Year 9		Year 10		Year 11		Total		
	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	
BOYS	Pankhurst	1	4	3	2	1	4	1	4	2	3	8	4
	Stephenson	4	1	1	4	4	1	3	2	4	1	16	1
	Turing	2	3	4	1	2	3	4	1	1	4	13	2
	Yousafzai	3	2	2	3	3	2	2	3	3	2	13	2
GIRLS	Pankhurst	4	1	3	2	4	1	1	4	2	3	14	1
	Stephenson	2	3	2	3	1	4	3	2	4	1	12	3
	Turing	1	4	4	1	3	2	4	1	1	4	13	2
	Yousafzai	3	2	1	4	2	3	2	3	3	2	11	4
OVERALL	Pankhurst	5	3	6	2	5	1	2	4	4	3	22	4
	Stephenson	6	1	3	3	5	1	6	2	8	1	28	1
	Turing	3	4	8	1	5	1	8	1	2	4	26	2
	Yousafzai	6	1	3	3	5	1	4	3	6	2	24	3

Month	Event	*
September	HOUSE CAPTAIN APPLICATIONS	✓
October	CROSS COUNTRY (7-9)	✓
November	AUTUMN HOUSE SPORT: DODGEBALL & BENCHBALL	
December	WINTER HOUSE SPORT: RUGBY & NETBALL	
January	* WINTER HOUSE SPORT: BADMINTON	
February	* WINTER HOUSE SPORT: BASKETBALL	
March	* NINJA WARRIOR & BOCCIA	
April	SPRING HOUSE SPORT: FOOTBALL & HOCKEY	
June	SUMMER HOUSE SPORT: STRIKING & FIELDING	
July	SUMMER HOUSE SPORT: ATHLETICS SK SUPERSTARS	



## SK SPORTING STUDENTS

We are really proud of all of the sporting achievements of the students in our school. Below are some updates on some of our sporting students.

### Millie McLoughlin (Kickboxing)

Another amazing World Championship medal for Millie!



Back in 2017 Millie enjoyed huge success at the World Karate and Kickboxing Championships in Portugal. While the vast majority of the school were on the wind down into half term, Millie was busy putting together her final preparations for the 2018 World Championships which were held in Manchester! Millie has been training hard for months in the build up to this major competition.

We are delighted to share that Millie won Silver after successfully negotiating her way through a group of 6 older and heavier competitors! We are delighted for Millie and want to congratulate her for this fantastic achievement!

There isn't any let up in competition for top athletes either as Millie will now be preparing for the next major competition which is the Nationals in January! Well done Millie!

### Mattijs Korswagen (Football)

Mattijs travels to Real Madrid for training camp with Junior Premier League Representative Team

Towards the end of term 1 Mattijs Korswagen in Year 7 jetted off to Spain with the rest of the Junior Premier League Representative team for a training camp at Real Madrid.

Mattijs has enjoyed a fantastic tour consisting of regular training sessions with academy coaches, a trip to the Santiago Bernabéu Stadium, watching Real Madrid train, catching Real Madrid Castilla v C. F. Fuenlabrada where Zidane was watching his own son play in goal and playing matches of their own!

What a fantastic experience for Mattijs who was invited to attend the 5 day training camp. What a fantastic honour to be chosen for the JPL representative team. Well done Mattijs!



### Gabe Antolic-Furlong (Football)

North Somerset Schools U13 Representative Football



This year has seen the reintroduction of North Somerset Secondary School Representative District Football across the age groups. Earlier this year Gabe successfully trialed for the district side and was recently named in the team for their first match against Taunton District.

Gabe played the whole match in goal making some excellent saves to keep his new team in the game. The boys were up against an established Taunton side and so can be very pleased with their first performance together.

Well done on your selection Gabe - we are looking forward to hearing about many more district matches this season!



### Mac Marshall (Football)

North Somerset Schools U13 Representative Football

Back at the start of October Mac also trialled successfully for North Somerset District U13 side having impressed across both of the trial dates. Mac was selected for their first match against Taunton District and headed down to Kings College for the game on Monday 22 October.

Mac also made fantastic contributions on the left side using all of his skill and talent to have a positive influence on the game.

Well done on your selection Mac - we are looking forward to hearing about many more district matches this season!



Does your son / daughter deserve to be recognised for their sporting achievements? If so we want to know about it!

If they don't tell us about their sporting achievements then we probably don't know! Please feel free to send us updates and photographs as regularly as you like!

Email [cookd@skdrive.org](mailto:cookd@skdrive.org) to tell us more!

The PE Faculty

## PE LEADERS AND CAPTAINS

### 75 students now in PE leadership positions as team, house or senior captains

This year we have decided to really formalise the fantastic work that our leaders do in PE. Things in our faculty are always busy and we rely on help from our students to help maximise the PE and school sport opportunities that we can offer students. You can see our Leadership Structure below. If you are interested in leading in PE, speak to your PE teacher.

#### SENIOR SPORTS CAPTAIN

*Our highest level of leadership by invitation*

#### HOUSE CAPTAIN

*A successful application to captain one of our houses for a year*

#### TEAM CAPTAIN

*Being asked to captain one of our major school sports teams*

#### VICE HOUSE CAPTAIN

*A successful application to help captain one of our houses for a year*

#### VICE TEAM CAPTAIN

*Being asked to help captain one of our major school sports teams*

#### LEADER AT EVENTS

*Being asked to lead at primary school festivals or external competitions hosted at SK*

#### LEADER IN LESSONS

*Leading warm ups, cool downs, small drills in lessons or a captain for a team during a game situation*

### ST KATHERINE'S PE FACULTY – LEADERSHIP STRUCTURE

*The different leadership roles that students can aspire to in the PE faculty*

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Congratulations to the students below who have either been appointed, asked or invited to lead in one or more of the roles. We are really lucky to have such a fantastic group of young leaders - to have 75 pairs of hands to call on for help is a very fortunate position to be in.

Thank you in advance for all of the work you will do this year.

## SENIOR SPORTS CAPTAINS

**ALL** Danny Conway, Matthew Crutchley, Tom Green, Bo Marshall, Dexter Mott, Caolan Pearce, Lucie Robertshaw, Mason Smart, Louis Stratton, Maddie Watts, Ruby Webber

## TEAM CAPTAINS

Year	Rugby	Football	Cricket	Basketball	Netball	Hockey	Rounders
7	<u>Frank McCann</u> JJ McLoughlin				<u>Polly Cole</u> Jena Walker		
8	<u>Will Stratton</u> Kayne Christie	<u>Mac Marshall</u> Ryan Bundy	Mac Marshall				
9	<u>Ollie Stratton</u> Ari Rugman	Nana G-S	Toby Rice	Toby Rice Ben Lumoso	<u>Asha Storer</u> Jess Stanley	Jolie Breakwell	Chloe Weaden
10	Max Andrews	<u>Louie Dun</u> George Turner	Louie Dun	Kyle Barrett			
11	Sam Williams Tyler Barr	Eli Smith	Will Conroy Ethan Eggleston	Ashya Gray	Priscilla Lumoso	Ruby Webber	Priscilla Lumoso
6	<u>Lowell Mott</u> Lewis Mason	<u>Danny Conway</u> Jay Spicer	Lewis Mason	Danny Conway	Bo Marshall		

## HOUSE CAPTAINS

Year	PANKHURST		STEPHENSON		TURING		YOUSAFZAI	
7	<u>Ashleigh Lear</u> Celine Khalife			Coby B-G Charlie Topp	Ruby Magnum	Nas G-S JJ McLoughlin	Leah Wardingley	Jack Vine
8	Daisy Medder	Matthew Brennan Mac Marshall	Scarlett Newby			Gabe A-F	Daisy Wilkinson	Kenny Newbury Will Stratton
9	Chloe Weaden	Toby Rice Ari Rugman	Ella Leakey	Ben Lumoso	Jolie Breakwell Isra Sandhool Jess Stanley Isobel Taylor	Nana G-S		Lewis Cole Maxwell Williams
10	Leah Milkins	Alfie Wagland		Ethan Emery	Amelie Purvis	Louie Dun Jasper Peacey	Molly Jackson	Max Andrews
11	Stella Crocker	George Hardwell Charlie Hayward Henry Welch	<u>Jazzy Pither</u> <u>Ruby Webber</u> Ebonie McCombie	Will Conroy	Lucie Robertshaw	Logan West		<u>George Hayward</u> M Zubair

As you can see there are still some gaps - if you are interested in getting involved then please speak to your PE teacher in the first instance.

**The PE Faculty**



## CLUBS AND CAPS TERM 1

### A look back at student achievements in the first term of the academic year 2018/19

We are really pleased to be able to share some information about notable student achievements this term. So many of our students give such substantial and sustained contributions to our faculty and they deserve their recognition!

#### Top Clubbers

Congratulations to the top male and female clubbers for each year group below! Top overall clubber highlighted!

Leah Wardingley	Year 7	Jake Packham
Scarlett Newby & Hannah Packer	Year 8	Will Stratton
<b>Molly Green</b>	Year 9	Toby Rice
Viktoria Fekete	Year 10	Jazper Peacey
Stella Crocker & Ruby Webber	Year 11	Abdulahi Jama & Muhammed Zubair
Megan Andrews	Year 12 & 13	<b>Dexter Mott</b>

#### School Caps

Congratulations to the students below who notched up the most school caps during this term! Most caps highlighted!

Angel Chinn, Polly Cole, Demi Cornick, Sophie De Wet, Ruby Gray, Celine Khalife, Hollie Lang, Hannah Lange, Madison Price, Josie Rafferty, Jena Walker, Leah Wardingley	Year 7	Coby Barbosa-Goa, Samuel Dixey, Nas Gyimah-Sarpong, Frank McCann, Harvey Niemczyk, Jake Packham, Layton Thompson
Poppy Baldwin-Brooks, Melissa Bartlett, Jemima German, Zara Mace, Mia Melias, Jamie Packham	Year 8	<b>Will Stratton</b>
Jolie Breakwell, Lauren Clifford, Daisy Money, Jessica Stanley, Isobel Taylor, Chloe Weaden, Sophie Weaden	Year 9	Toby Rice
Molly Jackson & Amelie Purvis	Year 10	Max Andrews & Jazper Peacey
Stella Crocker & Ruby Webber	Year 11	Danny Bennett, Will Conroy, Bailee Farley, Charlie Hayward, Muhammed Zubair
<b>Bo Marshall</b>	Year 12 & 13	Danny Conway & Louis Stratton

Congratulations to the students below who are currently the highest cap earners in the school! Most capped highlighted!

<b>Ruby Webber</b>	<b>114</b>	<b>Most Capped Students</b>	<b>Danny Conway</b>	<b>156</b>
Bo Marshall	110		Caolán Pearce	154
Molly Jackson	81		Louis Stratton	136

Keep working hard - your effort, endeavour, dedication and commitment doesn't go unnoticed!

Thank you all for your contributions.

**The PE Faculty**

# ST KATHERINE'S SCHOOL PE & SPORT NEWSLETTER

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## KEEP UP TO DATE

### SOCIAL MEDIA

You can follow us on Twitter [@StKathsPE](#) and get identical updates on Snapchat [stkathspe](#)

### LATEST NEWS

You can visit the PE and Sport section of the website for the latest news [stkaths.org.uk](#)

### PHOTOGRAPHS

All of our PE and sport photographs are available on Instagram [stkathspe](#)

### NEWSLETTERS

Sign up for our termly PE newsletter at [stkaths.org.uk](#)



## The PE Faculty

**Mr Cook**  
Head of PE

**Miss Ball**  
Head of Girls PE

**Mrs Price**

**Mr Thomas**

**Miss Wilsher**