

# HIGH SPORTS

ISSUE 4 SUMMER 2011

This year we have significantly raised our game and our profile. A greatly increased number of fixtures has enhanced our success and reputation regionally, while our hosting of major events, including GDST tournaments and even a national conference of PE examiners, has further put us on the map as a leading sporting school.

Amongst many great performances, our strength in swimming continues to be one of the school's foremost achievements and this year we delighted in the success of our tennis team in reaching National Finals.

The "new look" Sports Presentation Evening was a triumph, giving parents a snapshot of the myriad activities enjoyed every day by both our top competitive sportswomen and girls whose sporting life is more for fitness and pleasure. The introduction of new Colours, Cups and Awards, including the revival of historic Northampton High School shields for House successes, have all been popular developments.

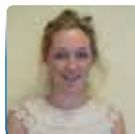
My thanks and congratulations go to our fantastic Head of Sport and PE, Miss Bentley, to the talented and dedicated team of staff she leads and to the amazing girls whose sporting lives it is a privilege to nurture and reward.

Sarah Dixon, *Headmistress*

*In the senior school during the first two terms of this year, we have played over 150 matches against more than 50 different schools, winning two-thirds of these. We have also played in 20 different tournaments in a range of sports and have reached 13 county finals, 5 regional finals and 2 national finals in tennis and swimming. It has been a fantastic year for sport at the school and we are delighted that these pages give a flavour of that experience.*

Jo Bentley, *Head of Sport*

## SENIOR SCHOOL



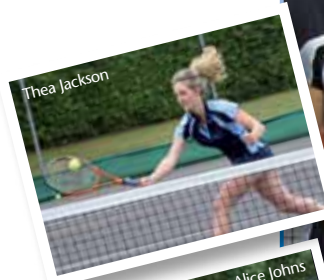
Thea Jackson,  
Senior Tennis  
Captain

### Tennis

To date the tennis season has been very successful. The senior tennis first team entered the National Senior Students Tennis Tournament this year, knocking out last year's winners to reach the National Finals in Bolton. The team finished 5th overall; a fantastic achievement out of the 350 schools that entered the competition.

We also entered a senior team in the Aberdare Cup, a national tennis competition against Tudor Hall. The team started with singles matches and all were victorious in straight sets. The team progressed to the regional finals where we lost to a very strong Repton side.

Further highlights so far have been wins for the U18 team over Wellingborough and Kimbolton; the U13 team have just become County Champions and await the next round in September and we won the Northern Trust Rally in September.



Thea Jackson



Alice Johns



National Final Team



U13



Holly Lee, Senior Netball Captain

## Netball

Once again, it has been a fantastic year for netball with great results across all the age groups, and a continued feel of fun, enthusiasm and competition. The girls have really excelled once more and the tougher level of competition, partly brought by the Saturday fixtures, has been relished by the teams, who have stepped up to and often surpassed this challenge.



Hannah Tapsell

Of the many highlights during the season, becoming District Champions in every age group has been a

great achievement. The U13 team had an exceptional season and went on to become County Champions and the U14 and U15 teams were runners up at County level. The U14s progressed further on to the Regional Tournament in January, in which they showed a very high level of netball and narrowly missed going through to the semi-finals.

The school hosted the GDST U15 Netball Tournament earlier this year which was a great opportunity to participate in and watch a high standard of netball and meet girls and staff from other Trust schools.



U18



U15



U13



Natasha Punchihewa, Senior Badminton Captain

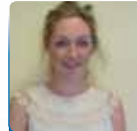
## Badminton

This year has been an excellent year for badminton in school. We have participated in the School Leagues, Sixth Form matches, the Northern Trust Rally and District, County and Regional tournaments. All age groups have performed well throughout the year, winning the majority of matches and tournaments.

The highlight of this year has been the Center Parc Tournaments, in which we entered two teams. Our U14s convincingly won the District Tournament and then went on to finish 2nd at County level. The U16 team eased to victory in both the District and County rounds. In the Regional Tournament, the girls played extremely well and were placed a worthy second overall in the East Midlands Regional Section.

At the Northern Trust Rally, we took an U17 team of four girls who faced some tough opposition but the games were very close and overall we finished a creditable 5th place.

Also three teams were entered in the Schools League; both our U13 and U17 teams were league winners, the U17s for the third year running! Our U15 team were placed a very commendable 2nd place.



Thea Jackson, Senior Hockey Captain

## Hockey

The U13 team had an extremely successful season winning many matches against tough opposition to be crowned County Champions. The Under 14 team have also performed very well and came 3rd in the English Schools Tournament hosted by Oundle School.

The U18 first team had an eventful season with some good wins against challenging opposition. They reached the semi-finals in the GDST Hockey Rally, coming 3rd overall out of the 25 schools who took part.

We took part in the Gresham's Hockey Festival, an outdoor and indoor tournament, for the first time this year, coming away with two well deserved cups from the event. Excellent play from all the girls led us to a close fought final in the Indoor Tournament against last year's winners, Gresham's, which we won to become the Indoor Champions. Emily Kilner received the cup for best female player of the tournament.



U18



U14



U13



Natasha Punchihewa



U17



U16



U14



U13



## Swimming

The swimming team has had an excellent season, winning every gala with the exception of just one.

Our senior team competed in the Regional Schools Relay Finals held in Daventry winning both the freestyle and medley relays in terrific times.

In January we hosted a swimming gala against Stamford High School. The races were all closely fought but we won across all age groups. In March, we welcomed Spratton Hall to compete in a Junior Swimming Gala. Fun and enthusiasm were the order of the afternoon as well as recording yet another win for NHS.

In addition, this year we were delighted to qualify for the National English Schools Swimming Association Championships held in February at Stockport. Everybody gave their all, allowing us to achieve a personal best and move up the ranks to 13th place in the 4 x 50m Freestyle Medley and 15th in the Medley Relay.

Our Junior, Intermediate and Senior teams competed in the annual GDST gala held at Croydon with the senior team placed a very creditable 2nd overall.

The recent Northamptonshire County Championships saw the senior team of seven girls all achieving personal best times in their chosen events. Zoë Gidden won 4 junior individual titles and 2 senior individual titles and went on to win the U15 age group.

Charlotte Milligan won 10 junior individual titles and 9 senior individual and went on to win the U16 age group. Ella Thompson came second in the U16 age group; Charlotte Milligan was also presented with a silver plate for breaking 17 county records in 2010.



Zoë Gidden



The Swimming team



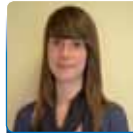
## Squash

This year squash club has been attended by more girls than ever before from U3 to Sixth Form. From January the members of the club have been competing in our annual tournament,

consisting of both a junior and a senior competition. The Squash team competed successfully in the Northern Trust Rally, against some very strong opponents.



Harriet McCulley



## Cross Country and Athletics

Eleanor Barnes,  
Senior Cross  
Country Captain  
and Athletics  
Captain

This season, more girls than ever have taken part in cross country for the school and some excellent results have been accomplished by all. Firstly, the school entered the English Schools Cross Country Cup in Daventry in October

where the girls ran well. The teams finished 2nd in both the junior girls and inter girls races which qualified them for the regional round. Phoebe Ellis had the best performance of the day with an excellent run finishing 3rd in the junior girls race.

The school entered the town Cross-Country Championships held at Abington Park. The minor girls and junior girls teams both finished 1st, which was an excellent result. Eight of the girls who ran qualified for the County Championships which took place in January. Again, we had some brilliant results with Phoebe Ellis and Katie Clubb both finishing in the top five in their age groups.

Also in January was the GDST Cross Country Competition held in London. The girls all gave fine performances with the Lower and Upper Fourth both finishing 2nd in their team competitions.



Rebecca Shears



Emily Kilner

In the U17 District Athletics Meet, the High School finished an impressive 3rd overall – notable performances include Charlotte Milligan coming first in the 800m, Nicole Hudson coming 2nd in the javelin, Emily Gibbard finishing 3rd in the discus, Katie Perkins coming 3rd in the shot, and Megan Exley coming 2nd in the 800m. These girls have now qualified to represent South Northamptonshire in the County Finals.

In the ESSA Track and Field Cup, the U15 team came 3rd overall, with Megan Exley coming 1st and Nicole Hudson coming second in the javelin, and Katie Clubb and Megan Exley coming 1st and 2nd in the 800m respectively.

In the U15 District Athletics Competition there were some superb individual performances with Megan Exley winning the javelin and Katie Clubb finishing second in the 800m. Other highlights included finishing second in both relay races and Isabelle Balogun-Lynch and Charlotte Leach finishing 4th in the 100m and 200m respectively.



Rebecca Leadbeater



U15

# JUNIOR SCHOOL

It has been another busy year of sport in the Junior School with far more fixtures played than ever before and high attendance at the numerous and varied extracurricular clubs. As well as Year 5 and 6 matches, this season the Year 4s have also played matches in Netball and Hockey.

The Year 6 hockey team have had an excellent season, winning the County Tournament and narrowly missing out on the semi-finals of the Regional Tournament. The enormous enthusiasm in Year 6 has meant we have been able to field five hockey teams on occasions. The C and D teams didn't lose a game and the B team finished a very pleasing 4th in the County.

Year 5 girls have been equally as enthusiastic and determined and have really developed as a squad of 28 keen hockey players. This year there were many fixtures for the teams, both home and away, with the most memorable match being against Bedford, where success was celebrated by all the teams.

The Year 6 swimming team travelled to Grantham Mere's Leisure Centre to compete in the divisional round of the ESSA Primary Relay Championships. We entered in both the Freestyle and Medley relay races. The girls swam very well, qualifying for both the finals and finished 6th overall in both, swimming a team personal best in the Medley.

Girls have been enjoying the variety of clubs available; hockey, rounders, sailing, swimming and pony club continue to be well attended and the new judo club has proved very popular. A new gymnastics club was introduced to the Year 2s which was attended by many of the girls who enjoyed a variety of activities focusing on strength, co-ordination and having fun! The cheerleading club has also been great for fun and fitness and enables the girls to support our teams in style.

Twelve Year 6 girls attended the U11 GDST Netball Rally, hosted by Wimbledon High School, reaching the quarter finals of the Plate competition. The team thoroughly enjoyed the experience and played extremely well against strong opposition throughout the day.

We continue to develop and share our love of sport with the community, with over a hundred girls from other schools joining us for our Year 5 Sports Enrichment Day. This year we secured funding from HSBC enabling us to provide opportunities for children from other schools to try sports such as fencing, table tennis, archery and padel.



Northampton High School  
Newport Pagnell Road, Hardingstone  
Northampton NN4 6UU  
t: 01604 765765  
[www.gdst.net/northamptonhigh](http://www.gdst.net/northamptonhigh)



Charlotte Bell



Julia Wardley- Kershaw



Hebe Stapleton