



NORTHAMPTON
HIGH SCHOOL

G D S T
GIRLS' DAY SCHOOL TRUST

High Sports



2017/18

Be happy, be active, be here

Introduction 2018



This year we have been celebrating 140 years of the High School and, in sport, this has meant reflecting on the ways in which the School has been a pioneer for girls. At a time when physical education was very low on the agenda for young women, in its earliest years, the High School offered girls the benefits of PE as part of the curriculum, including the new discipline of Swedish Drill. Our archives abound with photographs of sports teams going back through the decades and a state-of-the-art Gymnasium was included in the early improvements at the Derngate site. Swimming has always been strong - with three Olympic contenders (Elizabeth Church, Jacqueline Enfield and Caitlin McClatchy) emerging from among our students in the past seventy years - as well as current Paralympic champion Ellie Robinson, of course, of whom you will read more in these pages. For this reason, we are delighted to be launching a new Swimming School from September, in collaboration with Northampton Swimming Club – an initiative which will serve the broader community as well as the School.

Northampton High has always been keen to embrace new trends in sport – witness the success of our Rhythmic Gym teams in the 1980s - and now we are very proud to be taking the lead in developing girls' cricket. This year we have established a GDST training hub in collaboration with Lydia Greenway. A highlight of the year occurred on 27 April when Abigail Passmore in 6.2 led the GDST team in their inaugural match against the Ladies' MCC team in Hampstead.

Amidst all this innovation, our progress in the traditional sports we value so much – hockey and netball, tennis and athletics – continues to be very strong. Three county titles in netball, three age groups reaching regional hockey finals and the U14 team becoming the GDST Hockey Champions is an impressive tally by any measure, and we were delighted that Mrs Webb was selected to be a specialist coach for the GDST netball squad. The dedication and ambition of all our exceptional staff – led by Mrs Hackett, who has just completed a successful year as the Consultant Teacher for Sport Trust-wide – ensure that there are opportunities for girls to try, improve and stretch in sport, at every entry level. As we look ahead to the next 140 years, we can feel confident that High School Sport will continue to ride high.

Dr Helen Stringer, Headmistress



What an exciting year we have had in Sport here at Northampton High School! We have taken part in 20 Tournaments, 17 County Tournaments, 8 Regional Tournaments, 3 National Finals, 3 Tour weekends and 1 ski-trip – what a year!

Particular highlights from this year have included the successes of both the U14 and U16 Badminton teams who have both become county champions, the U14, U15 and U16 Netball teams who also became County Netball champions, and our senior Netball team winning the GDST Plate. In Hockey we have excelled once again, with our U11, U13 and U16 teams all reaching their respective Regional finals, with our U14 team becoming the GDST Hockey champions.

Our Swimmers have also had a successful year, with a particular highlight coming from our U13 team, who have qualified for the IAPS National Finals. In addition to this we have celebrated exceptional individual performances such as the Gold medal at the Commonwealth Games from Ellie Robinson, selection for the ESSA National Final and School Games in Athletics, International Karate selection for Leah Tanna-Shah, and Home Counties shooting selection for Kirstin Vogel for this summer.

Our tour weekends have been varied, and we have attended events such as the GDST Hockey weekend in Bath, an U11 Sporting Weekend in Wimbledon, the U13 Gresham Hockey weekend, along with one girl being hosted by the Lampard's!

Kirstin Vogel was selected to attend the BT Women in Sport Awards Dinner at the O2 with a few other GDST students, and Abigail Passmore was selected to captain the GDST Select XI Cricket team against the MCC. These opportunities are invaluable for the girls to have more training time, specialist coaching from our staff but also to enjoy social opportunities, developing friendships both within teams and across networks. A gift that sport encourages.

Mrs Jo Hackett, Director of Sport

Sports Presentation

On Thursday 19 April, we were delighted to host our annual Sports Presentation Evening, an event which celebrates our pupils' contributions to school sport.

In an evening filled with entertainment, the girls were commended for their various sporting achievements over the past year, which included the Team of the Year award going to the School's 90cm Equestrian team, who reached the National finals in what was just their first season as a team. In addition to the presentation of awards, students and guests alike were treated to fantastic Q&A sessions and presentations from two sporting superstars.

World and Commonwealth Swimming Champion, Karen Pickering, a Girls' Day School Trust alum, delivered a passionate speech to the girls encouraging them that hard work and determination will always beat talent. Karen spoke powerfully about her journey in sport, encouraging the girls to never give up on their dreams. Pickering broke her back in a car accident in 1996, and after a long recovery she resumed her career to take home 3 medals (including 2 Golds) at the 2002 Commonwealth Games – a moving story which left the girls feeling truly inspired.

The second of the guest speakers, Northampton Saints Prop Jamal Ford-Robinson, answered questions from a captivated audience and spoke passionately about his journey in sport so far. Ford-Robinson connected superbly with the audience, with his sense of humour a real hit, and all of the girls in attendance were left motivated by the former Bristol Rugby star's story. We were also delighted to welcome back Ellie Robinson, who had just returned from The Gold Coast after securing Gold in the 50m Butterfly at the Commonwealth Games. Ellie, who was also awarded the School's Sports Personality of the Year award, took part in a Q&A and spoke about her life-changing experience at the Games over the past few weeks.

An evening of inspiring stories, motivating speeches and amazing sporting achievements was celebrated in marvellous fashion.

Team of the Year Nominees

- U14 Netball
- U14 Badminton
- U16 Badminton
- U14 Hockey
- U16 Hockey
- 90cm Equestrian

Winner: 90cm Equestrian

Sports Personality of the Year Nominees

- Charlotte Fletcher-Stables – Swimming
- Georgina Forde-Wells – Netball
- Chloe Mercer – Swimming
- Abigail Passmore – Cricket & Football
- Ellie Robinson – Swimming
- Freya Stevens – Swimming
- Leah Tanna-Shah – Karate
- Kirstin Vogel – Shooting & Water Polo
- Megan Watts – Equestrian

Winner: Ellie Robinson



Hockey



Arianna Hay,
Junior Hockey Captain



Amelia Simpson,
Senior Hockey Captain

The U12s had a particularly great start with both the A and B teams winning convincingly against Tormead School - with the A team's score line being an impressive 6-1! This was a great achievement for the girls as it was their first Senior School fixture. The successes continued for the U12s who went on to finish as champions in the annual Akeley Wood 7-a-side tournament. The U13s also had a really successful season, with both A and B teams having notable wins against Campion and particularly impressive scores against King Henry VIII School. The A team gained a win of 6-0 whilst the B team won 5-0, and this success was continued throughout the season.

The U14s continued to play fantastically with an extremely impressive win of 9-1 against King Henry VIII School. Moving on to more successes, the U15 team went from strength to strength, winning 7-1 against Akeley Wood then going on to have an amazing win against King Henry with an incredible 9-0 scoreline.

The U18s team had a good start to the season. The team fought hard at the annual GDST rally to make it to the quarter finals. The team also had a notable success against Thornton College, winning 7-0, with some excellent goals from our players. The second half term of hockey saw even more games and successes for our teams. With so many positive moments, three of the highlights of the second half term of Hockey are:

- The U15 GDST Rally was a high point. The U15 team travelled to Oxford to take part and in the pool stages, and we beat Shrewsbury and South Hempstead, before drawing with Oxford. This led to successfully getting into the quarter finals where we played Newcastle and scored five goals - however, three were disallowed! In the semi-finals, we just lost out to the eventual winners, Howells, but continued into the playoffs where we placed fourth!
- The U18s emphatic 6-1 win over Stowe School. The girls really worked hard for the win with some great teamwork that led to some fabulous goals. For many of the team members this was the last win as High School students, and holds sentimental importance.
- The U14s participation in the National GDST Hockey tournament. The tournament involved a weekend packed full of hockey in Bath, but unfortunately only 11 girls were able to attend with no recognised goalkeeper! On the first day of the tournament we beat Newcastle 3-0 and finished the day off with a thumping 7-0 win against Howells. The second day brought more successes with another 7-0 win, this time against Portsmouth. Unfortunately, however, we lost to Wimbledon 2-1, but powered on in the last day to beat Croydon 2-1 and Norwich 1-0. This meant that the team were through to the finals! After a hard fought encounter we ended up drawing 0-0 to Nottingham. Zoe Bradley stepped up bravely in goal and even saved one of the goals, resulting in us winning the whole tournament!



Away from fixtures, the girls have been lucky enough to meet professional players and have master classes from them too. Some girls attended the Matt Taylor conference in the first half term where they learned new and advanced skills and had some professional players leading masterclasses. On top of that, England Hockey player Hollie Webb came in to talk to some of the players, which was an awe-inspiring experience. This was an incredible opportunity because we were treated to being able to hold her gold medal from the Rio Olympics, as well as find out about playing Hockey professionally and what it really felt like to score the winning penalty at the Olympics!

In Junior School, we managed to field 2 teams; an U11 side made up of Y5 and 6, and an U9 side. In total the Junior School played over 30 hockey matches this season, winning 70%, drawing 8% and losing 22%. A good performance! We had some very strong highlights, which included:

- Our U9A Team were undefeated in matches the entire season! However, the real highlight of the season was coming an amazing 4th out of 16 in the Bedford Modern Schools Tournament. The U9 B Team also had an amazingly strong season, losing just one match.
- In the U11 Squad, all 4 Teams, went undefeated all season against Broughton Manor & Thornton College, with a record win by the A Team against Thornton College 8-0. The B Team maintained a strong level of performance throughout the season, with their strongest win of the season against Broughton Manor 4-0. Both the C & D Teams excelled against Thornton College with convincing wins. The D Team retained their undefeated record for the season – an excellent result.
- And finally two of our U11 Squad were selected to represent Northamptonshire County Hockey U13s which is an unbelievable achievement!

Netball



Samiha Chaudhary,
Junior Netball Captain



Caitlin Urquhart,
Senior Netball Captain

During the autumn term, both the U14 and U16 Netball teams showed strength and resilience, becoming the County Champions in their respective age groups.

After Christmas, we experienced more success with victories against King Henry VIII, Wellingborough and Bilton Grange to name a few. At the Regional Finals, both teams played magnificently, with the U14s just missing out on qualifying for the National round after losing in the semi-finals - finishing fourth overall, and the U16s ending the day in sixth against tough opposition.

Lower down in the school, the U12s have shown much improvement since September, notably coming runners up in the County tournament. The girls have celebrated many victories this season, such as beating Oundle 22-14.

This season the U13s have had three teams playing matches in this age group. They have celebrated much success, with the A teams winning all but one of their games this season, including an emphatic 22-5 victory against Swanbourne.

The U15 As have remained undefeated all season, which has resulted in them becoming our 3rd County Champions of the year. Many of the girls in this age group have played up for both the U16 team and the first team as a result of their hard work and impressive performances.

The first team have worked hard to improve throughout the season, with the highlight being the GDST Rally at Bromley in March. After winning three and drawing two of our pool games we qualified for the Plate final, which we won after beating Nottingham 8-5 in a close game.

The U11 A Netball team has progressed so much through the year, and peaked at the end of the season winning a match 39-1. The B team have had a great season, winning the majority of their fixtures and becoming a stronger team throughout. A highlight of the season was the victory over Winchester House; a formidable opponent. Despite a tough season for the C team, they managed a superb 5-1 victory over Winchester House, with the D team performing highly also, capped off with a resounding win over Bedford Modern.



Swimming



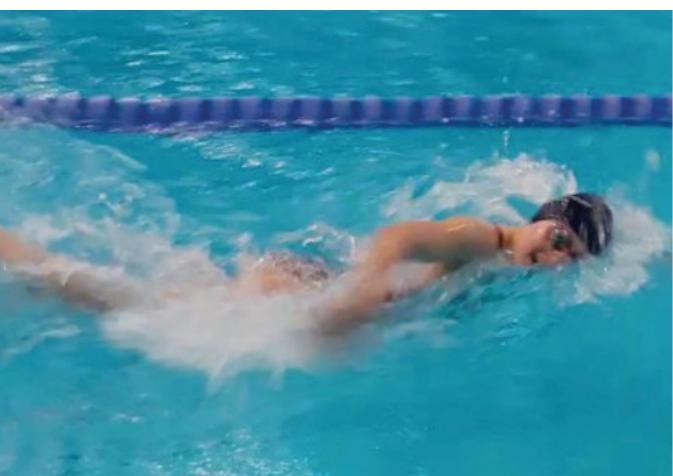
This year has been another successful one for the swimming team across all ages within the school. All of the swimmers have been extremely dedicated in terms of their attendance to both the swimming competitions and swimming club.

In the autumn term, a group of six girls including myself travelled to Sheffield High School to compete in the Northern Rally. Reigning champions we knew that we were going to have our work cut out. The competition proved tough, however we maintained high spirits and managed to narrowly come third by four points. Special recognition should be awarded to Charlotte Fletcher-Stables who won

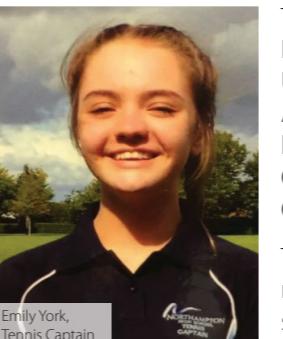
her backstroke individual and to Rebecca Lowe who held her own in an open category despite being in L4 and competing against Sixth formers. In addition to this, two teams entered Warwick 100s, which is an annual swimming gala. This competition saw some outstanding swims by the U13 team who swam in U14 category despite being a year younger than their competitors. Ellie Chinnock convincingly won the 50 fly and Rebecca Lowe claimed victory in the 200m which is a fantastic achievement as the competition at this event is always extremely strong. We will look forward to seeing whether you can both defend your titles next year in the same category.

Earlier this year, the Junior swim team competed at the IAPS Competition. The team recorded an impressive 2.08.21 in the 4x50m freestyle which was fourth fastest in all four of the West Midlands rounds. In June girls travelled to the Olympic Park to the Aquatic Centre to compete in the National Finals. The team were very excited and keen to get going. The warm up was hectic but it was exciting to be swimming in the same pool that the Olympics was held in 2012. When the heats started it was with the relays so the team of Ellie Chinnock, Phoebe Haynes, Anna Johnson and Rebecca Lowe competed in the Free and Medley races. They improved on their qualifying places and finished sixth in the Medley and fourth in the Freestyle. A fantastic achievement with great times in both. The individual races followed and we had Anna Johnson in U13 back, Phoebe Haynes in the fly and Rebecca Lowe in the free and Hannah Davies in the U12 fly. Everyone swam well against the best swimmers in the country with Phoebe Haynes qualifying for the final of the U13 fly and placing sixth. Anna finished 16th, Hannah finished 14th and Rebecca finished 12th.

An exciting year for the Junior Swim team. We competed in lots of galas, against different schools, swam fast and had great fun! Particular highlights were the GDST Rally and the IAPS; where several achieved excellent results in a National Competition. In particular, we had numerous top 100 placings with Emily Horne finishing 33rd in the Butterfly. Finally, two girls from Year 6, Emily Horne and Sophie Johnson, swam up with the U12 swim team at the Warwick 50s helping them to finish an impressive fifth amongst talented opposition.



Tennis



This year has been exciting for Northampton High Tennis. Both our U13 and U15 Tennis teams won their Aegon tournaments with the U13s beating Wellingborough and Caroline Chisholm and the U15s also beating Caroline Chisholm.

The girls will play in the following round next year. We have also had some individual successes in tennis this year. Charlotte Johns won a U14

regional tournament and has competed for the county in U12s and Anraj Mahil has competed for the county in U14s, U16s and in U18s where Northamptonshire won the cup and Anraj won 6/6 matches. Girls have also competed extremely well in two tennis rallies this year. In June, a team consisting of Zoe Bradley, Charlotte Johns, Anraj Mahil, Lydia Moseley, Ella Nicholas and Issy Thorpe, travelled to Queenswood school to play in the summer GDST Tennis Rally.

We started off really positively with a 2-1 win against Croydon. Zoe and Lydia had an epic match winning 4-3 and 5-4 in the tiebreak, winning on a sudden death point. Annie and Charlotte won 4-2 and Ella and Issy played really well just losing out with a score of 1-4.

Next we beat Northwood College, and we stormed through winning all three of our matches. We then played Shrewsbury beating them 2-1, with Annie and Charlotte winning 4-0, Zoe and Lydia winning 4-1 and Ella and Issy again playing amazingly however just tightly losing 4-2.

These excellent results allowed us to finish first in our box, meaning we would play Howells in the quarter finals. Howells were very tough and we lost one game to two. However the girls went in with positive minds and played excellent tennis. Anraj and Charlotte won 4-0, Ella and Issy lost 1-4 and Zoe and Lydia lost 0-4. Overall everyone played really well and we had an excellent day of tennis.

Overall we have had an amazing year of tennis and good luck to the girls competing in the next stage of the Aegon tournament in the coming year.



Athletics



This year's District Athletics meetings resulted in a number of notable performances. We were delighted with the displays shown by the girls and they should be very proud of themselves.

In the U13 category, Isabella Spokes came first in the Shot Put, Phoebe Haynes came first in the 1500m and Anjola Ogunsola came second in the Discus. The overall team position was a respectable sixth (out of 11).

Moving up a year to the U14, Emilia Thompson came first in the 1500m as did Lilli Trimble in Javelin, with Eloise Harvey second in the Long Jump. Superb displays by the girls that resulted in another sixth place team finish (out of 11).

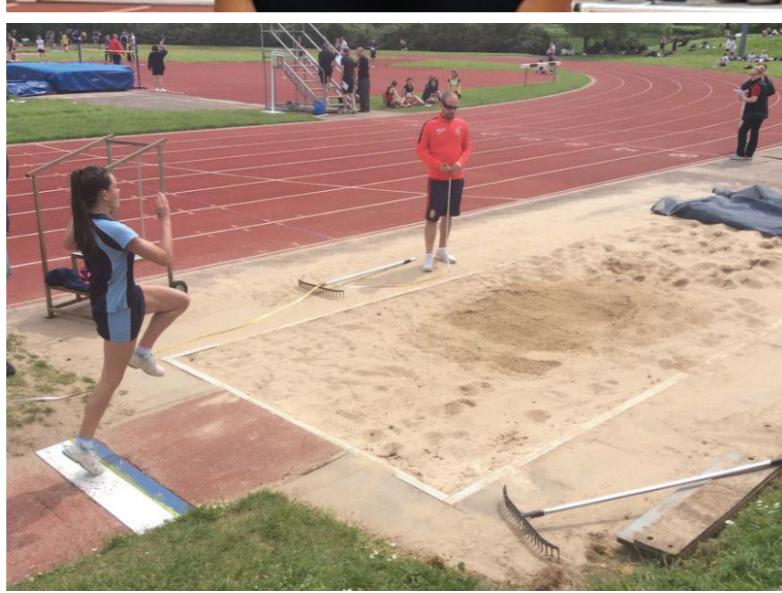
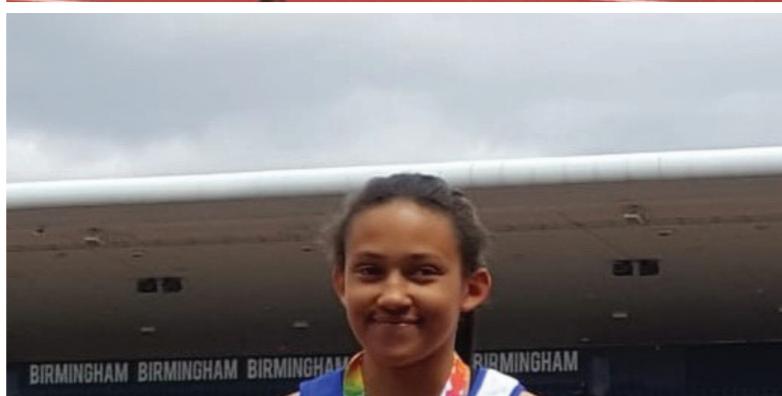
Next we had the U15 category, in which Lucy Shepherd put on a fantastic display, coming first in the 200m and third in the hurdles! Matilda Neuhoff and Radhika Pandya picked up third place finishes in the Long Jump and 1500m respectively, that saw us pick up a superb fourth place finish (out of 12).

The final age category was the U17s, where Georgina Forde-Wells was 'on fire', winning the High Jump and coming third in the Shot Put. We followed that up with three individual third place finishes courtesy of Alicia Breuer (long jump), Olivia Foster (discus), and Anna Sigobodhla (200m). This saw us take home another fourth place finish (out of 11), and rounded off what was a very successful individual and team event.

We then took part in the GDST Athletics Rally. The girls battled hard and put on a superb performance, finishing in a fantastic fifth position out of 18 schools!

We were delighted to see Georgina Forde-Wells and Amelia Tutt represent the County in The Mason Trophy Inter Counties Schools' Championships at Alexander Stadium on Saturday 16 June.

Georgina had a battle on her hands and, with a closely fought competition against one other athlete, and she came away with another PB of 1.67m and placed second. Georgina has now been selected for the Midlands Team at the ESAA National Finals in July.



Badminton



In this season's first match against Thornton College, the girls brought their A game which resulted in an emphatic overall score of 6-3. This was a great start to the Badminton season!

In February, the U14 and U16 Badminton teams both played in the County tournament and we were delighted with the fantastic displays from our teams. Both sides became County champions, seeing off all considerable opposition.

We then went on to play against tough competition in the Regional Finals a month later, and played extremely well. The matches were tight, with three schools all winning two matches each – our U14 team finished third, and our U16 team finished fourth. Very respectable performances from our girls.



Cricket



The 2018 season kicked off for the whole of the GDST in April, when the GDST Select XI Cricket Team took on the Women's MCC at South Hampstead Cricket Ground. I was lucky enough to be selected for the whole GDST team, and it was a fantastic experience as girls from all over the country came together to play against our heroes. We were narrowly edged out in the game itself, but the experiences we have taken from that day are worth more than any score line.

As part of our first year as a GDST Cricket hub, we have had the privilege of Irish Cricket International player Ciara Metcalfe working with all students in U3, L4, U4, L5. Ciara has a vast amount of experience both as a professional cricketer and coach. The girls that have worked with Ciara at NHS have improved immensely, not only in their skills and techniques, but also in their tactical knowledge of the game.

The U12/ U13s have improved in confidence in each game played this season. Girls have shown great spirit and determination. Particular strong performances have been shown by Phoebe Haynes, Eloise Harvey, Charlotte Johns, Millie Thompson and Eve Welton.

The U14/ U15s have improved immensely during games and after school practices. In June the two teams headed to Thornton college. The girls were triumphant, and all the hard work in training paid off.

Later that month we hosted an invitational coaching session with Ciara for 5 GDST schools which finished with a cricket tournament in the afternoon. A fantastic day of cricket was played with all girls benefiting from the expertise of Ciara.

This has been a fantastic first season of cricket. All teams have shown great improvement and there's a real buzz in the school about cricket. We all look forward to next year!



Equestrian



Alexa Dykes,
Equestrian Captain

Our first event as a team was in October, where a number of girls competed in the Beachborough Eventer Challenge. The team performed well but our 80cm team was unluckily just out of the placings. However, Jodie Welton had a brilliant seventh place in the 90cm-1m class as an individual competitor for the School, which is a super achievement.

In November, a few girls competed at Aston Le Walls in an Eventer Challenge, which included a great performance by Meg Bazeley who finished ninth in the 80cm class. The team of Eloise Harvey, Lily Roberts and Meg Bazeley then competed at Bury Farm in the 70cm and 80cm Eventer Challenge, with the squad performing exceptionally, finishing fifth in the 70cm and third in the 80cm.

Moving onto January, our team competed at their first major show jumping competition at Bury Farm. There was a lot of tough competition which led to our 80cm team unluckily not placing, but Eloise Harvey finished seventh as an individual in this class. Our 90cm show jumping team of Eloise Harvey, Katarina Hutchin, Lily Roberts and Jodie Welton gave outstanding performances, leading to the qualifying for the National Schools Show Jumping Competition Championship.



Sports Day

On Thursday, we were delighted to host our annual Sports Day. We were again blessed with lovely weather, and we kicked off a day full of sporting fun and action with the Long Jump at 9:15am.

Events such as Shot Put, Discus and Javelin followed in the morning before lunch was served, with a host of track and field events taking place in the afternoon. There was even time for a parents' race, along with impromptu battles between staff in the form of a tug of war and a relay race against the Sixth Form – with the latter closing the day's proceedings.

All that was left was for Mrs Hackett to announce the results and to confirm which House was victorious. On a day in which school records were shattered, we were delighted to name Artemis the winners of the Junior School competition, Hestia the winners in Senior School, with the overall victory going to Artemis.

A fantastic day was had by all, and we would like to thank all of the friends and family who came along to support the girls – we believe this to be our best turn out to date! We look forward to seeing you all again next year.



Junior School Summer Sports



Charlotte Urban,
Junior Summer Sports Captain

We enjoyed a strong performance in the GDST Cricket rally, winning all bar one of our matches. We finished in an amazing fifth place out of fourteen schools.

In the Tennis rally, we played timed tennis. All girls won at least one of their singles or double matches, and we picked up victories against Oxford, Sheffield and Norwich High Schools. We picked up a respectable sixth place finish.

In our Cricket matches we won both games against Spratton Hall and Wellingborough, with the highlight being a 100 run victory over Spratton!

Cross Country has been amazing this season, with a particular highlight coming from Ella Darby, who has won in both the Bedford and the Thornton College race, and also came second in the GDST Rally.

We only competed in one Athletics event this summer which was the GDST Rally, but we were still treated to some notable performances by many of our team members.



NORTHAMPTON HIGH SCHOOL

G D S T
GIRLS' DAY SCHOOL TRUST

T: 01604 765765
E: nhsadmin@nhs.gdst.net | www.northamptonhigh.gdst.net