

High Sports

Spring Term | April 2020

Welcome to my first edition of High Sports. I think it's fair to say that this term has been somewhat challenging, especially as I'm new to the school. However, with these uncertain times ahead, and in the short space of time that I have worked here, I can hand on heart say that Northampton High is an amazing and supportive community where the girls have demonstrated fearlessness and resilience in whatever life throws at them.

The number of fixtures (albeit some postponed) that have taken place has been extremely pleasing, and it is great to see the hard work and commitment of the PE staff and girls representing Northampton High.

We have had over 200 girls play competitively from the age of U8 to U18 and we've participated in Netball, Swimming, Hockey, Equestrian and Cross Country events.

We also hosted a very successful U11 Triangular Swimming, Hockey and Netball Tour in February and attended the Conover Hall GDST Netball Tour in March. Our extracurricular clubs programme also continues to grow, and it is encouraging to see so many girls getting involved.

Finally, I'm delighted to welcome back Mrs Williamson after her maternity leave; I would also like to sincerely thank Miss Brown for her hard work and dedication as she will be leaving us at the end of this term. We wish her all the best for her next steps and we will miss her greatly.

Mrs Blake
Director of Sport



Students travel to Shropshire to take part in GDST Condover Hall Netball Tour

On Friday 6 March, we took our U13A, U12A, U11A and U11B teams to compete in the GDST Netball weekend in Shropshire.

We were scheduled to play in the group stages of the Netball tournament on Saturday and in either the Plate or Cup competition on Sunday. Our U13A team did exceptionally well winning all their games to top their group on Saturday, meaning they played in the Cup on the Sunday. The U12As and U11s had some tough matches on Saturday, and progressed to play in the Plate competition on Sunday.

Sunday's matches went well with all of our Plate teams showing exceptional progress. Unfortunately, the U13s didn't hold onto their winning streak in the more challenging Cup competition, yet, they held their heads high as a team and thoroughly enjoyed the experience.

During their free time the girls were able to take part in lots of different outdoor adventure activities, including climbing, abseiling and experiencing the zip wire. The girls enjoyed the freedom of the weekend, having a great time and making many new friends along the way.

Sports Review

Netball

Regional Finals

After successfully qualifying in the Autumn Term, our U18 and U15 Netball teams attended the Regional Finals at Repton School on Saturday 25 January.

Our U15s were representing our region in the U16 competition, which is an amazing achievement, but as a result of playing up an age group it was going to be a tough competition. We played some great Netball and created chances, our defence was solid but we couldn't quite match the opposition.

The U18s played some lovely Netball with their games going end to end. Luckily in the group stages we managed to pull away and win all our games, topping the group. This put us in the semi final versus Repton. Unfortunately, we narrowly missed out (11-9) in a well-contested game.

To reach the Regionals was a fantastic achievement and we are super proud of the skill level, teamwork and maturity of the girls who played. We are certainly more determined than ever to come back next year and secure our places at the Nationals.



County Cup

We attended 3 County Cup Netball rounds this term at Oundle School; the U15, U13 and U12.

The conditions on both days were very tough with lots of wind to play against. Our U15s had a very successful tournament, only losing out to Oundle in their final match. We beat Sponne, Bishop Stopford and Wellingborough to finish a very respectable second place.

The U12 and U13s also had successful tournaments both winning most of their games. Both age groups finished in 3rd place with the U13s only losing one match and missing out on second place due to goal average. Well played everyone!

Friendlies

This season we fielded 14 teams in the Senior School and 7 teams in the Junior School, with 43 friendly fixtures played before half term. It's great to get so many girls involved with playing traditional team sports and we are pleased with the ongoing enthusiasm of the girls at Northampton High.



Swimming

Congratulations to all our U10, U11, U12 and U13 swimmers who attended the IAPs Swimming Qualifiers at Repton School on Monday 2 March.

We swam some excellent races with many second-place finishers in the heats. The girls did extremely well against some very tough opposition.

We also attended the Warwick 50s Swimming Competition in February with our U13 and U12 team. We had some great performances and really enjoyed the competitive element of the gala.



Hockey

Our U13A 7 aside team reached the Regional Finals of the In2Hockey competition this term.

We travelled to Wolverhampton on Tuesday 10 March to play at Aldersley Stadium. We played schools such as Bromsgrove and Bedstone and we really enjoyed the tournament.

We had a very good set of results by drawing against Bablake 1-1 and beating Bedstone, Kings High and Warwick. Unfortunately, we lost to Bromsgrove but we've got lots to take forward into next season and we are extremely excited to unlock our potential as we move to 11 a side next season.

Equestrian

Our Equestrian team has competed in two major events this term, one at Bury Farm and one hosted by Northampton High, our inaugural competition event, at Onley.

We have enjoyed some fantastic results, including becoming County Champions in the team 90cm. Lily R qualified for the final as an individual in both the 90cm and 1m competitions, with Lily B joining her by qualifying for the 1m individually.

Unfortunately, the National Finals were cancelled, but we had the fantastic opportunity to compete at Onley in our own event; the first ever Northampton High Eventer Challenge. Here, Jodie W qualified for Hickstead as an individual in the 90cm class, and the team of Lily B, Eve W and Jodie W qualified for Hickstead in the team category, finishing first in their class.

All the girls competing did brilliantly, showing the High School spirit in their approach and team work. Special congratulations go to twins Emily and Sarah H, for entering their first competition for the school and also their first time competing away from their yard. A huge step and a fantastic result for them.



Individual Successes

Congratulations to **Georgie FW**, who competed in the British Open Indoor Athletics, finishing a magnificent 3rd in the U20 Triple Jump. She smashed her PB with a 12.43m jump. Georgie was also selected to represent the GDST Select Netball Squad this season and played in a tournament weekend in Loughborough against some top-class netballers.

Sophie C was selected for the GDST Select Hockey Team this season, joining Georgie at the Loughborough Tour weekend. Here, Sophie played against Repton and Leicester Ladies Hockey teams, winning all of her matches over the weekend.

Jessica P was selected to play in the Wasps U15 Netball team against Leeds Rhinos. This is an excellent achievement as she was one of 12 selected from 35 girls in the competition long squad. Wasps also came away victorious with a 54-43 win.

Ella D recently took part in the next stage of her Cross Country events, the Anglian Trophy, having won her race at Abington Park. She ran superbly well finishing in 8th place. This was an outstanding performance by Ella who was competing against the best athletes in her age category from 5 regions, including Suffolk, Norfolk and Cambridge.

Nisheeta K was selected to represent Northamptonshire Schools at the All England Cross Country Championships in March. Sadly, this competition didn't go ahead, but we know she would have given her heart out.

Well done to you all for these exceptional sporting achievements. We look forward to hearing of more successes from our students in future editions of High Sports.

Pole to Pole Challenge for Sport Relief



WE DID IT! As a school, we swam and rowed 395km and ran, walked and cycled 2464km, covering a huge 2859km in total, contributing to the GDST Pole to Pole challenge all in aid of Sport Relief!

Students participated in a number of activities, and we provided opportunities for everyone to swim and, of course, cheer on the staff and Sixth Form

as they rowed the final stretch to reach our target distance. The Seniors reached 20.5km and narrowly lost out to the U4/L5s who reached 20.65km in their rowing distances during Games afternoons – well done to everyone involved.

A massive thank you and congratulations to the following students for their outstanding contributions: Rebecca L and Anna J who swam the furthest distance during year U4/L5 Games (5.7km); Amelia S and Ruby H for rowing all afternoon reaching 17km between them, and Georgie FW and Nisheeta K for their amazing support throughout the day on Friday.

Thanks to all staff and gym members who contributed outside of school throughout the week. It has been a great way to bring everyone together and raise money for a great cause.