

High Sports

Autumn Term | December 2022

Welcome

As the sun set on the summer holidays in September I excitedly awaited my return to the Director of Sport role in my first 'normal' year at Northampton High School.

This term has proved to be a busy yet fantastic time in the sporting calendar. Before I comment on the outstanding contributions and achievements seen this term I must thank my colleagues Miss Fraser and Mrs Littlewood for holding the fort last year and successfully leading and developing our team.

During this term we have hosted two GDST Select Trial days and the first GDST Rally.



These events allow hundreds of pupils from across the GDST to get together and play sport in both a competitive yet friendly nature.

The Trial days showcase the talent of the best players from across our family of schools, and we wish all of the selected players the very best of luck in the spring term.

We hope you enjoy reading about our sporting successes this term, and we wish you all a very Merry Christmas and Happy New Year.

Mrs Blake | Director of Sport

School Sports: Autumn Term

Northampton High Rally

The Autumn Rally on Tuesday 11 October included a visit from 21 of 25 GDST schools who take part in the various sporting tournaments on offer. Competitions included the Senior Hockey Finals, U15 Football and U14 Netball.

Our teams played some lovely games throughout the day and the sun shone beautifully to enhance an already buzzing atmosphere. The GDST spirit is really reflected on these days and, although we are yet to podium at these events, we are so proud to be a part of this family.



Croydon Rally

We took our U15 Hockey Team, U12 Netball Team and U11 Football Team to Croydon on Thursday 10 November. After an extended journey due to the tube strikes we were raring to go!

This was the first big tournament for some of our Year 5 pupils and they represented the school superbly as did all the other pupils. We found this tournament a tough one but despite the challenges we continue to learn and develop, and most importantly enjoy our sport.



School Sports: Autumn Term

Netball County Tournaments

During this term our U18, U16 and U14 Netball teams have played at County Tournaments. These competitions in the pre-season allow us to focus on developing as a team. The U14s were our highest achievers in these events finishing in third place overall.



Cross Country

On Friday 16 November, Years 7, 8, 9 and 10 travelled to Courteenhall Estate for the District Cross Country event. It was a new venue for all this year at Courteenhall so a new course for everyone. It was a great venue with what proved to be a difficult course. Everyone ran very well with special mentions going to Grace C coming 18th, Jemima C coming in 3rd and Ella D in 4th.



They qualified and are through to the next round which is the County Championships. Well done all.



Hockey

We have had a fantastic season of hockey this term, playing over 60 fixtures across the age groups. Our results have been positive with 28 wins, 8 draws and 25 losses.

Spotlight on Sport

Ella D represents England in the SIAB International Pentathlon event in Glasgow.

Ella's athletics career continues to go from strength to strength. She was one of four athletes selected to represent England in the U16 Girls' Competition in Glasgow on Saturday 26 November. The Pentathlon includes 5 events; Long Jump, 60m Hurdles, High Jump, Shot Putt and 800m. Ella achieved some impressive results, gaining 3032 points in total and notably winning the 800m race. Team England were placed second overall.



This is a fantastic achievement and to experience an international event is incredible. From everyone here at Northampton High School, a huge congratulations Ella, we cannot wait to support you on your athletics journey.



Newcastle Northern Rally

On 21 September, we took 40 excited students 'up north' to participate in the annual GDST Northern Rally.

Northampton High School were represented in 6 sports: 1st team Hockey, U15 Hockey, Tennis, Badminton, Fitness and Table Tennis. We had a fantastic overnight stay and tournament day. Our pupils worked extremely hard and represented our school exceptionally well.

We came away with some fantastic results. Both of the Hockey Teams qualified for the finals at Northampton and Croydon. The Tennis Team won the tournament bringing the historic Racket Trophy back home for a third consecutive time and the Fitness, Badminton and Table Tennis teams were all runners up in their tournaments. Well done to everyone who came with us. We are excited for all the upcoming rallies to continue to learn, develop and make memories together.



Newcastle U14 Hockey Weekend

At the end of November we visited Newcastle for the second time this term.

Our U14 Hockey players were very excited for this trip. It involved a two-night stay and three half day sessions of hockey matches. We also had a wonderful afternoon in Newcastle City Centre exploring the Christmas markets and browsing in the shops. In the group stages of the hockey tournament we were undefeated and kept a

clean sheet, meaning we topped our group to go through to the Trophy Competition. We played some amazing hockey this weekend, working together as a team and utilising our strengths to enhance performance.

The final morning of matches in the Trophy Competition were extremely competitive. The win could have gone to any of the four schools who had qualified.

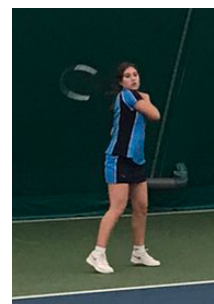
We played well, passing the ball accurately and attacking with speed, our determination was prevalent during all of our games. We drew against Norwich High, lost to Streatham and Clapham and beat Notting Hill and Ealing.

These results placed us in third place overall. All in all a fantastic trip where our team work and play progressed greatly.

Tennis

LTA Schools Competition: Our U16 team consisting of Hattie K, Emma N, Andra T and Lucy N played exceptionally well in their first round beating Twycross School convincingly. This qualified them for the Regional Finals which were held in Shrewsbury.

At the finals, they played really well against tough opposition; despite winning all of the matches in the first round, they couldn't hold off Repton School to progress further in the competition. Our U18 team consisting of Ella N, Eliza A, Lilli T and Janice H played in their qualifiers against Uppingham and King Edward's School.



Dance at Northampton High School

Day of Dance and Gym & Dance Extravaganza

On Monday 5, December 6 of our students in Y10 and Y11 were invited to attend the GDST Day of Dance. This is an exciting opportunity for our dancers as they participate in a variety of workshops including Musical Theatre, Lyrical Jazz, Contemporary and Commercial.

The sessions are led by experts in their fields and these amazing choreographers have really inspired our students. As we approach the spring term the Faculty is delighted to announce that the original Gym and Dance Extravaganza has been brought forward from the summer term to Wednesday 29 March in the spring term. We are designing a slightly different approach to the evening with the focus being on Dance and a rebrand of the name to the Northampton High School Dance Festival.



We have a group of dance leaders who have volunteered to lead House Dance and this will be an integral part of this festival. Classes from Reception to Y6 will perform class dances and pupils will be given an opportunity to audition for solos, duets, trio's or group dances if they wish to perform in the festival.

As gymnastic floor routines include tumbling and athletic feats interspersed with dance choreography, then these too would be welcome. We hope you are looking forward to what will be an exciting and inspirational evening of talent from our Northampton High pupils.

Keep in touch

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