

# High Sports

Spring Term | March 2023

## Welcome

At the time of writing this term's High Sports, the British weather has taken a turn and the snow is falling. Despite some alterations to our fixtures, we have not let the cold dampen our spirits and we have lots of news ready to share with you in this term's edition. We hope you enjoy, and have a lovely Easter break.

**Mrs Blake** | Director of Sport



## Condover Hall: March 2023

On Friday 3 March, 27 excited Year 6 and 8 students travelled to Condover Hall, Shrewsbury, for the GDST netball competition. Condover Hall is an activity centre in Shropshire that offers a variety of adventurous activities alongside a fantastic and challenging netball tournament.

Upon arrival on Friday evening and after settling into their dormitories, students had time to explore the mansion and surrounding grounds and participate in abseiling, climbing, archery, aerial trek, tunnelling and more! Saturday morning saw the start of the tournament for the Year 6 team, whilst the Year 8s continued to enjoy the adventurous activities on offer. Year 6 demonstrated some excellent attacking and defending skills against some strong opponents. After competing in several matches they qualified for the Plate competition on Sunday, where they came 3rd in their group.



The Year 8s entered the tournament as relatively inexperienced teams; they focused hard and made excellent progress in their skills and application of tactics, with the A team coming 9th and the B team coming 11th in their respective competitions.

The weekend culminated in the Year 8s competing in vertical races, climbing parts of Jacob's ladder, rigging tyres and attempting to balance whilst standing on a beam high above the ground. A great weekend had by all!



# School Sports: Spring Term

## Tennis

Our U18 Tennis team enjoyed a fantastic triangular fixture at Uppingham School in the first rounds of the LTA Schools Competition. We beat both Uppingham and King Edward's to reach the Regional Finals. These finals were held on Thursday 16 March, and involved us travelling to Shrewsbury to play against Lincoln Minster and Ellesmere College. We played fantastically in both matches and finished second overall. This is a great achievement and we are proud of the commitment of our players.



## GDST Sports Scholars Day

On Friday 10 February, our sports scholars headed down to Sutton to join many talented GDST pupils in a super day of workshops and speeches. The scholars had the opportunity to be coached by elite athletes including Eboni Usoro-Brown, Shona McCallin, Fi Morris, Liz Cann and many more. After an inspiring Keynote speech from Eboni, the workshops began. Our scholars attended 3 sessions across the day and could choose from activities such as hockey, swimming, netball, self-defence, strength and conditioning, sports journalism and media and female athlete health.

## Keep in touch

Keep in touch with all the goings on in the world of Sport at Northampton High School by following our social media accounts.



Facebook



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# School Sports: Spring Term

## Netball

Netball this term met us with an array of fixtures and tournaments, which saw all age groups competing from our smallest Year 3s up to our First Team! The U15s, U13s and U12s enjoyed their County Tournaments finishing in 4th, 4th and 3rd place respectively.

The matches allowed the players to demonstrate the amazing progress they have made during the term, resulting in impressive wins against some of our biggest rivals; Wellingborough, Quinton and Akeley.

Our Juniors have also beaten Bedford Modern, Quinton and Nottingham Girls' High School.

Some games proved to be challenging and, even if the results did not end in our favour, important lessons were learnt to help future progress.

The Northampton High students have so much potential, and we feel particularly excited to see how their netball skills develop in the future.



# Spotlight on Sport: Hockey Talent Academy



After a long assessment and trial period over the autumn term, three of our talented hockey players were selected for the England Hockey U18 Talent Academy Centre at Oxford Hawks hockey club; huge congratulations go to Anna A, Katie A and Hattie K for their well deserved selections. The Talent Academy is designed to take the U18 players with high potential and start to shape a possible route into the national set up, so the bar is set high for everyone and making the squad itself was a huge achievement!

After traveling to Oxford every Monday night for training with their newly formed squads for the past few weeks, we were thrilled to see all three students were selected for the first round of competitive matches.

Anna, Katie and Hattie were absolutely outstanding for Oxford in a tournament played at Reading Hockey Club against the hosts and Southampton in two high quality matches. Playing with and against some of the best players in the country continues to be a fantastic experience for our pupils and we look forward to keeping you all up to date with their progress.