

## U12 County Plate Competition



On Tuesday morning, the U12 Netball team travelled to Kettering Buccleuch Academy for the County plate competition. The team was dominant from the start, winning all of their pool games bar one in which they drew. This meant that they came first in the pool and into the semi finals.

Playing Northampton School, they took time to settle which gave the opposition the time to score vital goals, however, once settled they came back strongly and lost only by one goal. In the 3rd/4th play off they came up against Sponne school and drew. Well done to the team on a joint third finish!

### U14&15B vs Quinton House

U14B: On Tuesday 5 March, Quinton House visited NHS for a fixture. The first quarter was a good start for us with lots of possession and our girls making great movements off of the ball. Elise and Lyra worked well in a pair to keep them from scoring. Quinton had some spells of good play that kept them in the game but we really pulled ahead in the last quarter with Bella moving to GA and showing some real individual strength. Player of the match was Emily K who was quality all over the court. Final score 11-7 WIN

U15B: Ahead of the game, our U15B team were quite nervous knowing they would be playing Quinton's A team, but were also determined to implement what they have been practicing in lessons and at clubs. Despite the sun in their eyes (and a few balls to faces and fingers as a result), the team showed good spirit and timing. They moved the ball through the court smoothly either from the centre pass or from the numerous turnovers made by the defence. The shooters were on fire – Khushi and Rose were not missing, and on the rare occasion they did, they fought with determination for the re-bounce and frequently won it back – very impressive given

they were up against two tall defensive players! The score reflected the progress they have made in denying space and opportunities for the opposition, as well as the timing and smoothness of their attacking play. The score was NHS 23 – 7 QH with Khushi being voted player of the match.

### U13 Cricket Indoor County Cup



Our U13 team enjoyed a fantastic morning at the county cricket ground for the Indoor County Cup! In the first match against Wellingborough, we won the toss and bowled first, starting with great bowling from Risara (two wickets) and Grace (one wicket). All through the game our bowling was consistent and there were not many wides. In the second half Wellingborough put their best bowlers first. It was a tough start for us with a couple of us getting bowled out, but as the match progressed we gained many runs. Great job to Amelie and Emily who batted really well. At the end of the match we won getting 84 runs over Wellingborough's 81. We then had made it to the final.

In the final we played Moulton School. We won the toss and decided to bowl first. In the first half of the match we had great fielding and stopped many balls from hitting the walls. The team also bowled very well with Lottie taking 2 wickets. Well done to Kara for great wicket keeping in both matches, and Esme and Harini for great fielding. In the second half of the match, we were super positive and supportive of our team. In each over we were taking approximately 10 runs, chasing Moulton's total of 79. Unfortunately, many of us were bowled out and ended up having to use a runner. We lost by 9 runs but were super proud for placing second. The team players were Esme, Emily, Harini, Kara, Lottie, Amalie and Grace. Well done. *Lottie F, Captain*

Well done to Risara who took batter of the day and Lottie for taking bowler of the day!

## GDST Rally Bromley



U18 Netball: On Thursday, the first team travelled to Bromley High to compete in the annual GDST rally. The standard of the teams was extremely high, and all teams were extremely well-drilled.

In the morning, we had three competitive matches against Bromley, Sheffield and South Hampstead to test out new shooting, centre court and defensive combos. Despite some excellent passages of play, we unfortunately lost all three.

After lunch we played Norwich, who were a very talented team. Some excellent shooting from Samiha and Gemma meant we won. Tired legs and a few injuries meant we had to make some changes, but the girls played excellently out of position, especially Kirsten at C.

Our next two games against Croydon and Sheffield ended in narrow losses, however we had made massive progress from the morning and played well as a team. In our final play-off match against Oxford High, we found ourselves down by 3 goals with a few minutes to go.

Some excellent play from all areas of the court, especially from Jasmine in defence, meant we brought back the score to 7-7 and prevented a crucial match winner in the last minute for Oxford.

Overall, the day was a great experience and everyone had lots of fun. It helped us to identify our strengths and weaknesses, which can be worked on in training going forward.





Senior Gymnastics: Our team of gymnasts arrived at Bromley High School a bit bleary eyed and tired from an early start and long coach journey. However, as soon as we entered the sports hall and felt the buzz of the competition that soon changed. The girls were eager to get started and after a short wait it was our turn to warm up in preparation for the floor routines. Nerves set in as performance time drew closer but the girls kept their focus and completed their routines with aplomb. After a break and some refuelling it was back for the vaults which the team executed with precision. Well done girls on your performances, you did Northampton High School proud!



U13 Football: We travelled to Bromley and our first game was against Notting hill and Ealing (who were the reigning champions of the tournament). Unfortunately we lost 7-0 with Lily making some epic saves. Next we played Bath and narrowly lost 2-0 with some exceptional shots and saves. In our next game against Brighton we got our first goal of the tournament and narrowly lost 1-2. We won against Shrewsbury 2-1. After lunch we lost 3-0 to Wimbledon and Lily made some cracking saves. Then we lost 4-0 to Bromley and Sydenham and our final game of the day was a narrow defeat against Norwich 2-4. Some special mentions to Lily, Grace, Tinashe and Amelie for volunteering to go in goal. Maya also did amazingly and Julia made some exceptional passes and dribbles. Players player was Tinashe and coaches player was Amelie.

Everyone played great football with some good dribbles and passes. I think next year we will be even better than this year. I am looking forward to it. Well done to everyone. *Amelie, Captain*

### **U15 Netball County Cup**

Having qualified to this round of the tournament, the team was excited to have earned another day out of school! They knew it was going to be an afternoon of tough matches, but were keen to win some and to put in good performances. They have been working on timing of movement and passes through the court, as well as the teamwork and timing between the shooters in the D.

The first match was against Wellingborough and we started quite defensive, struggling to move the ball through the court. With a tactical switch at half time, the second half was like a different team! While the final score was 9-3 to Wellingborough, the score in the second half was 3-4, showing just how much the team turned things around. Next up was Oundle. We were expecting this to be our toughest game of the day, however, we were also very buoyant because of the strong second half against Wellingborough. We started strongly and kept going, really pushing Oundle until the final whistle. The shooters were amazing given their defenders were so tall, finding space and opportunity to shoot. While we lost 7-4 it felt like a really good team performance and everyone was proud of themselves.

Next we had a break and the shooters took this opportunity to have some practice. Having faced tough defenders and knowing that we could win the next two games, they wanted to be ready to take their chances. We took the pride from the previous match to motivate us against NSG (the only team we lost to in the first round). Determined to turn the results around, we went out strong and took an early lead. NSG fought back and it was very level at half time. With determination, the team dug in and scored 3 goals in quick succession, getting a good lead that they were able to hold onto to win 8-5. Last up was Northampton Academy. After the good matches the team was positive and determined to secure their second win of the day. Whilst it was a tough match everyone worked hard and secured a good team win 5-3.

It was a good day and the team continues to make progress. Finishing 3rd is a good result and we now set our sights on a friendly fixture against Wellingborough next week where we hope to take what we learned from this tournament to turn around the result and win.

**Cross Country**

We wish Grace F the best of luck for tomorrow. Grace has been selected to represent Northamptonshire at the Inter-Counties Cross Country races on Saturday 9 March 2024 at Wollaton Park, Nottingham. This is a fantastic achievement as she will be racing against the top runners in the region. We look forward to sharing the results next week!