

High Sports

Spring Term | March 2024

Welcome!

It is with great pleasure that I am writing to you as Acting Director of Sport. This presents a wonderful opportunity to extend a warm congratulations to Mrs Blake on the arrival of her baby boy, Oliver, and to introduce myself to those who may not yet be familiar with my background and passion for sports.

My journey in sport began at my secondary school where I was inspired by my PE teachers to participate in every sport imaginable. It was here that I realised my passion for football and when I gained my GCSEs I accepted a place at Chelsea Ladies' Football Academy, coached by former England captain Casey Stoney.

At the time, playing women's football was not considered a realistic profession. So, I used my experience and qualifications to gain a place on the renowned Sports and Exercise Science course at Loughborough University. During this period, I joined the Womens' Football Club and was voted Club Chairwoman. I also participated in futsal for the first time, a fast paced indoor version of football which originated in South America.



Upon graduating, I decided I would like to inspire future generations of sportswomen myself, and I trained to teach PE. I play football less frequently now, preferring futsal in which I compete in the National Futsal League for Bedford Griffins Futsal Club.

I am continuously impressed by the achievements of our students, proud to witness the evolving landscape of female sport and excited to learn what our girls will go on to achieve after their time here at Northampton High School.

Emily Saunders-Wall
Acting Director of Sport

Netball Tournaments in the spring term



The spring term has been a busy one for our netball teams, with fixtures taking place against Quinton House, Kimbolton, Wellingborough, Kings High, Caroline Chisholm and Nottingham High School. In addition to this, the girls have taken part in county tournaments and GDST rallies which have enabled them to develop their skills and teamwork, amassing hours of court time.

Netball in the Spring Term

Under 12



In their first season of senior netball, the U12 team have acclimatised well, achieving wins versus Quinton House (A team 11-3, B team 2-1) and Kimbolton (12-5). Participating in the GDST Spring Rally, they saw off Newcastle in a 6-4 win to finish in 4th. They finished their season on a high, placing third in the County Plate Competition after winning all of their group stages.

Under 13



The U13 team have made great progress this year and achieved some excellent results, including a convincing 10-4 win versus Kimbolton. They took this positivity into their County Plate Competition where they achieved an unbeaten run versus Wollaston, Prince William School, Abbeyfield, Quinton House, Sponne and Lodge Park to achieve first place. Well done U13s!

Under 14



The U14 team started the season strongly. Traveling to play Caroline Chiselm School, the A team won 25-0 and the B team won 14-2. The U14s also had success against Quinton House where they enjoyed plenty of possession and made great movements off of the ball, resulting in an 11-7 win.

Under 15



In the County Plate competition, the U15 team played excellently to win their first six matches and put them through to the final against NSG. The change in pace proved difficult, however, they finished the day in second and qualified for the County Cup Competition. The County Cup competition took place in a round robin format, meaning the team faced NSG in a repeat of the County Plate final. This time the girls rallied to defend and ensured they converted their spells of possession, winning the match 8-4 and earning themselves third place overall.

Under 16



The U16 netball team reached the Regional Schools Finals after qualifying in second place at the County Cup. A huge thanks go to Izzy S and Evie F for playing up an age group. The girls faced tough opposition and demonstrated excellent defensive teamwork to delay their highly experienced competitors and force them to make errors. The U16 also played Quinton House this term, opponents that previously have proven to be a stumbling block for the team. Northampton High demonstrated excellent composure and the ability to convert their chances to achieve a 30-11 victory.

Under 18



The annual GDST rally is always of a high standard and our U18 team was delighted to take part. The team played against Bromley, Sheffield and South Hampstead whilst trialing new shooting, center court and defensive combinations. Despite some excellent passages of play, the girls were unable to win these matches. Maintaining high spirits in the afternoon, the team achieved a victory against Norwich following a last minute score! Finding themselves 3 goals down in their final match against Oxford, the team demonstrated excellent play across the court to bring the score to 7-7. Hard work pays off!

Sports in the Spring Term

Gymnastics



Our team of gymnasts arrived at Bromley High slightly 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 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 it was time for the vaults, which the team executed with precision. Well done girls on your performances, you did Northampton High School proud!

Cross Country



Cross country has been a bit of a wash out this term with the winter weather against us, and meant that our Bromley Rally team was unable to compete due to the course being submerged. Despite this, our runners were pleased to compete at the County Championships against top runners from the region. Well done to Emily K who finished 16th and qualified for The Anglian Trophy, running as part of the South Northants team. Emily was particularly resilient in her next race, battling hard to improve upon her previous result and crossing the finish line in 15th place.

Swimming



The High School had the first swimming gala of the year against Thornton College on Monday 12 February. It was a very successful outcome as we won all age groups and subsequently won the overall gala. There were some very tight races - notably the U14 - however, the girls persevered and won in the final moments. The relays were all well-coordinated and the girls demonstrated excellent teamwork to achieve success. Well done to everyone who competed.

Equestrian



The equestrian team had their first outing of the year at the county qualifiers at Bury Farm.

The 70cm team of Lexi D, Esme S and Lily F rode wonderfully to finish 5th in a huge class. The same team went on to compete in the 80cm. Lexi and Lily had fabulous clear rounds,

with Lily finishing in the top 15 out of 68 riders!

Later in the day, Indi R and Nancy D took on the bigger jumps in the 90cm and 1m. These classes were full and the courses were very technical. In the 90cm, Indi and Nancy finished 13th and 14th respectively, out of a huge class of 50 riders. In the 1m, Nancy rode well to finish in third and Indi was crowned top rider from Northants. As a result, Indi has qualified for the National finals in Hickstead in May.

Thank you to Mrs Hodgetts-Tate and Mr Rickman for their support.

Keep up to date with the latest Sports updates!

Each week, we like to update our parents with the most recent fixtures, results and schedules from the world of sport here at Northampton High. This information can be found in High & Junior News, and the latest editions of these newsletters can be found by scanning below.

Scan me!



Indoor County Cricket Tournament

Under 13



The U13s qualified for the Indoor County Cricket Tournament after receiving a bye when Spratton could not fulfill the qualifying fixture. Hosted at the County Cricket ground, the knockout competition involved four teams. In the first match against Wellingborough, Risara successfully took two wickets and Grace took one. Steady batting meant they entered the final over with 6 runs needed. In the final against Moulton, Lottie also demonstrated excellent bowling skills and took two wickets. Unfortunately, this was not enough to secure the victory and Moulton won by 9 runs. Nevertheless, a great first season of indoor cricket for the U13s.

Under 15



The U15s beat Caroline Chisholm at home to qualify for the Indoor County Cricket Tournament, also held at the County Cricket Ground. Their first match was against Oundle, who opened the batting, but were unable to surpass 60 runs due to excellent fielding from our players. When our U15 team went to bat, they showed great skills to achieve 61 runs with 9 balls remaining. In the final, they faced NSG who started off strongly with 80 runs. Despite facing a tougher opponent, the High School's excellent team strategy meant we took the victory with 81 runs and 8 balls remaining. The team has qualified for regionals which will be held in April.

Spotlight on Sport: Erin

We love to celebrate the external sporting successes of our students, and in each edition of High Sports we shine the spotlight on to a different student. This term the spotlight shines onto Erin:

How long have you been skating?

I started skating 5 years ago (when I was 7) in January 2019.

Where do you skate?

I skate at Milton Keynes Planet Ice.

How often do you train and compete?

I train 4 times a week for about 3 hours each time. I also do off ice training as well. I compete at most competitions that I can, and they are normally about 2-3 months apart.

Who is your inspiration?

My inspiration is Alexandra Trusova because she has the most amazing jumps and spins.

What success have you had in skating?

My personal best is 23.12, and my highest placing is 3rd, but I'm hoping to get over 25 at my next competition.

