

High Sports

Autumn Term | December 2024

Welcome!

The autumn term at Northampton High School has been an exciting time for the sports faculty, highlighted by significant achievements and upgrades to our astroturf and fitness suite, which have enhanced the girls' sporting experiences. Our teams have excelled in competitions, and their enthusiasm for sports clubs like cricket, netball, tag rugby, and swimming has been truly inspiring.

As my time as Acting Director of Sport draws to a close, I feel proud and deeply grateful for the support of our staff, parents, and students. We eagerly await Mrs Blake's return from maternity leave and look forward to continuing our success. I hope you enjoy reading about our accomplishments this term and thank you so much for facilitating the girls' involvement in sports at Northampton High!

Mrs Saunders-Wall
Acting Director of Sport

Hockey Updates

In September, we proudly unveiled our new astroturf, featuring bespoke elements such as goals and dugouts in our school colours.

A designated spectator area has also been introduced, providing a welcoming space which has been enjoyed by our cherished home supporters and visiting fans. This exciting project was made possible through reinvestment of profits from our facility hires at Northampton High School, with additional support from the Swap Shop. We extend our heartfelt thanks to the incredible volunteers who run the Swap Shop and to everyone who has donated clothing — your contributions were instrumental in bringing this upgrade to life.



This season, students from Year 3 to Year 13 have had the pleasure of using the astroturf for their fixtures, and the standard of play has been truly impressive.

Trials for the GDST Hockey Select Team were also held on our brand new astroturf this term. Congratulations to Hattie F, Ruby CF, Katie F, Charlotte F and Isla N who have progressed to the second round of trials.

Spotlight on Sport: Fitness



This term's 'Spotlight on Sport' focuses on Fitness! Over the October half term, our gym

was upgraded with state-of-the-art equipment to enhance the girls' strength and conditioning experience. The gym now features three racks for key strength exercises like squats, deadlifts, and bench presses, plus new HIIT equipment, including a curved treadmill, ski erg, bike erg, rowers, a leg press, and a stair masters. Lightweight bars and weights have also been added for older Junior School pupils, with plans to introduce Junior School sessions later this academic year when our new Fitness Instructor joins us.

Well done to those who have benefited already from being 10% braver while using the gym during PE, games, and fitness club. A special shoutout to Amelia in Year 7 (pictured), who has progressed to deadlifting 35kg with an Olympic bar in less than 6 weeks - an amazing achievement!

Hockey Updates

U8 - The U8 teams have shown incredible dedication in their first season of hockey, quickly mastering the rules and key skills of the game. Throughout the season, they have gained a strong understanding of positional play, which has been instrumental in their success on the field. This newfound knowledge has helped them score goals and defend effectively in their matches against Quinton and Bedford Modern School.



U9 - The U9 teams have shown fantastic growth in skill and confidence during their second hockey season, achieving impressive wins against Quinton House and Bedford Modern School. Their improved tactical knowledge and understanding of the rules has contributed to strong team performances where many goals have been scored. Well done to both Rayna and Dulcie who took a turn in goal, producing fantastic performances versus Milton Keynes Prep.



U10 - The U10 teams enjoyed a well-rounded season, winning, drawing and losing against strong opposition. They focused on maintaining possession through effective passing to teammates, while also developing their strength with strong passes, runs, and tackles. Their hard work and progress have been impressive.



U11 - Every Year 6 student represented the school in the U11 hockey teams this season. Despite facing tough opponents, they demonstrated outstanding perseverance and never gave up. Their resilience and dedication to improvement were impressive, and they should be proud of the progress they made as a team.



U12 - The U12 A team enjoyed an outstanding season, securing victories in all but one match thanks to their impressive focus on ball possession, utilizing effective passing triangles and strategically targeting opponents' left-hand sides. Meanwhile, the U12 B team demonstrated exceptional determination despite facing defeats in both of their matches, dedicating themselves to honing their skills by enhancing their passing triangles and increasing their speed of play. Across both teams, the commitment to teamwork, tactical growth, and skill improvement has been remarkable, reflecting their unwavering effort throughout the season.

U13 - The U13 teams demonstrated remarkable growth throughout the season, achieving several impressive victories and draws against tough opponents. Additionally, the A team represented us proudly in Croydon at the GDST Autumn Rally. Every player has displayed exceptional determination, unwavering commitment, and immense potential, and it's thrilling to imagine what they will accomplish as they transition to 11-a-side games next year.

U14 - Coaching the U14 Hockey team in their first 11-a-side season has been a delight! Despite a challenging start, the girls have grown tremendously in skill and teamwork, capping off their campaign with a 3-0 win against Thornton. Special mentions to Esme for an outstanding debut season as goalkeeper and to Clara and Mimi, the team's top goal scorers.

Hockey Updates

U15 - The U15's have had a very successful term. The season began with the Northern Rally where they came up against Newcastle and Sheffield, narrowly losing by a single goal in each game. The final match of the tournament saw a dominant performance against Shrewsbury, the team won this fixture 2-0. The season's test came about in October when they played the eagerly anticipated game against Stowe. Last season saw the U15's, lose and this year the team were up for the challenge to better this performance. The pressure was intense for the defence, with Nat having to make some incredible saves, and with a few changes to the formation the team came away with a fantastic draw. The final game against Quinton rounded off the local matches

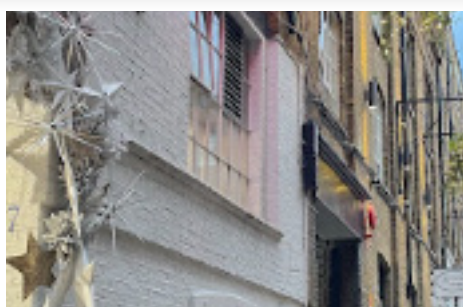
with a 6-0 win. The GDST Newcastle Hockey Tour in December was the eagerly anticipated trip. It was unfortunate that the weather was not kind and all matches had to be played indoors, but this did not hamper the enthusiasm and with two days of games the A team were declared joint winners overall with Norwich, and the B team placed 4th in their pool.

2nd XI - The season started strong, with most of Year 11 making impressive senior hockey debuts. The team quickly gelled, finishing unbeaten with 14 goals scored and no goals conceded—special credit to Lexi for keeping a clean sheet. Year 10 players also stepped in seamlessly, with Isla scoring a clever goal in the final match. The girls have been a joy to coach, and I'm excited for next season!



1st XI - The 1st Team had an outstanding season, remaining undefeated in all friendly matches. They excelled at the GDST Rally, finishing second after a hard-fought final decided by sudden-death penalty shuffles. Their skill and determination throughout the season have been truly commendable.

GDST Day of Dance



On Monday 2 December, students attended the GDST Day of Dance at Pineapple Dance Studios in Covent Garden. The event featured workshops in the dance genre of Commercial Street, Contemporary, Jazz, and Musical Theatre. These were led by top professionals; Christina Andrea (who featured in Jessie J's Price

Tag video), Ella Gilling (star of The Next Step), Katrina Lopes (Jazz teacher and aerialist in Harry Potter & The Cursed Child), and Sophie Camble (star of Cats the Musical).

The dancers from Northampton High shone in their favorite styles and embraced the challenge of trying less familiar genres, earning praise from the coaches for their enthusiasm and outstanding skill level. There was even a little left over time to see the Christmas lights in Covent garden! Everyone thoroughly enjoyed this unforgettable experience, including Miss Sinead and Mrs Saunders-Wall!

Keep up to date!

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!

Tennis, Football & Cross-Country Updates



Tennis - The U18 tennis team has enjoyed a successful LTA Schools competition so far. This began with a triumphant victory over Wellingborough to advance into a competitive league alongside Oxford High, Magdalen College

School and Tudor Hall. With the term's unpredictable weather, our home matches have been hosted at Kings Park Tennis Centre in Moulton, a fantastic venue that has provided the perfect setting for the girls to shine. In their opening fixture against Magdalen College, the girls faced equally ranked opponents, but delivered an impressive 6-0 victory. Continuing their momentum, they traveled to Oxford High, where they once again showcased their

dominance with another flawless 6-0 win. Their final match at Tudor Hall proved to be a battle, not just against tough opponents, but also against the elements. Despite the rain, the girls showed incredible resilience, pushing the match to a tiebreak shootout after drawing 3-3 in rubbers. Although narrowly defeated (7-4 in the shootout), their strong performances throughout the group stage

Cross Country - The cross-country season has been busy, showcasing the girls' teamwork and determination. In October, the GDST Cross Country Rally saw the Senior team tackle a challenging woodland course in Croydon, with strong performances across all year groups. In November, the annual Thornton Trail at Thornton College

provided a fun and competitive experience, with Year 7's Zara finishing 10th and leading her team to a commendable 5th place out of 10 teams. Looking ahead, the postponed Northamptonshire School Games Cross Country will take place on December 11th, with participants from Years 4 to 10 eager to compete. Good luck to all involved!



Football - Our footballers have had an outstanding year so far, with record numbers at training and players from Years 4 to 10 competing in fixtures. Our partnership with Northampton Town Football Club has been a fantastic boost, with Joe from NTFC leading Thursday coaching sessions. To celebrate the partnership, some girls visited Sixfields Stadium to tour the stadium and meet women's team top scorer Jade Bell.

Season highlights include the Year 4's impressive debut at the Cranfield Tournament, Year 5 & 6 taking 2nd in the IAPS Plate, 3rd at the GDST Croydon Rally and the U16s reaching the GDST Plate semi finals. Congratulations also goes to Ella D, Ellie J, Lucy H, Ava S, and Emily K, who advanced to the second GDST Select Team trials. The girls' dedication is inspiring, and with so many younger players now getting involved, the future of football at the High School looks incredibly bright!