

ST RICHARD'S CATHOLIC COLLEGE

PE News

Excerpts from Newsletters
(October 2018 – present)



Girls Football

Our U13 (Year 7+8) team had their first game together with a tough first round match in the English Schools FA Cup on 1st October. They were drawn at home to Dorothy Stringer from Brighton. We conceded 3 early goals but grew in confidence as the game progressed and a wonder goal from Erin Todd, followed by a super strike from Auraelia Copley, brought the game back to 5-2. Unfortunately, Stringer scored two further goals and won the game 7-2. Well done to the team for an excellent effort, showing determination and promise for the future. Thank you also to the parents who came and supported. The team were: Jane Adjei, Amelia Allen, Auraelia Copley, Anna Gkertz, Kirsty Head, Cicely Holmes, Jessica McCann, Emma Sandeman, Ashlyn Thomas and Erin Todd. Thank you to Mr Lahache for his time and expertise in refereeing the game and to Alex Heggie and Daniel Hampton, Year 10 GCSE pupils, for running the line.

Hastings & Rother Year 10 Netball League Tournament

On Wednesday, 3rd October St Richard's hosted the Hastings and Rother Year 10 Netball League Tournament. The pupils performed outstandingly, winning all of their games, with two games finishing in an 8-0 win for St Richard's. Congratulations to the pupils involved. The team were: Isabella East, Erika Body, Lucy Boreham, Taylor Potter, Izehi Ebhohimen, Jasmine Moulding and Lea Lansley.

Sussex Schools Swimming Relay Championships

Congratulations to our four teams who represented St Richard's at the Sussex Schools Swimming relay championships held at the Pavilion Leisure Centre in Horsham. Competing against 30 other top swimming private schools and Sports Colleges they produced some outstanding performances. Junior Boys team: Malachi Affonso, Felix Merritt, Harry Fletcher and Jasper Colwell
Junior Girls team: Besiana Martinaj, Sophie Collett, Grace Buchanan and Eliza Pocock
Intermediate Boys team: Bil Shay, Alex Heggie, Adam Seal and Joseph Roser
Intermediate Girls team: Annabelle Goldsmith, Emma Roper, Kaitlyn Payne and Betsie Field

County & District Football Trials

Several St Richard's boys and girls have impressed at the County and District football trials. The following pupils have successfully made the teams:

Representing District level: Franz Cuison, Dom Corbin, Arthur Karapetyan, John-Paul Simpson, George Murphy, Finlay Holter, Alex Heggie, Aaron Cook, Oskar Lockyer and Baxter Orchard.

Representing County level: Oskar Lockyer, Baxter Orchard, Jasmine Moulding and Abi Dolding.

Boys' Football

All of the boys' football teams are competing in the A League. This is the top league for the area and consequently all of the matches so far have been played to an excellent standard. St Richard's are one of only two schools that have managed to represent every year group in this top league.

The **Year 8** football team have started their season with 2 excellent performances. In their first match against Claremont the boys went 2-0 down to a couple of outrageous finishes in the first 2 minutes. Following this frustrating start they fought back to make it 2-1. As the second half went on St Richard's



came closer and closer to getting the equaliser and forced several fine saves from the Claremont goalkeeper. In the last 5 minutes Year 8 were pushing lots of players forward to get the equaliser and consequently conceded a third goal on the break; this was against the run of play. Although this

resulted in a defeat for their first match, it was a fine performance and the boys were very unfortunate not to take something out of the game against a strong Claremont side.

The **second Year 8 match** was a hugely convincing win away against local rivals St Leonard's Academy. Arthur Karapetyan was constantly a problem for the home team and he bagged an impressive hattrick. John-Paul Simpson made a great run into the box to strike home a whipped in cross from Freddie Smiles. Jathusan Thevarasa and Francesco Lombardo were also on the score sheet in the emphatic win. Harris Thorogood-Swoffer should receive a special mention for keeping a clean sheet. He was on hand to sweep things up on the few occasions that St Leonard's pushed towards the St Richard's goal.

The **Year 11 team** began the season in a similar fashion to the Year 8 boys. They also played Claremont away in their first match. St Richard's were marginally the better team for most of the match and certainly created the better chances of the match, but it was Claremont that stole the result with a precise free kick strike in the last few minutes of the match.

The **Year 11 team** reacted well in their second match against Claverham. In this tricky away fixture, they had a much slower pitch to contend with. In fact, it was the slow pitch that contributed to the boys losing the ball when trying to play out of their own penalty area twice early on in the game. Despite conceding 2 soft goals and going 2-0 down, the boys learnt from this and reacted to the conditions. They went on to dominate the match and fired home 4 in total, winning the match 4-3.

Year 10 are currently a team in transition. They began the season missing a few key players from their squad due to injury. Although they are yet to get their first win, I am sure it will come soon. Their first match was a very tough first game away against a William Parker team that made the National Finals. The boys defended extremely well in the opening part of the game and they were able to keep the score at 0-0 for the first 20 minutes. William Parker went on to win the match, but there were plenty of positives to take from the game. The boys improved in their second match against Claverham and were much more of an attacking threat with Reuben Kudjo, Aaron Cook and Quincey Gilbert all finding the score sheet against Claverham.

Other Sporting Successes

- Marnie Horan performed at the Sussex Championships Gymnastics competition in Burgess Hill. Marnie and her partner came home with the gold medal for first place in their grade and so are Sussex champions.
- Abigail Dolding is part of the U14 Brighton and Hove Albion Regional Talent Club squad for the season 2018/19.
- Oskar Lockyer has been offered opportunities to trial at several professional football clubs. He is currently trialling at Charlton Athletic.
- Hollie Young had an exceptional Cricket season. She went on to take 49 wickets, finishing with 35 for Sussex (top in Sussex county sides, including women's 1st team), 7 for Ansty Ladies and lastly 7 for Surrey Stars U19 regional development squad.
- Dom Carey had multiple success at a recent rowing event. He won the U16 four-mile row at sea from Dawlish to Shaldon. Dom also did well in handicap events and participated in the men's 3,000m Seine boat rowing. He also won the best overall U16 performance over the entire regatta.

Clubs

If your son/daughter has yet to join a club, please encourage him/her to do so.

Mr Dallaway, Subject Leader of PE

PE Department News (December 2018)

Gymnastics Competition

Selected pupils from Years 7 and 8 were invited to take part in the annual Sussex School Gymnastics competition which was held at the University of Brighton's Eastbourne campus on Saturday, 1st December. Having worked tirelessly in the run up to the event, the pupils performed their routines with pride, demonstrating to the 200 plus audience their ever developing skill and performance abilities. Well done to all involved.



Netball

Throughout Terms 1 and 2, pupils from Years 7-11 have been competing in the Hastings and Rother Schools Netball League. All pupils played fantastically, with Years 7, 8, 10 and 11 finishing top of their groups. The Year 11 team, in particular, had an outstanding result, with a 23-5 win over Bexhill Academy. This was a brilliant way to finish their Netball career here at St Richard's! Very well done to all who participated.

Girls Football

On 29th November, the U14 (Year 8 and 9) team travelled to Hove in the second round of the Sussex County Cup. We faced a very strong side from Cardinal Newman Catholic School and unfortunately were soundly beaten 0-8. Credit to the girls who gave a spirited display and never gave up. Well done, in particular, to Aimee Mooney who stepped in at the last minute and was voted Player of the Game by the opposition. The team were: Emily Adjei, Elysia Hough, India McCann, Aimee Mooney, Beatrice White, Olivia Zheng, Jane Adjei, Auraelia Copley, Kiera Fitzgerald, Anna Gkertza, Kirsty Head, Jessica McCann and Erin Todd.



U13 Table Tennis

Table Tennis club has been popular amongst pupils from all years. Pupils have also responded really well to the introduction of table tennis into the PE curriculum this year. Our teams put in some fantastic performances in the Hastings Area Table Tennis Competition. The boys' and the girls' teams reached the semi-finals and both teams finished in 3rd place overall. Here is a summary of key performances/wins that our pupils recorded on their path to third place:

Girls:

Sophie Collett won against Claverham and St Leonard's.
Aurora Bonoan won against Bexhill and St Leonard's.
Carolina Jeneslas-Jeyakumar won against St Leonard's.
Lexine Banuelos was impressive with her performances.

Boys:



Anthony Purvis won against St Leonard's, Hastings and Bexhill.

Rufus Phillips won against St Leonard's, Hastings and Bexhill.

Benjamin Taylor won against Hastings.

Anton Muller-Perol won against Hastings and St Leonard's.

The next Table Tennis competition will be the individual tournament in January. We are looking forward to see if our pupils can continue to progress well and go even further in this competition.



Year 7 Orienteering Competition

The University of Brighton Orienteering Festival was held at Gildridge Park in Eastbourne. Many schools entered from the Hastings, Eastbourne and Brighton areas. Our team of 16 Year 7 boys and girls performed exceptionally well as we finished 4th overall. Oscar Byrne and Ash Latuske performed particularly well, finishing in second place out of 64 pairs.

Boys Football

The **Year 7** football team continue to make progress and are showing some promising signs of success this year. With a couple of our key players injured, they were still able to organise themselves extremely well to prevent ARK William Parker from having any real chances at goal. In attack we broke forward with pace and caused them problems at the back with some high pressure from impressive work rates in attack. As the game wore on, both teams were looking for the win and it took an excellent bit of skill from ARK William Parker to score the only goal of the game. The boys should be proud of their efforts, as on another day I'm sure the result could easily have gone in our favour.

The **Year 8** team travelled to unbeaten and area champions, Claverham. With the game being played on the 3G astro this ensured a fast pace to the match. Both teams had early chances but Claverham took the lead just before half time from a corner. Claverham started strong in the second half adding two quick fire goals. St Richard's continued pushing forward and scored a goal from a good passing move. As St Richard's strived to find equalising goals Claverham scored two late goals making the final score 5-1. Harris Thorogood-Swoffer, Arthur Karapetyan and Franz Cuison had excellent games in defeat.

The **Year 9** team travelled to play Bexhill Academy on their astro turf pitch. A solid organised display from all the players ensured a very tight game. Goalkeeper, Hamish Tallud, commanded his goal area with a polished performance. George Murphy showed his shooting prowess with three long range efforts. Even though both teams pushed for a winning goal, the game ended in a 0-0 draw.

Year 10 played a strong well organised and undefeated Claremont team in the Hastings Area league. Played on a perfect surface, the game flowed from one end to the other. Superb defending from all the St Richard's back four and goalkeeping ensured a close match. Even though Claremont went into the lead from a scrappy goal from a corner, this fired up the St Richard's team who fought hard to try and get the goal back. James McAvoy, Aaron Cook

and Eric Caicedo Mejia led the way with some fantastic play but could not find an equalising goal, the team losing 1-0.

The Year 10's next game was an 8 goal thriller against Buckswood. The boys led the match twice and Reuben Kudjo scored a brace, one of which was a clear leader for the goal of the season. The ball bounced outside of the penalty area and as Reuben turned he struck a left foot volley that fired like an arrow into the far top left corner. A truly outrageous goal that left the district level Buckswood goalkeeper stranded on the spot. The work rate was immense from the St Richard's players and Alex Heggie kept things as tight as possible at the back against a fast and powerful Buckswood forward line. Zak Prawanna and Eric Caicedo Mejia also scored with a couple of excellent finishes to sweeping St Richard's moves.

Cross Country

16 boys and 16 girls from Years 7-11 represented St Richard's in the Hasting Area Cross Country hosted in Battle. Our pupils were a credit to the school and gave everything across the tough course. Pupils were successful in several boys and girls events. The following pupils were top 5 finishers:

Tom Davies - 2nd

Sacha Millar - 4th

Talia Cahill - 5th

Erika Body - 3rd

These were particularly impressive achievements considering there were around 50 pupils in each race.



Inter-Schools Badminton Matches

Members of the badminton club had some great games at the Inter Schools Badminton Tournament. Girls' and boys' teams in KS3 and KS4 took part and had some very good results. In the **KS3 matches**, both the girls' and boys' teams had close 3-2 wins in their first matches and narrowly lost their second matches 3-2. For the girls, Kirsty Head, Natalie Collinson, Ashlyn Thomas and Aurora Bonoan all won games. The boys team of Rhyon Paraoan, Austin Thomas, Axl Solliss and Euan Ras used all the skills and tactics they have developed over the last term and won some very exciting games.

The **KS4 matches** were harder, with all our teams coming up against strong club and County players. However, all players performed very well and had some good games. A special mention must go to Hannah Chan who won her singles and doubles games against Claverham (partnering Zuleika Smyth in the doubles). Alicia Smith and Christina Thomas had the spectators on the edge of their seats in their doubles game where they narrowly lost 15-14. The match result was 3-2 and we lost by just one point. Well done to the girls on that result. The KS4 boys team of Alvin Manoj, David Munro, Liam Harrison and Alex Heggie played very well and kept going in the face of very strong opposition. They lost both their matches but the games were good to watch. With the prospect of a new sports hall with more badminton courts, all players will get more chances to play and improve and we hope for even better results in the next match.



GCSE Intervention night will depend on meetings – pupils will be informed each week. Please note this timetable will be updated as soon as the new sports hall is available.

Sports Hall Update

It is a very exciting time in PE with the Sports Hall getting very close to completion. If you have visited the college recently you will have seen that the structure is fully built from the outside. If the finishing touches go ahead without delay, we should be able to begin using the Sports Hall by mid-January 2019. The large indoor space features two heavy duty curtains that can split the Sports Hall into three teaching areas. This will be particularly useful in enhancing our PE provision during periods of poor weather.

The Sports Hall will immediately host state of the art facilities such as: electronic basketball hoops, multi-use goals, trampolines and a projector. It is an extremely large and versatile space. The activities below are just some of the ways that pupils will immediately benefit from enhanced provision during PE curriculum/extra-curricular time.

- Basketball
- Handball
- Netball
- Volleyball
- Badminton
- Futsal
- Trampolining
- Table Tennis
- Fitness
- Aerobics
- Indoor Athletics
- Indoor Cricket
- Indoor Rounders



Mr Dallaway, Subject Leader of PE

PE Department News (February 2019)

Year 7 & 8 Sportshall Athletics

On Tuesday, 22nd and Thursday, 24th January a group of Year 7 and 8 pupils took part in the Hastings and Rother Schools Indoor Athletics event. The pupils competed in a selection of track and field events, demonstrating great determination and teamwork. Congratulations to all involved, they did fantastically well, finishing with the following overall results.

<u>Year 7</u>	<u>Year 8</u>
Girls finished 2nd. The team were: Kunashe Makwiramiti, Cicely Holmes, Florence Garvey, Lucy Bateman and Atheena Shaji.	Girls finished 3rd. The team was: Arina Bondareva, Emma Sandeman, Erin Todd, Elina Saklunova, Sophie Collett and Abi Dolding.

Boys finished 4th. The team were: Finlay Spiers, Ash Latuske, Henry Richardson, Tobiasz Kupis, Finn Gibbons and Samuel Rwothumio-Onen.



Boys finished 2nd. The team was: Franz Cuison, Tom Davies, Jathusan Thevarasa, Freddie Smiles, Rob Guno and Jan Taylor.



Sussex Schools Cross Country Championships

The Waterhall Cross Country is the most prestigious event of its kind for pupils attending schools in Sussex. It provides an extremely high level competition for the most talented runners across the county. We are proud to have had so many pupils at this event; they all performed incredibly well, pushing themselves and holding their own against a field of seriously good athletes.

It was a wet and windy afternoon at the Waterhall playing fields in Brighton, but there was still a huge turnout of competitors and it certainly did not dampen our spirits. The under 14's races hosted over 120 runners per event. Mitchell Harrod and Sacha Millar finished 74th and 76th respectively in the boys' race. Talia Cahill managed to finish 84th in the girls' race.

The under 16's races were also made up of 120 competitors. Sebb Rann finished very well in 27th position, Dom Sharp (56th), Adam Rispoli (57th) and Charlie Laver (58th) all worked hard as a mini pack to fight the wind resistance and help each other place highly. Trinity Funnell put in a brave run finishing 75th in her event. Erika Body incredibly finished 16th whilst running against pupils a year older. Consequently, Erika now has an invitation to represent Sussex in the Southern Schools Inter Counties competition.

East Sussex Schools Individual Table Tennis Championships

We have only recently included table tennis on the PE curriculum and are keen to get our pupils to attend table tennis club in and out of school. Spaces for the Individual Championships are limited to schools and are usually filled by pupils from schools that play at club level or higher.

Tobiasz Kupis, Zachary Read, John-Paul Simpson, Anthony Purvis, Sophie Collett, Caitlyn Jenner and Hannah Chan all performed very well in the group stage of the competition, but it was Aurora Bonoan who stole centre stage. She



finished joint first in the girls' competition; she was, however, officially given the third place medal based on countback of points.

The Sports Hall

The new sports hall is now in use. It is an amazing facility for our pupils to be able to use, even though there are still more features such as dividing nets, trampolines etc. to be included before Easter. To the left is a sneak preview of the sports hall hosting a handball competition for 60 Year 9 pupils.



Coming Up

We look forward to our basketball season starting in the final week of this term and running through term 4. We also look forward to our rugby fixtures next term. This year, we will be hosting the Hastings Schools Year 7 rugby 10's competition at St Richard's.

Mr Dallaway, Subject Leader of PE

PE Department News (March 2018)

Netball

The **Year 7** netball team attended the Hastings and Rother Schools' Netball Tournament on Monday, 11th March. The event was held at St Leonards Academy with eight local schools attending. The girls' strength as a team grew as the tournament progressed, with all of the group stage matches ending in a close result. They finished second in their group, placing them against the winning team of group 2 - Battle Abbey, for the semi-final. The team worked tirelessly throughout, but conceded 2 goals, which saw them through to the 3rd/4th place playoff. The girls' final match saw a triumph against Claverham, winning 5-1, seeing the girls secure 3rd place.



Our **Year 10** netball team attended the annual Hastings and Rother Schools tournament, held at St Leonards Academy on Tuesday, 19th March. The girls worked hard, building upon individual strengths to overcome their tough opponents. The girls finished 4th and are looking forward to building upon this result in Year 11.

Girls' Football

Year 7 and Year 8 & 9 6-a-side Teams

The Year 7, Year 8 and Year 9 6-a-side teams played a warm up match in preparation for the Area Football tournament at Claverham on 26th March. Both teams played very well, resulting in two wins. The Year 7 team won 3-1 and the Year 8 and 9 team won 2-0. Well done to all involved! Results of the tournament will be published in the next newsletter.

Year 7 Team: Florence Garvey, Cicely Holmes, Kunashe Makwiramiti, Faith McMorran, Atheena Shaji and Ashlyn Thomas.

Year 8&9 Team: Abigail Dolding, Anna Gkertz, Jessica Mccann, Erin Todd, Emily Adjei, India Mccann, Olivia Zheng and Beatrice White.

U16 (Year 10+11) Football

The U16 girls' team played Downsland School from Hassocks on Friday, 8th March at St Richard's in the Sussex County Shield. The girls played extremely well, on a difficult pitch, having 80% possession and were unfortunate to concede two quality goals from an exceptional player on the opposition team. Our pressure finally paid off with a super solo goal from Lucy Boreham to make it 2-1. The girls continued to press and create lots of chances but couldn't find the net and were caught on the break and conceded a third goal. The determination, effort and support



of each other was outstanding and I was extremely proud of the team. Well done, girls!

The team were: Joyce Busuego, Jade Coleman, Lexie Coleman, Janel Maneclang, Abbie Pinnington, Amber Pisani-Cleland, Maddie Baszczak, Erika Body, Lucy Boreham, Olimpia Croucher, Izehi Ebhohimen and Jasmine Moulding.

Girls' Football

Jasmine Moulding has been representing Sussex Schools and Lewes FC U16's. She most recently played for Sussex vs Surrey in a very close match where Sussex battled for a very hard fought 2-2 draw. Jasmine suffered a heavy blow to the head towards the end of the game, but fortunately she passed a HIA which allowed her to play for Lewes FC U16's vs Mile Oak in the final of the Sussex FA Challenge Cup the next day. This ended in a resounding 7-2 win and completes part 2 of a potential treble for Lewes, having already won the league.

Gymnastics has arrived!

Classes from Years 7, 8 and 9 have enjoyed the opportunity to take part in gymnastics lessons throughout this term. A special thank you to Miss Easton: her hard work in securing the additional funding from the Healthy Schools Grant, means we have been able to invest in new gymnastics mats, enabling groups to be the first to enjoy gymnastics within curriculum lessons for over 20 years.



Leadership group working with others through team building activities

The Year 9 leadership class have been putting their leadership knowledge into practice. Working alongside fellow pupils, they were set numerous challenges which required teamwork, communication, delegation and problem solving. The pupils overcame challenges, motivating each other to succeed. The leadership groups continue to enhance their skill set through their ongoing work with the primary school events. Their assistance with the high 5 netball and football events have been invaluable whilst showcasing one of the many opportunities the pupils of St Richard's have available to them.

Sports Hall Athletics Final

Our Year 8 boys Sports Hall athletics team progressed through the Hastings Area competition to reach the Sussex School Games Finals held at Tanbridge House in Horsham. They performed incredibly well and finished in 4th place out of all the secondary schools in Sussex. The team should be proud of themselves.



Boys' Basketball

The Year 7 boys have started their first basketball season with an emphatic win in our sports hall against William Parker. The boys used their large squad to full effect with everyone playing an important role in the 14 - 6 win.

Year 8 had a great start to the season winning both matches. Their first match was a 24-13 win against St Leonards Academy and their second was a 38-15 win against William Parker. The Year 8 team have a particularly good work ethic that should be applauded. They worked so hard for each other in both games and, as a result, they have proved very difficult to break down in defence. All boys chipped in with points. Finley Dorling-Parkes has been on fire with multiple lay-ups in both games and a big three pointer in the first match.



The Year 9 boys have also started their Basketball season with a 100% winning streak. They beat St Leonards Academy 31-9 and Claverham 17-16 in their incredibly tight second game. Charlie Storrs was on hand to hold his nerve from the free throw line: it was his extra point that ended up being the difference between the two teams at the end of the match.



The Year 10 team started their basketball season with a very strong performance in a 43-16 win against The Hastings Academy. In their second match against William Parker they went 8 points down in the first quarter. However, they put in an impressive display for the remainder of the match, but could not fully recover from the deficit. This match finished 24-18 to William Parker.

The Year 11 boys have won one match and lost one so far this season. Their first match proved a frustrating one as they lost 15-12 in a tricky away fixture against Bexhill Academy. They showed strong resilience and bounced back in their second match with a clear 18-5 win against Robertsbridge Community College.



South East Sussex District Football

Franz Cuison and Dominic Corbin are members of the South East Sussex boys' U13 football team. They have had an incredible season and have made it to the National Finals. This will be held on Friday, 10th May at the Bet365 Stadium in Stoke City. They won a tightly contested game against a very good Croydon team consisting mostly of academy players from several premier league teams. The whole team including both boys showed true grit and determination to beat a technically superior team. This is the first time in 25 years that a South East Sussex District team have qualified for the National Finals.



Equestrian Competition Report

Two members of the St Richard's Equestrian Team took part in the Inter-School National Eventers' Challenge qualifier on Saturday, 9th March at Petley Equestrian Centre.

Emma Folwell rode in the 90 and 100cm classes over a course of 18 challenging mixed jumps. She produced two very fluid and carefully ridden clear rounds to come 2nd in the 90cm and win the 100cm, qualifying for the National Finals at both heights, a great achievement. The finals will take place over 25-27th May at the Hickstead All England Showground; good luck, Emma!

Melissa Marsden rode in the 70cm class, again over a course of challenging mixed jumps. Another good round, but sadly an unfortunate error at the end of the course kept her out of the placing this time.



Sports Hall

The new sports hall has been a big hit with the pupils. It has hosted a variety of PE clubs every lunch time and after school. It has also been used for Primary School lessons and tournaments, as well as many basketball fixtures already this term. The photograph shows a Year 7 class in a volleyball lesson. This is just one of the several new activities

now on the PE curriculum. We look forward to the trampolines arriving next term!

Mr Dallaway, Subject Leader of PE

PE Department News (May 2019)



Sussex Cricket

Term 5 saw the start of the girls' cricket development here at St Richard's. The girls have worked closely with coaches from the Sussex Cricket Development team, exploring the game and its different tactical and technical elements. The girls will continue to develop their



knowledge of the game enhancing their skill sets and strategic knowledge on a Tuesday after school for the duration of the summer term.



Primary School Girls 6-a-side Football Festival

On 19th March, St Richard's hosted a Football Festival for four of our local Primary Schools. The event was very successful and an opportunity for our Year 9 Sports Leaders to experience running and officiating a tournament. St Richard's also had an inexperienced Year 7 team in the tournament who came joint winners with Little Common. Year 9 Sports Leaders were: Adam Seal, Austin Thomas, Raymond Nyabakari, Ben Fairhurst, Ania Roby,

Dillon Prett and Aimee Mooney. The Year 7 team were: Saffron Dorling-Watson, Sanmaria Sajan, Abigail Standen, Freya Lipsham, Veronia Francis Vimalaratnam and Angelina Jenelas-Jeyakumar. Well done to all involved.



U16 6-a-side Football

Pupils from Years 10 and 11 finished 2nd in the annual Hastings and Rother Schools' Girls Football tournament. The girls won both pool games and held on in a close final, with Helenswood stealing the win in the final minute. The team were: Abbie Pinnington, Erika Body, Janel Maneclang, Lucy Boreham, Jasmine Moulding, Jade Coleman and Lexie Coleman. Well played, girls!

6-a-side Area Football tournament at Claverham on 20th March

CHAMPIONS! The Year 7 team were crowned the Area Champions after a brilliant display, beating Claverham 3-0, Hastings Academy 3-0, drawing 0-0 with St Leonard's Academy and beating Robertsbridge 1-0 in the final. The team were:

Florence Garvey, Cicely Holmes, Kunashe Makwiramiti, Faith McMorran, Amber Phillips, Atheena Shaji and Ashlyn Thomas. Well done, girls!



The Year 8 and 9 team finished 4th, drawing 0-0 with Bexhill Academy, and Robertsbridge and beating Claverham 1-0. The team were: Anna Gkertza, Jessica Mccann, Erin Todd, Emily Adjei, India Mccann, Olivia Zheng and Beatrice White.

Sustrans Big Pedal - 29th March

Pupils opted to walk, scoot or cycle their way to school on Friday, 29th March in support of Sustrans Big Pedal. This annual event is designed



to inspire more people to swap their mode of transport to a more environmentally and active option. Over 170 pupils and staff took part in the event with many choosing to meet at Galley Hill for a morning walk/cycle along the promenade. A great success, which we look to build on in 2020!

Area 3v3 Basketball Tournament at Robertsbridge

Our teams were involved in the area tournament on 7th May which was of a very high standard, playing teams from Claverham, St Leonards Academy, Hastings Academy, Bexhill Academy, Robertsbridge and Helenswood. Results were:

Year 7 - 4th place. The team were: Atheena Shaji, Amber Phillips and Jessica Joy.

Year 8 - Runners-Up. The team were: Keira Cronin, Erin Todd, Evelyn Caicedo and Amy Bossom

Year 9 - Joint 4th place. The team were: Caitlin Neilan, India Mccann, Beatrice White and Megan Parslow.



Boys' Rugby



The Year 7 rugby team put on an outstanding display at the Year 7 Rugby Tournament held here at St Richard's. They won every single game and finished in first place. Will Taylor and Finlay Spiers were unstoppable at times and stormed through to score several tries, but the entire squad were crucial in playing their part in this victory. They worked so hard for each other, using speed, strength, agility and determination to overcome some strong teams along the way. It should also be mentioned that they played an intelligent

game. Their understanding of how and when to execute moves and the timing of their passing were key to outwitting all of their opponents.

The team spirit and work ethic of the **Year 8** rugby team was similar to that displayed by the Year 7 team. The boys battled and gave everything in their tournament held at Bexhill Academy. They finished a respectable 4th overall out of the 8 teams in the competition. This was a significant improvement on their placing last year. It should also be mentioned that very little separated the top 4 teams.

Golf Champions

The St Richard's golf team are the Hastings Area golf champions! It was never going to be easy for the boys to replicate the success of last year because several Year 11 pupils are now over age for the tournament; we therefore had to change all but one player in the team. The young team demonstrated maturity and confidence in their performance and won overall by two shots with Buckswood finishing in second place. Particularly impressive moments included:

- Manus Crichton-Coote making a great chip within a foot of the hole.
- Oscar Byrne hitting a brilliant tee shot 12 feet from the pin and putted it to finish.
- Fergal Crichton-Coote finished 1 over for the entire course.



The team will now progress to the Sussex Schools Games Finals. This is held on Wednesday, 26th June in Crawley.

Basketball Champions

The boys' basketball teams finished the season as overall champions. The overall league table is worked out by adding together the points scored by each year group. Last year we narrowly came second to St Leonards Academy, so it was pleasing to see the boys winning the local battle this year to finish in first place. The boys thoroughly deserved this as they have been hugely committed to their basketball clubs. This is evident in the organisation of the teams and in the quality of their play. A big thank you should be given to Mr Feery who has helped to support all year groups. He has run basketball clubs throughout the year, virtually every day during lunchtime and after school. The league placings for individual year groups were as follows:

Year 7: 1st place.

Year 8: 1st place.

Year 9: 1st place.

Year 10: 3rd place.

Year 11: 2nd place.

Mr Dallaway, Subject Leader of PE

PE Department News (July 2019)

SPORTS DAY

Wednesday, 10th July was the day for this year's sports day and what a spectacular day of sporting events it turned out to be! It was fantastic to see so many pupils and staff involved in the day's events. 2019 saw the introduction of new events, with javelin featuring for the first time in 20 years. Having been busy training in lessons for all of these events, the pupils were eager to demonstrate the results of their hard work and the progress they have made across the array of activities. The competition brought out the very best in the pupils, with all demonstrating outstanding sportsman/womanship, respect, teamwork and confidence. It goes without saying, sports day would not be the day it is, without the support and hard work from the whole body of staff. Their assistance in the running and monitoring of events is vital, coupled with their continued support for all of the pupils.



Outstanding Performances of the Day

Year 7 - Cicely Holmes demonstrated her abilities within the girls' sprint/middle distance track events, securing gold in the 200m, 300m and 800m, while Dermot O'Rourke led the boys long distance events, taking the gold in both 800m and 1500m. The field events saw records nearly broken by Cicely Holmes, with a triple jump of 6.89, the record being 6.90 and Cornelius Seviakovas with a vortex throw of 43m, the record set at 43.05m.

Year 8 - Aurora Bonoan secured her place as the 2019 Year 8 sprint champion, achieving gold in all three sprinting events: 100m, 200m and 300m. Dylan Earl managed to set a new record in the 300m, taking 0.72 milliseconds off the existing record with a time of 45.28. Meanwhile, out on the field events another record was broken by Emma Sandeman, with her triple jump distance of 7.85m, increasing the record by a brilliant 34cm.

Year 9 - Talia Cahill demonstrated her strengths within the track events, securing gold in both short and long distance events, including 100m, 800m and 1500m, while Arthur Pepper secured his long distance dominance with gold in both the 800m and 1500m events.

Year 10 - Izehi Ebhohimen dominated the sprint events this year, securing gold for the 100m, 200m and 300m, while Erika Body triumphed the long distance with a double gold for 800m and 1500m. Marx Ravenera secured gold in both 100m and 200m, with Thomas O'Shaughnessy dominating the long distance track events, with gold in the 800m and 1500m. Meanwhile out on the field events, Zak Prawanna broke the record for the Vortex howler.

Overall Results

Wells - 609, Gwynne - 587, Howard - 566 and Rigby - 516.

'Once again it was impressive to see so many of our pupils actively taking part in this year's sports day. A day where pupils, staff and parents are united for this celebration of sport. Each year we question if we can better the previous year, and each year we do. Well done to all involved.' Mr Dallaway

'Being my first year celebrating sports day at St Richard's, it is safe to say that I was overwhelmed by the support, respect and camaraderie demonstrated by all pupils, staff and parents, involved in the day. It is impressive to see so many of our pupils participating in the events, and the passion that is displayed as a result. I look forward to being a part of this spectacular day for many years to come.' Mrs Harker

'What a celebration of sport! Each year I never fail to be impressed by the passion and commitment shown by the pupils of St Richard's. For all of the hard work put in by the pupils over the





past months, training within lessons, is rewarded in such an astounding way. Well done for another fantastic sports day!
Miss Easton

'If you did it properly there will have been pain. You may not have won any medals. Even if all you did was achieve one point for your team, then you were part of something greater than your individual performance. Sport, more than anything has the power to do this so be proud.' Mr Tadros

'Sports Day is a real highlight of the school year. It epitomises the school spirit of participation and ethos of St Richard's, a community as one.

Although there is competition, all competitors show respect to their fellow athletes with everyone cheering on those first and last with equal enthusiasm. Another enjoyable sports day where I was proud to be a member of this wonderful community. Well done to all competitors! Mr Campbell

'Once again, I am filled with admiration and pride at the way our pupils participated in Sports Day. Such an incredible amount of talent alongside superb sportsmanship and community spirit.' Mrs Bligh



ROUNDERS

Terms 5 and 6 have been very busy terms for the girls of St Richard's with this year's season of rounders tournaments. The matches were held at a number of the local schools within the Hastings and Rother Schools partnership and were well attended by all schools. All pupils involved worked well as part of the team and played fantastically. The pupils learnt a lot strategically during the matches and were able to advance their play as their games continued. Most pool groups saw a 2nd place finish for the teams, placing them in the 3rd/4th playoffs. We look forward to next year's round of fixtures, where we anticipate to build upon this year's success during lessons and training, hopefully taking our overall finishing positions to the next tier. Well done to all involved!

STOOLBALL

June 2019 was the year that St Richard's made their debut at the Hastings and Rother schools Stoolball tournament. Although the team fielded for the event were new to the game and inexperienced in competitions within stoolball, the pupils went with a fighting spirit to learn and build upon every experience gained during the event. The pupils played fantastically, applying their existing knowledge of striking and fielding events to this new game. The team finished 2nd in their pool and they secured 3rd place overall. An outstanding result considering the journey the girls had made from the sport being introduced only weeks prior to the event. Well played, girls!



BLOCK DAY - BE THE BEST YOU CAN BE

On Friday, 5th July, all pupils in Year 8 took part in the 'Be the Best you can Be' event. The pupils were joined by guest speaker Dr Gary Stidder, lecturer at the University of Brighton, and founder of football4peace, along with additional students from the university, who ran the events. Football 4 Peace (F4P) is a multi-dimensional research; education and social engagement platform that utilises sport innovatively to deliver generic and bespoke 'values-based' palliative training and coaching programmes designed in and for areas suffering from high levels of cross-community conflict and various forms of political disorder and social disintegration.

The pupils raised over £500 for the programme which will help towards the funding of equipment and other essentials such as food and drink and accommodation for the children involved in the project in Israel. This is a fantastic sum raised from Year 8; the pupils should all be very proud of their charitable contribution. During the day, the pupils participated in

an array of alternative activities including: Streetsurfing, Kin Ball, Ultimate Frizbee, Tri Golf, Capture the Flag, Teambuilding, Cheerleading and Rock-it Ball.

SPORTS LEADERS

Well done to our Year 9 and 10 Sports Leaders who have shown great leadership skills in running the Bexhill School Town Sports and the St Peter and St Paul and Chantry School sports events this term. The pupils involved were: Adam Seal, Raymond Nyabakari, Dylan Deda, Aimee Mooney, Taylor Jensen, Gabrielle Ward, Talia Cahill, Caitlin Neilan, Megan Parslow, Martha Ford, Carolina Jeneslas-Jeyakumar, Neha Chacko, Ben Fairhurst, Dan Doswell, Cody Dorling-Parkes, Mitchell Harrod, Leon Ercegovic, Austin Thomas, India McCann, Kerry Davidson, Isabel Anastasia Hernandez Kirienko, Angelo Loforese, Ania Roby, Ella Thorogood-Swoffer, Aisling Eldridge, Alex Heggie, Ryan Segal, Orla Crowther, Lydia Joseph and Rony Stephen.



Year 9 Sports Leaders for Primary Town Sports

St Thomas a Becket Sports Day

Our Year 9 Sports Leaders did a fantastic job on Tuesday, 25th June, helping run the events for the pupils at St Thomas a Becket Catholic Primary School. It was a wonderful day, with the staff, pupils and parents of St Thomas a Becket, creating a lovely

atmosphere and it was a pleasure for myself and our pupils to be a part of the event. Well done to the following Year 9 pupils who were a credit to St Richard's: Austin Abraham, Emily-Mai Buchanan, Beatrice Evangelista, Vanz Labitad, Erin McHale, Lucy Rand, Hubert Rownicki, Sofia Sevette, Lydia Joseph, Aisling Eldridge and William Buchanan.



CRICKET

The St Richard's Year 7 Cricket team put on a fine display at the Hastings Area Street 20 Competition held at Claverham Community College. The boys all played a significant part with the bat and ball in a round robin format. They showed determination to keep things as tight as possible in the field and they struck the ball well, hitting several boundaries when batting, eventually finishing in third place. Overall, the boys should be proud of their performance, but also of their team spirit and sportsmanship.



TOWN SPORTS

We took a large squad of 4 minibuses of pupils to Town Sports this year. This was due to such high levels of competition for places. Therefore, all of the pupils photographed earned the right to represent St Richard's in their respective events. They were a credit to the college and gave everything they had to help the overall team achieve as much as possible.

There were many stand out performances with many of our pupils receiving medals. We finished in fifth place overall out of the ten schools in the Hastings area and were just three points away from fourth place. A special mention should go to our Year 7 pupils. They performed

exceptionally well in their first athletics season as their points total had us in third place. With continued hard work I'm sure we can push for an overall top three finish next year.



GOLF

The boys Super Sixes Golf Team played in the County Finals after winning the Hastings Area event earlier in the year. We entered an almost entirely new team this year as age restrictions only permit pupils to play up until Year 10. We have a youthful team this year, containing two Year 7 pupils and four Year 9 pupils. Therefore, the boys will all still be eligible to play again next year.



Ben Jenkins teeing off and fading the ball from left to right

Our team set off in pairs, they did not seem phased by the occasion and they played some fine shots on some tough holes. They made good tactical decisions and kept their cool all the way around the course. All of the team should be really pleased with their achievement of finishing third.

Being ranked third place out of all of the secondary schools in Sussex is an outstanding achievement, especially considering there were only a handful of shots separating us from the teams in second and first position.

I am excited to see how this team progress next year as they will all still be within the age restriction required. Hopefully this experience along with further practice over the coming year will help them to aim to become County champions next year. Watch this space!



Oscar Byrne chipping for the green



The boys with their bronze medals

Mr Dallaway, Subject Leader of PE

PE Department News (September 2019)

We look forward to delivering an extremely wide range of activities this year and encourage every pupil at St Richard's to make sure they involve themselves in our extra-curricular opportunities. We aim to provide a diverse range of competitive, creative, traditional and modern activities to meet all of our pupils' needs.

In addition to all of our new equipment in place in the new Sports Hall, soon we will also have brand new 11-a-side, 9-a-side and 6-a-side football goals in use on the field. Look out for gymnastics and trampolining in this year's PE curriculum and extra-curricular clubs. Mr Feery has extended our Basketball provision to Saturday mornings. Trampolining will be introduced from 1st December 2019.

Term One will include many football fixtures, netball fixtures, as well as other sporting events and opportunities that I look forward to reporting on in our next newsletter.

P.E. DEPARTMENT CLUBS/PRACTICES (Term 1, 2019)				
	Before School (8.00 - 8:30am)	Lunchtime	After school 1	After school 2
MONDAY		FOOTBALL - Year 7 Mr Dallaway (Sports Hall) BASKETBALL - Year 8 Mr Feery (Gym)	GCSE/BTEC Sport Intervention *Dates may change to a Tuesday depending on meetings (Mr Bligh) GYMNASTICS (all years) Mrs Harker & Miss Easton (Gym)	KS4 FOOTBALL Mr Dallaway (Field) PRIMARY EVENTS EACH WEEK - Sports Leaders to be involved. Mr Varney and other PE staff (Sports Hall)
TUESDAY		FOOTBALL - Year 8 Mr Dallaway (Sports Hall) BASKETBALL - Year 9 Mr Feery (Gym)	GCSE/BTEC Sport Intervention *Dates may change to a Monday depending on meetings (Mr Bligh)	BADMINTON Ms Gill (Sports Hall)
WEDNESDAY		FOOTBALL - Year 9 Mrs Harker (¾ Sports Hall) DODGEBALL Year 7 & 8 Mr Dallaway (¼ Sports Hall) BASKETBALL - Year 11 Mr Feery (Gym)	BASKETBALL U'14 Mr Feery (Sports Hall) NETBALL (Upper School) Miss Easton & Mrs Harker	LOWER SCHOOL RUGBY Mr Bligh (Field)
THURSDAY		FOOTBALL - Year 10 (Mr Bligh) BASKETBALL - Year 10 Mr Feery (Gym) Year 10 GCSE PE/BTEC Sport Intervention Mr Dallaway (CICT)	NETBALL (Lower School) Miss Easton & Mrs Harker	YEAR 7 FOOTBALL Mr Dallaway (Field)

FRIDAY		FOOTBALL - Year 11 Mr Dallaway (Sports Hall) BASKETBALL - Year 7 Mr Feery (Gym)	BASKETBALL - U16 Mr Feery (Sports Hall)	KS3 FOOTBALL Mr Dallaway & Mr Bligh (Field)
SATURDAY	BASKETBALL - U16 and U14 Mr Feery (Sports Hall 8.45-11.15 – attend in PE kit)			

Mr Dallaway, Subject Leader of PE



Equestrian News

It was a very good start to the year for two of our riders on the St Richard's Equestrian Team. Emma Folwell and Melissa Marsden represented the school at the NSEA (National Schools Equestrian Association) show jumping qualifiers on Saturday, 7th September at Petley Wood Equestrian Centre. Melissa rode a lovely clear round in the 90cm class. Emma rode in the 100cm and 110cm classes achieving clear rounds in both classes, coming 2nd in the 110cm and qualifying for the National Finals in October. Well done to both girls!



lovely clear round in the 90cm class. Emma rode in the 100cm and 110cm classes achieving clear rounds in both classes, coming 2nd in the 110cm and qualifying for the National Finals in October. Well done to both girls!

PE Department News (October 2019)

Football

Year 11

The Year 11 team baptised our new football goals in their first match of the season with a huge win against local rivals The St Leonards Academy. The boys scored twice early on, but then St Leonards pulled a goal back and the match was fairly tight. However, as the first half progressed the boys dominated possession and began to take control of the match. It was 3-1 at half time, however, the Year 11s fired in goal after goal in the second half and it became clear who was going to win.



The score finished 8-1 and the fans on the sideline (including Mr Doherty and Mr Padgham) were left impressed. It was difficult to pick out individuals in a tremendous team performance, but it should be mentioned that Quincey Gilbert's 30 yard curler must be a big contender for goal of the season.



Year 10 start well

With debuts and new positions, the Year 10 football team put in a fine performance against The Hastings Academy (11/10/19). The back four of Charlie Storrs, Dylan Deda, Kajetan Wrona and Jack Gunson looked untroubled for much of the game, allowing a great attacking platform. Both Finlay Holter and Hamish Tallud showed great goalkeeping skills in each half. Midfield was marshalled well by Mitchell Harrod and Fergal Crichton-Coote, with wide players Guillermo Morell and Luka Martinaj exploiting space out wide.

A new strike partnership of Niall Scott-Mcwall and Declan Coles paid dividends with plenty of shooting opportunities. Goals from Niall Scott-Mcwall, Fergal Crichton-Coote and an own goal put them firmly in control in the first half. At half time, several changes were made and impact players Daniel Doswell, Arthur Pepper and Cody Dorling-Parkes were introduced. The clinical finishing of Cody Dorling-Parkes (2) sealed a great team performance.

Year 7

The Year 7s began their campaign in a tricky away fixture against Claverham. The boys looked solid and they were well disciplined in their formation. You would not have been able to tell it was their first match as a team. We went 1-0 up through a great turn and strike from Harry Hills. Harry also smashed a ball from distance that came crashing back out off the crossbar. Then we were very unlucky to concede a goal that somehow found the net from long range just before half time.



Despite taking the game to Claverham in the second half, St Richard's couldn't quite get the final ball or the finishing touch to win the match. The game finished 1-1. It was clear that there are plenty of positives and a lot of talent in the squad. Following the match, Harvey Wheeler and Tyrone Mlotshwa were nominated for Sussex football trials. Tyrone has successfully made the second trial; we wish him good luck in his endeavours to make the Sussex Schools U12 squad.

Year 9

The Year 9 Football team played their first SE Sussex Schools league match at home against The Hastings Academy. A great team performance produced an impressive 8 – 2 win. Four goals in each half, playing some silky football with Arthur Karapetyan scoring four goals, super sub Tom Davies scored two. Man of the match was Franz Cuison. Their next match is on 21st October against Claverham (away).

Swimming gala

Our swimming teams performed admirably in the Sussex Schools Swimming Gala Relays hosted at the Sovereign Centre in Eastbourne. All pupils performed strongly against the most elite swimmers from predominantly private schools around the County. The junior boys, Felix Merritt, Malachi Affonso, Jayson Jakupi and Nate Cahill had a couple of incredible swims, finishing second in both the freestyle and in the medley.

They were harshly penalised for turning over too early in the backstroke leg of the medley and for leaving just a fraction before an incoming teammate touched the end of the pool in the freestyle. All of the Swim Squad should be proud of their efforts. Hopefully, next time we will introduce some St Richard's swimming caps too!



Netball

Congratulations to the Year 10 Netball Team who finished Runners-Up in the Area Tournament on 2nd October v Hastings Academy lost 2-1, v Bexhill Academy lost 3-2, v Robertsbridge won 5-2. Well done to all involved!

Names: Amelie Croft, Martha Ford, Ruby Hastings, Olivia Zheng, Faith Simon, Mattie Hawkins, Caitlin Neilan, Ines Bonias Linares, Bea White, India McCann.

District and County Football

We are very proud of those who attended trials for South East Sussex and successfully made the district squads for their respective year groups. South East Sussex is a particularly strong District for football. Last year, the U13 boys team reached the national final and played at the Britannia stadium in Stoke.

Successful St Richard's District players:

Ash Latuske, Franz Cuison, Dominic Corbin, Arthur Karapetyan, Finlay Holter, Cicely Holmes, Erin Todd and Faith McMorran

The U12 trials are taking place very soon. Hopefully, we will add more pupils to this list! We also have several pupils trialling for the Sussex Schools County team. We wish them good luck. Hopefully, we will be able to confirm that their trials were successful in our next newsletter.

Trampoline

Term 1 has seen history being made at St Richard's with trampolining being seen, once again, on the PE curriculum. The year has started with KS4 classes enjoying the opportunity to learn new skills, pushing many to achieve beyond their initial expectations.



Pupils have been learning the importance of quality within their work, and developing skills from shapes and twists to front and back somersaults.



We are looking forward to the addition of trampolining club during term 2, and beyond, building up to the area competition at Easter.

Leadership in PE

We are proud of our Sports Leaders and we are developing the profile of our Sports Captains for each sport. Congratulations to our Captains shown in the table below. If you are keen to take on this role, please let the PE department know, particularly if you are in Year 7 as we are looking to fill these positions for each sport as we compete in them throughout the year.

Girls Sports Captains	Year 8	Year 9	Year 10	Year11
Netball	Alex Garcia	Kiera Fear	Olivia Zheng	Isabella East
Basketball	Atheena Shaji	Kiera Cronin	India McCann	Lucia Caitar
Football	Cicely Holmes	Erin Todd	Bea White	Jasmine Moulding
Athletics	Lily Holloway	Sophie Collett	Talia Cahill	Erika Body
Striking+Fielding	Florence Garvey	Jess McCann	Amelie Wyer	Millie White
Badminton		Natalie Collinson		Caitlyn Jenner
Gymnastics	Kunashe Makwiramiti	Marnie Horan		
Swimming	Besiana Martinaj	Amovi Franklin-Lester	Gabby Ward	Annabelle Goldsmith
Cross Country	Kyla-May Hilton	Sophie Collett	Talia Cahill	Erika Body
Rugby	Amber Phillips	Jamie Welling		Issy Francis
Table Tennis				Hannah Chan
Boys Sports Captains	Year 8	Year 9	Year 10	Year 11
Football	Ash Latuske	Arthur Karapetyan	Mitchell Harrod	Aaron Cook
Basketball	Will Harwood	Kian Zamora	Cody Dorling-Parkes	Marx Ravanera
Rugby	Oscar Byrne	Rufus Phillips	Ali Voss	Ben Phelps
Athletics	Finn Gibbons	Franz Cuison	Sacha Millar	Zak Prawanna
Cricket	Zachary Read	Aston Abhilash	Fergal Crichton-Coote	Tom Ayres
Table tennis	Zachary Read	Anthony Purvis	Daniel Purvis	Alex Heggie
Badminton	Euan Ras	Axl Solliss	Austin Thomas	David Munro
Swimming	Felix Merritt	Harry Fletcher	Adam Seal	Bil Shay
Cross Country	Ash Latuske	Tom Davies	Sacha Millar	Zak Prawanna

Mr Dallaway, Subject Leader of PE