

DATE: October 2017

## **Football Y10s vs UTC**

This was to be the first game of the season for both teams, UTC had the majority of possession for the first 5-10 minutes which gave them the match's first clear cut chance narrowly missing the target from about 15 yards out. The opening goal came from Jamie Fong, who dribbled through their team with ease and placed it nicely into the bottom corner. At half time the score was 4-0 to NDHS with goals coming from Seth, Ewan, Jamie and Brook. In the second half not much was happening until UTC scored a tap in from about 5 yards out. With about 10 minutes to go the UTC centre midfielder picked up the ball from 30 yards out and decided to shoot, and scored over the keeper's head. The game was drawing to a close as Tom H, found himself in a position to thread the ball through to Tom G – S who calmly found the top corner. The Man of the match goes to Tom H, who had a great all round game.

The final score was 5-2 to NDHS.

## **Football Yr7 vs CNS – George Eggett**

After 3 weeks of trials and 1 week of proper training, the Year 7 A's played their first match of the year against a very experienced side from CNS (A). A few of us knew players from the opposing team, and that proved handy for both teams as we looked to use each other's weaknesses. However, NDHS broke the deadlock when on around 7 minutes, we broke through in to the CNS penalty area and Edward N poked it past the keeper to put us 1-0 up. But, after some good pressure from CNS, a great save from our goalkeeper and skipper Sam S fell for the CNS centre midfielder who headed home after 18 minutes. 1-1. Then CNS broke through again and their striker dinked Sam S from 5 yards and we went in 2-1 down at half time. It was a real horror show for us from then on. A great header from the smallest lad on the pitch playing upfront for CNS put them 3-1 up and then an own goal (deflected) from George E put them 4-1 up. Gambling with only 5 minutes to go, they broke again and Kieran N was left 4 on 1 and they played it round him and slotted home for 5-1. It was fair to say that it was certainly a learning experience for us, but we will pick ourselves up and go again next time. Final score CNS 5 NDHS 1

## **Tennis – Y9 Regional Finals**



The year 9 tennis team went down to London to compete in the Division 2 Regional Finals. This is after they won the Norfolk league last summer. The boys applied themselves extremely well, and despite losing in the semi-finals, they did win the 3rd/4th place play off. As there were winners from the 8 regional counties, 3rd place is an outstanding achievement - well done to all involved. Players were Elliot Jones, Charlie Green, Gabriel Mendoza, Will Blogg and Jamie Waghorn.

## **Park Run Results**

### **Junior 2km**

Connor Galvin (Y7) 7.43mins

Archie Manton (Y7) 8.25mins

### **5km**

Freddie Cox-Hartigan (Y7)  
22.26mins

Archie Manton (Y7) 21.15mins

Pat Benson (Y13) 19.06mins

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It's easy to have faith in yourself and have discipline when you're a winner, when you're number one. What you have got to have is faith and discipline when you're not a winner. *Vince Lombardi*

## Karate – Congratulations to Oliver Drury (Y8)

Two silver and a bronze at the BASK open championships in Uxbridge. – WELL DONE OLIVER



## TaeKwon-Do – Congratulations to Isabella Gibson (8JFA)



Bella underwent a grading in front of Grand Master Olham and was awarded her 1st Dan Black Belt in TaeKwon-Do. Bella was also awarded best junior thesis of the grading – WELL DONE ISABELLA

## Swimming – Congratulations to Kiera Turner (Yr7)

Out of seven swims she got 6 gold medals and 1 silver with 5 out of 7 new personal bests and 5 new county times, bring her total county qualifications for Feb 2018 to 9. Kiera will have further opportunities to improve before counties and work towards achieving regional times.

She has recently joined the top squad at Lowestoft and Oulton Broad Swimming Club – WELL DONE KIERA



## Football-Y10 v Sprowston

This was to be the 2<sup>nd</sup> fixture of the season so far after the previous victory against UTC.

We had come up against Sprowston, which was to be one of our tougher games of the season, away at their home ground.

It had started as a very lively game as attacking play occurred at either end of the playing field. Neither team had been able to get a shot off in the first 20 minutes as there seemed to be no end product in the final third. Most of Notre Dame's attacking play seemed to have been constantly forced down the left-hand side of the field to Freddie Coady. It began to be predictable as players such as Ewan Brogan, Tom Harris and Brook Hinton commanded for the ball to come more central and to be switched to the right-hand side. Sprowston then managed to get a counter attack which they clinically slotted away to give them a 1-0 lead. At half time, we had only managed to get one strike on goal from Brook Hinton which didn't challenge the keeper.

Overall the first half was very end to end but most of the pressure was coming from Notre Dame. Seth and Tom had particularly done well in defence as they won many challenges and fed the ball through to the midfield and attack.

Anyway, the second half had got under way as Notre Dame were eager to get at least an equaliser or even manage to win this game. We had been constantly threatening their back four as more attempts at goal occurred from Jamie, Seth, Tom and Ewan.

The last minutes of the game were extremely intense as it seemed that we would get an equaliser late on but it just didn't quite work for us. The final whistle went and all of Notre Dame felt that we had dominated this game as opposition members agreed with us. Final score, Sprowston 1-0 Notre Dame.

## U14 Girls Football – County Cup 1<sup>st</sup> Round

**ND 8 TSA 0 (Way 5, Wescott, Foliga-Pearhouse, O'Connor)**



## Rugby

Y7 Boys played in the Emerging Schools Rugby Competition at Wymondham College. With only 12 players and no subs the boys did amazingly well, they beat all they played with the exception of Wymondham College A team. So really well done to all, a lot of potential clearly within the group.

Y8 boys also played in an Emerging Schools Competition, again doing very well, they finished with a record of winning 2, drawing 2 and losing 2, putting them second in their group. Excellent effort all round with standout performances from Zac, Mitchell and first timer Danny. Well done boys.

## Notre Dame Hockey Squad meet Olympic Gold Medalist Helen Richardson-Walsh

Pupils from Yrs7-9 took part in a day of Hockey at the Hewett Academy. Helen Richardson-Walsh talked about her road to the Olympics, who inspired her, the importance of being a team and what she feels is the most important skill in hockey – the push pass.



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## **Sam Snelling (Yr7)**

### **Team Kumite WORLD CHAMPION**



Congratulations to Sam Snelling who is our very own WORLD CHAMPION!!!

Sam competed at the FSKA World Karate Championships, where 597 athletes over 18 countries took part.

Sam entered 4 events and was placed in two of them achieving a silver medal for the Team Kata and a gold medal for the Team Kumite.

He has had a fantastic year with some unforgettable experiences, winning a total of 14 medals (4 gold, 6 silver and 5 bronze)

**WELL DONE SAM!**

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## RESULTS

### **Football**

*Yr11 vs City Academy WON 3-2  
(Stevens 2)*

*Yr8 vs CNS WON 6-4 (Way 2,  
Sherwood, Harris, Redmond,  
Chidyousiku)*

*Yr7 vs CNS LOST 5-1 (Nwaka)*

*Yr10 vs Sprowston LOST 1-0*

*Yr10 County Cup v Cliff Park Won 4-2  
(Brogan 2)*

*Yr7B vs Sprowston LOST 2-1  
(Mackay)*

*Yr10 vs OVA WON 1-0 (Hinton)*

### **GIRLS FOOTBALL**

*Yr9 County Cup vs  
Taverham WON 8-0  
(Way 5, Folgia-  
Pearhouse, O'Connor,  
Wescott)*

*Yr8 vs Acle WON 11-2  
(Way 4, Martins 2,  
O'Connor 2, Wescott 2,  
O'Mara )*

### **Rugby**

*Yr11 vs Sprowston  
WON 15-5, vs CAN  
WON 15-10, vs  
Hellesdon DREW 15-15*

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