

The Back Page

DATE September 2017

The Back Page – is a monthly newsletter that will be given to all forms and put up on the school website – after each fixture a member of the team will be asked to write a match report for the back page. If you have something you think should be in the newsletter, please email Mrs Martin Kmartin@ndhs.org.uk

Welcome Back.....

You should have your club's poster on your form notice board by now. It details all the clubs currently available during lunchtimes and afterschool. All clubs are free and for all levels of ability, so please come along and join in.

Teams will be selected from those who attend clubs (although if you want to just come to practice and not play in the team then that's fine)

Full ND PE kit is required for all clubs – 'look smart, play

Football – Mr Clitheroe has already arranged a lot of football fixtures. All year groups have been entered in to the local leagues and cups.

Netball - Netball fixtures are currently being arranged, this year there is a slight change to the way the leagues run. Y9 have been entered into a competitive league, Yrs 7,8,10 and 11 have been entered into friendly leagues (which will give more opportunity for players to have game time) All year groups have been entered into the tournaments.

Basketball – Boys fixtures will start after October half term and girls after Christmas. This gives plenty of practice time, so get yourself along to training so you are ready for the start of the season.

Cheerleading/Dance – This year there will be a ND cheer/dance show, just before the Christmas holidays, if you would like to be involved, come to training Mon pm & Weds lunch (Cheer) Fri pm

Table Tennis – Table Tennis club is just for fun, come along and play, we don't enter any competitions.

Badminton – We are currently looking for players from all year groups, we have entered the U14 and U16 leagues, if you already play or want to learn, get yourself along to training.

Hockey – We play mixed hockey fixtures for U14 and U16, so training is open to boys and girls, please come along – even if you have never played before, you'll soon pick it up.

Rugby – Mr Hodds has entered us into all of the emerging school rugby competitions again this year. We are hoping for another successful season

Results

Football

Yr10 vs UTC **won** 5-2 (Fong, Hinton, Gough-Solar, Mckinnon-Evans, Brogan)

Yr11 vs Sprowston **lost** 4-3 (Bowles 3)

Yr8 vs Taverham **won** 3-2 (Adam 2 Jordan 1)

Rugby

Yr9 vs Langley **lost** 41-19

Yr8 tournament **beat** Sprowston, Hellesdon and OVA

Yr7 tournament **beat** OVA, Hellesdon **drew** Sprowston

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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*

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In the news this month.....

Skiing-



Regional Qualifiers of the English Schools Ski Association Championships at Brentwood

Under 19 Boys team: Rowan Warsop, Jamie Gomez Clarke and George Bushell were the fastest Under 19 male team at the Championships.

The Under 19 girls: Elise Grose, Abby Holmes, Ana Gomez Clarke and Anya Poundall achieved third in their category.

Well done to you all.

American Flag Football-

Adam Sherwood plays American flag football for the Waveney Wolves. They made it to the National Finals over the summer holidays and went on to win and are now NATIONAL CHAMPIONS for British American Flag Football u12. Adam was also selected by the BAFA board as MVP (Most valuable player) of the finals.

Well done to our new National Champion Adam.

*If you have a sporting achievement that you would like to share with us, please email Mrs Martin
kmartin@ndhs.org.uk*

Athletics-



Serena Grace competed for Norfolk in the U15 girls 100m at The England Athletics Championships in Bedford on the 26th August 2017.

She was the only female sprinter to have qualified from Norfolk to compete for her county that day. She ran against athletes from England, Ireland, Scotland and Wales and came 7th overall (1st in her heat, 2nd in her semis)

Serena then went on to compete for the South of England Championships for Norfolk in the 100m & 200m on the 9th September where she was 4th in the finals for both track events. Well done Serena.

Karate -

Congratulations to Sam Snelling to has been selected for the 'International Squad' for karate and is competing at the FSKA World Championships in Crawley next month

Good luck.

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Year 7 Rugby Report - George Eggett

Considering the NDHS year 7 rugby team had their first training session the night before, the spirits were high going to Sprowston High school. On arrival, a short warm up was performed, led by Jesse and Bo. Then the action started, as we played the hosts in a tight game all the way through. We took the lead through a well worked try from Jesse. 1-0. But in the last play of the match, Sprowston got possession through a knock on. They broke, and after a few bad efforts to tackle, Sprowston got in and ran the ball through for the try. 1-1 at the end of match no. 1. Had we ran the ball into touch, it would have been a different story.

No time to recover though, as we played a Hellesdon team that looked quite experienced. Early on in the first half though, we took the lead through Kieran. Again, from the first play of the second half they gifted us the ball and Conor needed no invitation to score the second try. We hung on for the rest of the match, so we gained the first win of the day. The last game was against Ormiston Victory Academy. After a lot of pressure from OVA we had a deserved 1-0 lead at the break. Then, a much more open second half meant that both Kieran and Conor could give us a 3-0 lead at the end. The year 7's really claimed glory at the end of the three games.

Year 9 Rugby Report – Noah Kingston

This score does not reflect the intensity of the game! Langley had a good start and took the lead by 10-0. We did not deflate but the team pulled together, started to focus and Daniel G scored our first try. Jamie, our fast runner on the wing got a couple of good passes and scored two tries promptly after each other, suddenly the score was 17-10 to us. Our unexpected lead made the team relax and we had lost concentration. Instead of continuing to play offensive we were defending now and before the final whistle not just our lead was demolished but we had lost 41-17. For the next game we will work on our mistakes and keep our focus better.

NDHS y10s vs UTC

Match report – Ewan Brogan

This was to be the first game of the season for both teams with UTC having the majority of possession for the first 5-10 minutes with them having 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.

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