

The Back Page

DATE February 2018



Outstanding Sporting Achievement of the Year Award to Serena Grace

EDP's Stars of Norfolk Awards.

Serena has excelled in 2017 – her hard work and dedication paying off with some great results, at county, regional and national level. Including reaching the English Schools 100m final in July.

WELL DONE Serena

Good Luck to Elizabeth Way...

Elizabeth has been called up for the Football Association's National Camp at the end of March which will take place at Warwick University. Lizzie is currently Notre Dame's top goal scorer playing in the Yr8 Girls, Yr9 Girls and Yr8 Boys football teams.

We wish her all the very best of luck.

Congratulations to Mwaba Mkwasa

In her most recent swimming competition Mwaba competed in the 100m Fly, finishing 1st in her heat and winning a bronze medal in the final, taking an impressive 18secs off her PB. In the 100m Freestyle, she came 2nd in her heat again taking 9secs off her PB. In the 100m Breaststroke, she again came 1st in her heat taking 16secs off her PB. In the 50m Backstroke, she came 1st in her heat taking 9secs off her PB. In the 50m Fly, she came 3rd in her heat yet again taking 20msecs off her PB. Mwaba will be attending another gala on the 25th March to get classified and start swimming in Para Swimming events. This is a fantastic achievement Mwaba, WELL DONE



Congratulations to Maddie Short

Maddie and 3 of her City of Norwich Athletics Club team mates became English National Cross Country team champions on Saturday 24th February. The 4km cross country course at Parliament Hill was very hilly and muddy, Maddie competed against about 500 athletes of which about 50% were a year older. Individually Maddie came 42nd. WELL DONE MADDIE



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Girls Football – U14 County Cup Quarter Final

Notre Dame under 14s played Flegg High School in the quarter finals of the county cup. After a quick goal from Flegg the rest of the first half was very even with no further goals with both teams attacking. We had an inspirational team talk at half time which motivated us and led to Elizabeth scoring a quick goal after a phenomenal through ball by Megan. Soon after Elizabeth scored again from a very tight angle which made it 2-1 to Notre Dame. Cyrene was a wall in the defence and Nina made a great save to keep us in the game. Finally, Jennifer's hard work led to her scoring the final goal of the match. The end result was 3-1 to Notre Dame.

By Milly Derrick and Charlotte Ellis

Football – Y9 vs Thorpe St Andrews - Moaddabi Match Madness

Our first game of the season started off well with a 2-1 win over Thorpe B. The first half was an equal first half, but a lucky break saw Jack Fosset score the opener as he slotted the ball past the keeper. The second half began just as the first half ended but an unlucky mistake saw Thorpe equalise. After that the game came alive and saw both teams having some great opportunities most notably Jack Fosset missing after an unlucky bobble. As the game was coming to an end Notre Dame pushes up and after a scrappy clearance Daniel M was their at the back post to poke in the winner to make the score 2-1. Man of the match: Gabriel Mendoza

By Daniel George

RESULTS

Hockey

U16 mixed vs Hewett L5-2 (Daly x2)

U14 mixed vs Hewett D 2-2

Netball

U14 vs Norwich High L28-0

U13 vs Norwich High L11-1

Football

U14 Girls County Cup QF vs Flegg W 3-1 (Way x2, Martens)

Yr8 Girls County Cup QF vs OVA W 5-0 (Way x 4, O'Connor)

Coming up in March....

Sports Relief...

19th - 23rd March

Wear a team kit for PE – could be your favourite football team, your own team kit that you play in outside of school or any professional sports team kit.

50p per lesson donation

NO fashion gym kit

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INTER-HOUSE CROSS COUNTRY RESULTS



1st Jerusalem 32016
2nd Walsingham 31231
3rd Rome 31146
4th Santiago 29638

2018 2 Lap Best Performances

• Connor Gowing	Y7	6.50
• Esme Abbott	Y7	7.24
• Jude Shirley	Y8	7.18
• Alexia Sovati	Y8	8.50
• Felix Cordeaux	Y9	7.02
• Francesca Foglia-Pearshouse	Y9	8.57
• George Matthews	Y10	7.37
• Sofia Lincoln	Y10	10.44
• Luke Lynds	Y11	6.26*NR
• Niamh Losaso	Y11	8.36

2018 3 Lap Best Performances

• Connor Gowing	Y7	10.52
• Esme Abbott	Y7	11.18
• Jude Shirley	Y8	11.44
• Mark Macasil	Y9	12.00
• Maddie Short	Y9	10.55

2018 4 Lap Best Performances

• Archie Manton	Y7	16.55
• Jude Shirley	Y8	17.31
• Patrick Stebbens	Y9	16.52

2018 5 Lap Best Performances

Archie Manton	Y7	21.14
Jude Shirley	Y8	21.53

2018 6 Lap Best Performances

Ilan Stentz	Y8	29.35
Hayden Harris	Y8	29.45

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SPOTLIGHT ON: Wes Matsuka-Williams



As many of you are aware Wes Matsuka-Williams is off to Penn State University in the USA, we asked him to write for the Back Page to explain how sport and PE have played a very important part in his life so far....here's what he had to say...

PE has been really useful for me in many ways: Firstly, learning the theory about the demands of my sport physically has helped me implement new exercises into my training regime, after many discussions with my coach. Not only that, PE has allowed me to gain a better understanding of my sport - and through this, competitions without my coach have become easier since I now have the knowledge to adapt in the situation. This rooted from the PEP we had to devise in year 11. In this we had to not only consider training methods to improve fitness but also the correct muscle groups to work - and in this situation, what muscle groups I'm working and need to keep fired up. Secondly, PE has given me the chance to try out many sport and blaze a passion for physical fitness and wellbeing. As a result, it has inspired some possible career paths I wouldn't have considered taking without participation in such a broad spectrum of activities.

Sport for me is very important. To start with, it has given me an opportunity to receive higher education at university without fees which is beneficial for both my parents and myself. Not only that, sport has allowed me to abide by time pressures and organise myself better which I believe are essential skills for getting through "adult" life. I was always intrigued by sport and started doing everything, when given the opportunity. I only specialised in triple a few years ago; my spirit for the event was ignited after watching the Moscow 2013 World Championship Triple Jump final. Teddy Tamgho being a notable role model. Sport has also given me a social circle outside of school and work, so it does contribute to a lot of de-stress which I find useful for when exam season comes around. Having a wide circle of connections has lead me to become participate in many opportunities I wouldn't have got into without sport. For example, I was able to get 40 UCAS points for completing a level 3 apprenticeship, alongside my A- levels, just because I was doing track and field.

The PE Dept would like to wish Wes all the very best of luck for university and beyond.

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