

## Well Done to Lily Butwright (Y7)

For the past two months Lily has been competing in a tennis competition called boxleague. She was drawn against her Dad in the first round and won, she won two more matches before losing the final one. It was her first time competing in a real tennis match. Her wins meant that she finished top of the league and gets to compete in a league higher next time. Excellent work Lily, we look forward to you competing for Notre Dame in the summer.



## U14 Girls make it to the County Cup Final

The U14 football team made up of girls from Y8 and Y9 made it comfortably through to the final after an impressive 9-1 win over Broadland High School. The team attacked throughout the game resulting in goals for 4 for Lizzie Way, 2 goals for Maeve Cotter (debut), and a goal each for Megan O'Connor, Jen Martens and Nina Meollo (GK!!) but a very special mention to the superb centre defence partnership of Clare Feludu and Cyrene Bongocayao, who were solid and fearless all game. Enjoy your new kit!!

## Results:

Basketball:

VI Form vs OVA W 69-58

U14 Girls vs Hellesdon W 45-41

Rugby

Yr8 vs Hellesdon D 15-15

Yr8 vs Sprowston W 25-0

Yr8 vs TSA W 10-5

Yr10 (7s) Shield Final L 19-12

## Athletics – Alice and Mary Hill

Alice Hill competed at the National Athletics Indoor Athletics in Manchester against teams from all over Britain. Her team came 2<sup>nd</sup> narrowly missing out on 1<sup>st</sup> place by only 10 points. Out of all the girls taking part in the competition Alice was ranked the 4<sup>th</sup> highest scoring athlete – roll on City Sports!

Mary also competed and captained the U13 team who came 4<sup>th</sup> overall.

Well done Girls – fantastic achievement.



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## Football Match report by Surya Jyothi

It was a cold and windy day in the Hewett as Notre Dame High faced Thorpe St Andrews. Thorpe kicked off and it was a quiet start, no team getting dangerously close to breaking the deadlock. But after approximately 10 minutes it was Thorpe who got the breakthrough. A low corner which Notre Dame couldn't clear, and they capitalized with a nice goal into the top corner – the goalkeeper had no chance. But Notre Dame responded quickly, within 2 minutes one of our players were running on the right, who scuffed the shot which came right to the path of Charles who could tap it in. After that goal Notre Dame had full dominance. But after a bit of complacency, we conceded a penalty. A Thorpe player stepped up but Christian made a wonderful save to keep us in the game. After this Notre Dame came forward, Udaya played a reverse ball into Charles, who drilled it into the box only to find the Thorpe player kick it into his own net and now Notre Dame were in the driving seat. It was 2-1 at the break.

We kicked off the second period and nothing really happened - a few attacks each side but not hitting the back of the net. After about 10 minutes, Joel broke the line of defence and he was through on goal, nice and composed, and finished it bottom corner. Also, it was a solid performance from the defenders who stopped menacing attacks, the defence was Jacob, Jesse and Dominik. Overall each player performed brilliantly and it was deserved three points. The match ended 3-1 to Notre Dame. A disappointing day for Thorpe, but a joyful one for Notre Dame.

## Year 7 Football vs Taverham - Match report by Edward Nwaka

On Wednesday 07/03/18 we, Notre Dame Y7 A team, played a semi-final cup match against Taverham, which resulted in a 1-1 (4-3 penalties to Notre Dame) win. Overall, I think we didn't play to our fullest. We didn't pressure Taverham, which led to them getting easy chances to get through our defence and we failed to win vital headers, which in the end, resulted in us conceding. If we all had stepped our game up more and took our chances well, we would've beaten Taverham without having to go to penalties (no offence Taverham). Thankfully, George Eggett, from the half-way line, shot the ball hard into the top-right corner of the goal, leaving no chance for the keeper to get any sort of touch on the ball. With this goal, we still had a chance to win the match. The game went to penalties. They were very good. George Eggett and Kieran North scored great top-bins shots. Connor Gowing scored at the bottom right of the goal. Sam Snelling with magnificent saves that were crucial. Charles Hardy did a great finish in the bottom-right corner. It came to 3-3. With a magnificent decision by Edward Nwaka, he told Pablo Hurtado to take the last shot. With a great shot, he scored. Everyone celebrating and Chad doing back flips. We made it through to the Finals

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## Sports Relief Dodgeball 2018



Thank you to everyone to donated to the PE department Sports Relief

week we raised £156.30

Dodgeball winners:

Y7 'Winners'

Y8-9 'X1 and Alex'

Y10, 11 & VI form 'Muttit's boys'

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DATE March/April 2018



## U14 Girls County Cup Final



The U14 Girl's County Cup Final took place on the 'Field of Dreams' at the FDC, on 18<sup>th</sup> April. The opposition were Thorpe St Andrew. Notre Dame took to the field in their new kit and it soon became clear that both teams had done their research on the other. The best players were being tightly marked making it difficult for either team to get control of the game. Lizzie Way was being man marked by four TSA players and the combination of a few ND players took it in turns to mark TSA's best player out of the game. With few chances coming for either team, the game remained goalless for the majority of the first half. That was until a brilliant goal from Lizzie Way. She took shot from tight angle to the right of the goal and saw it fly into top left

hand corner. The centre back pairing of Cyrene Boncayao and Clare Feludu once again stood solid in front of Nina Meollo denying TSA of any opportunity to score through open play. It was set pieces where they became dangerous and we conceded just before half time from a deflected corner. As the second half got underway we tried to play the ball more through the midfield duo of Jen Martins and Megan O'Connor, with Megan coming very close to scoring, the referee ruled her shot didn't cross the line, VAR may have been useful here! As the game went on TSA were becoming increasingly more frustrated, Mimi Wescott and Fran Foglia-Pearshouse continued to keep close contact with their best players, rarely giving them the chance to get on the ball. Through balls by Amy Carlos and Chloe Turley found their way to Lizzie Way, who took on the four players marking her to get shots on goal, and came narrowly close to scoring, hitting the post. With the game looking like it was going to head into extra time, ND conceded a free kick just outside the box. TSA scored directly from the free kick. With time running out ND pushed for the equaliser, but in doing so conceded a third goal, putting the tie out of reach.

The final score TSA 3 - ND 1 (Way)

The girls have had a fantastic season and really did ND proud getting to the final, they were presented with their runners up medals at the end of the game.

Special THANK YOU to Steve Way for all his support and linesman duties this year – very much appreciated.



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## Eastern Region Ski Association Schools Ski Race

On Sunday 29 April 2018, nearly 400 pupils from schools in the Eastern Region competed at the Eastern Regions Schools Race at the Norfolk Snowsports Club. Two teams from Notre Dame entered the race and achieved fantastic results.

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

The Under 19 Girls team: Abby Holmes, Ana Gomez Clarke and Anya Poundall were the third fastest under 19 females.

Rowan Warsop was crowned the fastest male skier in any Eastern Region School. Jamie Gomez was the third fastest male skier and George Bushell was fastest Under 16 male. And to add to the trophy cabinet, Abby Holmes is the fastest female skier in any Eastern Region School. Wow!

The most coveted prize of the day is the prize for the fastest overall school. This is where the fastest three times from run 1 and the fastest three times from run 2 for **any** skiers from the school are compared. Against stiff competition from Norwich School, Greshams, Woodbridge and Berkhamstead, Notre Dame were the fastest school in the Eastern Region on the day.

We are incredibly proud of our teams. Notre Dame beat schools that invest significant sums of money in their ski teams. Well done to everyone who took part and who supported the teams on the day.

If there are any skiers in school who would like to compete, please come and speak to the PE department.



Coming up in MAY...

### City Sports Friday 22<sup>nd</sup> May

Season starts for:

Rounders

Tennis

Cricket

Season continues for:

Hockey and Cheerleading

Please see new clubs rota for  
more details

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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*



# The Back Page



## Spotlight on Polina Poliakova

Polina attend ND for High School and Sixth form, achieved top grades in A-Level PE and now has a gymnastics scholarship at university in America, having competed for Great Britain



We asked her for her thoughts and memories....

*What were your favourite memories about PE at school?* My favourite memories about PE in school were being able to try a whole range of sports that my schedule outside of school wouldn't permit, due to me being busy with gymnastics. I love sports in general, so being able to try so many different ones in school was so fun!

*How did PE influence your sporting success?* PE has helped me open my eyes to the different mind sets of sports and the various opportunities that are available surrounding different sports i.e. Management, coaching, counselling (and obviously participating), which helped me to pursue a-level PE and now a degree in psychology in University.

*Why do you think Sport is important?* I think sport is so important because it helps to teach people of all ages a kind of discipline that cannot simply be achieved by teaching. It teaches organisation, respect, teamwork and resilience that can all be transferred into everyday life; which is different to just being taught such values in a family environment.

*Who was your role model growing up?* I had a lot of role models growing up that often differed, but the role models that I looked up to consistently were Aliya Mustafina and Shawn Johnson (both Olympic gymnasts) because of their success in gymnastics but more so because of their determination and hard work.

*What do you think are the top 3 characteristics to be a sportsperson?* I think that to be a sportsperson in general, there aren't any characteristics you should have, other than to love and enjoy whatever you pursue. The top three characteristics that a successful top athlete must have in my opinion are: resilience, focus and heart.

*What advice would you give yourself now at high school?* If I was to go back in time and give my high school self advice, I'd tell myself to take every opportunity that comes my way- make the most of extracurricular activities, volunteer and, although school may seem to drag at times, love what you do and jump into different things that you may not know much about, because you may be pleasantly surprised and finds yourself a new passion!!

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