

The Back Page

DATE September 2018

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 smart'

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– 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 Tues lunch, 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

Year 7 5-a-side



Year 9 Rounders Tournament



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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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At the end of last year the Y8 and 9 inter form football competition took place. Lots of teams entered for a week long competition. The eventual winners were 9ACL Girls and 9RHO Boys. Well Done!



NDHS VS CNS Match Report

By Dante Butelli

Tuesday 18th September NDHS VS CNS. The first 10-15 mins were quite equal with NDHS using the wingers of Delphin and Edward N a lot, getting crosses into Chad whilst CNS were breaking past our midfield and counter attacking every now and then. Just before half time Delphin was on the run inside the box when he got clipped by a CNS defender, penalty was given. George stepped up to take it, but unfortunately the keeper pulled out a good save forcing it away but only to Chad who whipped in a venomous cross into the path of Edward N who stuck it away calmly. Half time 1-0. Second half kicked off. Goal kick for CNS played short, Chad pressed the defender, got the ball off him and buried it home, 2-0. Thereafter CNS reacted and with a through ball made it a one-on-one which their player put away 2-1. CNS kept on going strongly and in a flash they were through on goal making it 2-2. After this NDHS switched on again scoring three goals all coming from Chad who even celebrated with a back flip! It finished 5-2 to NDHS. Great way to start the season.

Sam Snelling to compete at European Championships!

Sam has been selected to represent TSKUK at the European Championship.

He's had to up his training & has to attend 10 additional squad sessions leading up to the comp to help him prepare.

The comp runs over 4 long days & Sam will be competing in 4 events, 2 individual (Kata & Kumite) & 2 team events (Kata & Kumite - which he's stepping up to age 13-14)

We wish Sam the very best of luck, what a great experience.

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Cheerleading Nationals June 2018 – NDHS Diamonds – 3rd Place



1, 3, 5, 7!!! Well Done Girls –Video available to view in PE office!

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Year 9 Emerging Schools Rugby Tournament.

This is the match report for the tournament that happened on the 21st of September.

NDHS had 5 games in the Emerging schools tournament the first game was against Wymondham College which was a tough game for they had much more of a forward side, which caused a lot of miss tackles leading to them scoring tries. But after a few minutes we found ourselves running in tries and putting an effort into tackling. It was a tight game leading to a narrow loss. Wymondham College 4-3 NDHS

Next was Alysham with were not the strongest team we've faced so we were running in tries with ease but we realised there's no point of 1 person running through them all so we started to play some decent rugby by passing down to the wings and scoring. NDHS 9-0 Alysham

For our 3rd game was against Fram High School who again was not the strongest team, we demolished them by playing some incredible rugby and scoring a lot down the wings. Later in the game though Fram came back to score one as a little bit of sloppy defence ending the game. NDHS 8-1 Fram High School

We also played Northgate High School and narrowly lost 3-2, they were the eventual winners.

Play off for 5th Place -For our final game was against Wymondham High who had a very quick and strong centre who kept running in tries against us but that was not enough to stop us from giving up we kept doing what we did best and send the down the wings and scoring. There were a few individual plays which got us a few tries but in the end we played very well as a team NDHS 7-3 Wymondham College

We finished 5th out of 20.

Zach Aldous

Off To Winning Ways!

Daniel George

Our first game of the season saw Notre Dame take on Hellesdon. The game kicked off and was slow to start but as the ball fell into Daniel George's arms he booted up the field to find James Sturgess who tucked away our first goal of the season to make it 1-0, and from there Notre Dame dominated possession for the rest of the half. Then came the second half and the game slowed down until a flurry of great chances came for the attackers with most shots going wide or straight into the keepers hands until, James Sturgess passed the ball across the area to find Solo Djabula who made it 2-0. And at that point the game had been won, thanks to some excellent defensive work from Alfie Barnard, Bartek Sawczyk, Dan Moaddabi and Jamie Waghorn we managed to keep Hellesdon out of the NDHS box and after some well-played passing from the midfield, Solo managed to return the favour and assisted James for his second and Notre Dame's third goal of the afternoon. Ultimately the whole team played well and bagged the 3 points we set out for.

MOTM-Gabriel Mendoza

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

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