

DATE March 2019

Water Polo – Jacob Tunks

Jacob was selected to play to represent the east of England under 18 squad after a trial at Chelmsford. This composes of players from Chelmsford, Watford, Colchester. The east played in division one against 4 other teams. Jacob's team lost 2, drew one and won one. Unfortunately, they lost out on 3rd place due to goal difference. This means that Jacob plays in the 4th best regional team in Great Britain!

Well Done Jacob!

Rugby – Dom Hailey

Southwold Rugby U14s became the first Youth team at the club to win the Suffolk County Cup. The final was a hard fought game against a very well organised Bury St Edmunds side, which saw Southwold take an early lead and Bury come back to even the score at 19-19 with 5 minutes to play. The final score was 24-19.

Congratulations to Dom Hailey who was part of the winning team and has shown hard work and dedication to his Rugby throughout the season.

Southwold U14's will now play in the final of the Eastern Counties Cup on Sunday 28th April.



NDHS Hockey

Hockey has been very popular this year with over 20 pupils who have regularly attended training, some who have not missed a session – Hockey Colours coming out soon!

Our U14 and U16 teams have played some excellent hockey this season, showing flow and control, the improvement in skills has been outstanding with many players now playing hockey at Norwich Dragons, Norwich City, Watton and Harleston Magpies.

Shout out to Stuart Chapman for being crazy enough to go in goal!! – Thank you to all players for the excellent commitment they have shown this year.

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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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Yr 10 Football - Comfortable Victory!

Pressure was on as Notre Dame took on Sprowston, as we looked to continue our unbeaten run and claim top position

and a pact through ball saw Jack Fossett tuck in a 1-0 win. Sprowston looked to get back into it but missed a clear 1 on 1. After that we looked strong

but not comfortable with a few misplaced passes going against us but the midfield and defence did well to ensure nothing happened as a result. After the second half the game was all

not over when a shot from Charlie Green seemed to disorient the keeper and after discussion the goal was given to Charlie and we went 3-0 up.

Following this Sprowston failed to create anymore key chances and we comfortably saw through the victory.

Another great performance from the whole team, and another 3 points to secure top position.

MOTM: Charlie Green

Yr8 Football - NDHS VS TAVERHAM : SEMI-FINALS

To start it was evenly balanced, no great chances from either team. After 10 minutes, Delphin used his blistering pace to get a shot off which then rebounded off the keeper and straight to Chad who had a tap in to make it 1-0 to NDHS. Minutes later Pablo H found himself in a pocket of space to chip a ball in for Edward to slot it in to make it 2-0 to us. About 20 minutes into the first half we were comfortably in the driving seat. But this was short-lived. Just on the stroke of half time, a Taverham player brewed a fantastic ball over the top to the RW who volleyed it past Sam. Instantly after the second half was underway Chad was through on goal and scored his second. Soon after Edward played the ball to Charles who casually put it away. After a bit of complacency, we conceded to make it 4-2 to NDHS. After this Mr Clitheroe played an excellent advantage to release Delphin to score his first. Not long after Delphin whipped in a ball for Ed who nonchalantly lifted it over the goalkeepers head. Instantly after Taverham got another goal as we did not close down the shot early enough. Once again Delphin was through and confidently scored his second.

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U14 Girls Football Millennium Shield Finalists – AGAIN!

The U14 girls football team have sailed through to the final of the Millennium Shield for the second year running. They have had convincing victories over Framingham Earl and Broadland scoring 20 goals without conceding. The final will be played on 7th May at the FDC in Bowthorpe 4pm Kick off. The opponents will be the strong Sprowston team so we would like as many supporters as possible to help us lift the trophy we only narrowly missed out on last year, if you can get there after school we would appreciate it!

Mr Clitheroe get Park Run PB!

If you, like Mr Clitheroe, enjoys competing in the Park Run (either 5km or 2km) let us know your PB so we can add it to our leader board.

Please let us know about your sporting achievements outside of school so we can celebrate them with you.

We know we have a lot of unknown superstars out there!

Results

Hockey

U16 vs Wymondham College Lost 1-0

U14 vs ASHS Drew 1-1

U16 vs Hewett Lost 2-1

Netball

U12 vs Fram Won 15-5

Girls Basketball

U14 vs Open Won 40-17

U14 vs Broadland Won 47-32

Girls Football

U14 vs Fram (quarter final) Won 9-0

U14 vs Broadland (semi-final) Won 11-0

Football

Y8B vs Taverham (semi final) Won 7-3

Y8B vs Sprowston (FINAL) Lost 7-4 AET

Y11B vs Sewell Park Won 4-1

Notre Dame Sports Award Evening

Wednesday 19th June

Tickets £12.50 per pupil and £11.50 per parent/guardian

Price includes dinner, GB Athlete will be presenting the awards

Please come and celebrate the success of NHDS Sport

See PE department for invite

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Colour Run 2019

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