

CITY SPORT SUCCESS (again!!)

	Y7 Boys	Y7 Girls
Sewell Park	7	8
Hewett	5	7
CNS	2	4
OPEN	3	4
City Academy	6	6
Notre Dame	1st	2nd
Norwich School	3	1
Norwich High	8	3

	Y8 Boys	Y8 Girls
Sewell Park	5	8
Hewett	6	7
CNS	3	3
OPEN	7	5
City Academy	4	6
Notre Dame	1st	1st
Norwich School	2	4
Norwich High	8	2

	Y9 Boys	Y9 Girls
Sewell Park	6	7
Hewett	7	6
CNS	3	2
OPEN	2	5
City Academy	5	8
Notre Dame	1st	1st
Norwich School	4	4
Norwich High	8	3

	Y10/11 Boys	Y10/11 Girls
Sewell Park	7	8
Hewett	6	6
CNS	2	3
OPEN	4	4
City Academy	3	5
Notre Dame	1st	1st
Norwich School	5	7
Norwich High	6	2

Notre Dame take 7 out of 8 trophies at City Sports



The annual City Sports event took place at UEA Sportspark on May 2nd. An incredible display of sporting talent across all athletic disciplines gave us another day of success, year on year we manage to hold off the challenge of the other city schools to bring home the trophies and this year was no exception. 7 out of the 8 trophies are on display in the PE department thanks to the effort and commitment of the whole athletics squad, every single athlete added to their team's score. We excellent insight into our strengths from Mrs Kirwan and Mr Clitheroe!

The organisers on the day had this to say.. 'Anyone watching the presentation could easily think that Notre Dame must be home to a breed of super-athlete. But as Mr Clitheroe himself told me, the secret to their success is not brilliant individuals, it is down to the team effort. They win trophies because they have no gaps in their team. The Year 9 girls is the best example of this - ND didn't get 16 points in any single event, yet they won overall. I would like to congratulate Notre Dame - results like that don't happen without a lot of good coaching, time and effort. The target for the rest of us has to be to make sure they don't get so many trophies next year!' – we'll see about that!!

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U14 Girls Football Cup Final

14 of the year 8 and 9 girls played Sprowston High in the Millennium cup final on Tuesday the 7th of May. Unfortunately, they conceded more goals than they scored, resulting in them being placed as runners up in the final. Everyone tried their hardest and all had an amazing game, but we couldn't manage to equalise with them. Lizzie Way scored a consolation goal from a penalty in the second half, but it couldn't compensate for the amount of goals Sprowston had already scored. We had plenty of supporters, including Mr Cully, Mr Higgins and Mr McNally and we all very much appreciated their attendance and support. Nearer the start of the match it was a fairly even match, but towards the end of the first half Sprowston unfortunately got the upperhand scoring 3 goals. At the start of the second half with our heads down and the fatigue of constantly running on a full-sized adults pitch Sprowston continued to score against us. The overall score was 9-1 to Sprowston which was disappointing for us as we had won every other match we have played this season and were expecting a win. Sprowston did play very well though and they have a lot of talented academy players, therefore it would have been extremely difficult for any team to match their standard. Considering that, we did play well, but not as well as usual. It was a big achievement though to get all the way to the final, and we tried our hardest to get there.



WELL DONE Girls – I'm very proud of you all –

I hope you enjoyed your pizza party!!

Mrs Martin

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Running for Charity...

Well done to a group of girls in year 8 who competed in the Race for Life raising money for a very worthy charity – excellent work girls

Phoebe Humphry-Wakefield, Jayla Crane, Renushree Manoj, Daisy Beard, Verity Pike, Erika Alves, Hattie Pike



Running for Personal Bests...

Congratulations to Y11 student Thomas Burns who has recorded personal best parkrun times 9 weeks in a row! Tom has over 70 parkruns under his belt, but has recently begun to take it slightly more serious and is seeing the benefits! In the last 5 months he has managed to knock nearly 5 minutes off his personal best for the 5 Kilometre weekly timed run. So what's his secret? He has started doing some runs in the evenings, as well as some hill sprinting and it has made a huge difference.

For more information about this fantastic free weekly event – visit the parkrun website. There are also junior parkruns (2 kilometre course) where the whole family can get involved!

Being the BEST...

Bella Gibson (9JFA) travelled to Coventry for the first ever "International Open ITF Championships" (TaeKwon-Do). Yielding an attendance of nearly 700 people, 3 Grandmasters, 5 Masters and 33 different organisations.

She spent a large portion of the day with the other Black Belts officiating as she recently qualified to be an Umpire and was praised by the Masters for her dedication and ethics as it is unusual for someone of her age to work so hard for the association.

Bella competed in a very large, talented field of young ladies and came out on top winning the **GOLD** medal. Bella has been to both regional and national competitions before but this is the first International competition she has entered. – THIS GIRL CAN!



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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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City Sports – THE GIRLS



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City Sports – THE BOYS



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