

Sports News

Monday 20th January 2025



England on the brink as Australia seal ODI clean sweep

Australia regain Border-Gavaskar Trophy after beating India in Test series for first time since 2015



Let's do a quick workout!



important Notices

STUDENT NOTICES

- **Week 2 Clubs**
- **No after school clubs on Thursday due to Yr 7 Parents evening**

Fixtures this week

Date	Sport	Year	Opponent	Venue	Teacher
21.01.25	BB	Y11	PM	Home	SAO

Breakfast Sports Clubs

7.30-8.15am

M - mixed
G - girls only
B - boys only

Full ACS kit needed.

	Sports Hall	UMU	FS
MON			
TUES			
WED			Y7-9 M Fitness JGI
THUR			
FRI			

Lunch Sports Clubs

M - mixed
G - girls only
B - boys only

Trainers ONLY needed

	Sports Hall	Dance Studio	Fitness Studio	ER Middle Muga
MON	Y7-9 M Cricket MRO (WK 2)		Y7-9 M Skipping GSH (WK2) No club this week	
TUE	Y7-9 M Skipping GSH/JSM (WK1)	Y7-9 M Cricket (SH) MRO (WK 1)	Y9 B Table Tennis SAO	
WED	Y7-9 M Dodgeball (WK1) JSM		Y7 M Table Tennis MRO (WK 1)	
THUR	KS3 M Badminton AHR		Y7-9 G Fitness NHZ	Y7 M Mixed Games MTA
FRI	Y7-9 G Football NHZ		Y7-9 M Fitness MTA	

After School Sports Clubs

M - mixed
G - girls only
B - boys only

Full ACS kit
needed.

		SH	DS	FS	Canteen	UMU	LMU	MMU	Playground	Woodstock
MON		6th Form Badminton Society								
TUE	3.15-4.15	No Badminton Fixture	Yr 7-11 G Table Tennis JGI	Jason Roberts Foundation		Y9 B Football MRO (TEAM ONLY)				
WED	3.15-4.15	Year 7-11 G Cricket		Yr 7 -11 M Fitness JGI				Y8 B Football MTA	Y7-9 G Football MCA (WK1)	Y10 B Football CYO
		V8 B		V7-11 M	V7-12 M	No V7 Boys		V7-9 G		
Year 7 Parents Evening- No Clubs on Thursday										
FRI	3.15-4.15	No Volleyball This Friday								Y11 B Football CYO

Yr 9 Boys Basketball Game against Kingsbury

Our amazing year 9 basketball team had another game on Thursday 16th January vs Kingsbury (35-46), they showed fantastic team skills, defence and cooperation between each other.

Impressive effort of Sanjith 9P in defense, offense and great point guard skills of Dennis 9L. The MVP of the game was LeBron 9N with 14 points.

Thanks so much to Ms Elshabany, Mr Rayleigh. Also, Vihar, Yosof and Ardy (year 11 boys) for your support and help with the team.



Weekly Staff Profile: Mr Holland

What is your experience with Sport and Health?

I started playing football at around 4 years old. My dad was dragged to the park for hours and hours of kicking the ball around, first joining a team at around 5 years old. I continued to play football until around 14 every Sunday, which was when I started playing Rugby (I was playing 90 mins of football on a Sunday, then 3 hours later playing 80 mins of rugby). I made the choice to move away from the game I loved, to try something new and generally it went pretty well. Playing for Ruislip RFC (initially as a Second Row, but then as a loosehead prop as I stopped growing at 13/14; you need to be at least 6ft to be a second row), we won the league unbeaten in our first year, came second I think in my second year and in friendlies beat the Wasps academy and had a couple of very tight games with the Saracens academy (both professional rugby teams). This was however filled with injuries, a torn hamstring, ligament damage, and then the hamstring came back as an injury when I was 17, which, when combined with A-levels, made me say goodbye to the game. At Uni, I did start to box, however, due to a lack of confidence in my hamstring, I kept to sparring instead of doing any bouts. In terms of watching sport, I have been a season ticket holder at QPR for years upon years, I go to watch Harlequins at the stoop when I can, and I've been lucky to see Ice Hockey in Boston, Baseball in Tokyo and Chicago, Cricket at Lords and NFL in Wisconsin. I used to play rugby and football, which came to an end with a series of injuries. However, when I can find time, I play 5-a-side football.


Who is your sporting hero?

Tough one. Kevin Gallen was the first QPR player I fell in love with, Adel Taarabt was the best I've seen wear the hoops and players like Clint Hill wore his heart on his sleeve. Could be any of those three.

What are your favourite sports in your lessons?

I mean in history it's hard to fit sport in generally (unless you see my history of QPR hisplay), but I suppose the ultimate sporting story is the football game between the British and Germans on Christmas day during WWI

Stars of the week



SAO
Ayush Bharat
Excellent Tec
Award
Assignment 1

NHZ
Anton Rose McLeod
10N
Excellent attitude in
basketball and football


MRO
Karol Hofman
9V
Showing excellent
timing and projection
in his dance lesson,
well done!



JSM
Sachi Jailesh
8W
Showing fabulous
energetic movements
in dance, helping her
peers and never giving
up on her cartwheels!






Stars of the week




JGI
Riddhi Bhaydas 7Q
For amazing effort in
Dance and Gymnastics.

CYO
Ronit Hasmukh
7S
Excellent teaching to
his group for Year 7
Dance.



MTA
Carel Davis 9R
Excellent Dance Practice

GSH
Gavin Meharjan 9W
Demonstrated an
outstanding gymnastics
routine



What clubs do you do outside of school?

Who is your sporting hero?

What is your favourite sport?

Have you ever won a medal or trophy?

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**Do you want to
be our next
Staff Profile?**

What clubs do
you do outside
of school?

Who is your
sporting hero?

What is your
favourite sport?

Have you started
a new hobby?

Share your
experience with
the school.

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