

Monday 20th October 2025

Sports News



ACS Students take on Sumo at the Royal Albert Hall

Important Notices

STUDENT NOTICES

- Week 2

Breakfast Sports Clubs

7.30-8am

M - mixed
G - girls only
B - boys only

Full ACS kit needed.

	Sports Hall	UMU	FS
MON			
TUES			
WED			
THUR			
FRI			Y10 & 11 B Basketball SAO

Lunch Sports Clubs

WK1	Sports Hall	Dance Studio	Fitness Studio	Playgrounds
MON			Y7 - 9 M Fitness CYO	Yr 8 (MMU) Football G SBH
TUE	Y7 G Girls Netball NHZ			
WED	Y7 - 13 M Dodgeball JGI & MRO	Y10 - 13 M Trampolining SBH & CST		Yr8 (Outside) Table Tennis M MTA
THUR	Y7 - 9 M Cricket MRO	Y7 - 9 M Trampolining SBH & CST	Y7 - 9 M Table Tennis SAO	
FRI	Y7 - 13 G Basketball NHZ			

WK2	Sports Hall	Dance Studio	Fitness Studio	Playgrounds
MON			Y7 - 13 M Rowing MRO	
TUE	Y7 G Girls Netball NHZ	Y7 - 9 M Trampolining SBH & CST		
WED	Y7 - 13 M Dodgeball JGI	Y10 - 13 M Trampolining SBH & CST		Y8 (Outside) Table Tennis M MTA
THUR	Y7 - 13 M Spikeball MRO		Y7 - 9 M Table Tennis SAO	Y7 (MMU) Basketball M CYO
FRI	Y7 - 13 G Basketball NHZ			

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
TUE	3.15-4.15	Y10-Y13 M Badminton SAO		JRF Club (invite only) G		Y7 B Football MRO (Week 2)	JRF Club (invite only) G		Y 7 -9 G Football JGI/CST	
WED	3.15-4.15	Y7-Y9 M Badminton CYO		Y7-13 G Girls Active NHZ	Y7 - 13 M Boxing RCA	Y9 B Football MTA	Y7-13 G Netball JGI, SBH, NHZ, CST			Y10 - 13 G Football MCA (Stanley Ave)
THUR	3.15-4.15	Y7 - 13 M Volleyball NHZ 3.15-4.15 (KS3 - KS5) 4.15 - 5.15 (KS4 & 5 ONLY)			Y7 - 13 M Boxing RCA	Y8 B Football SAO	Y7 B Football MRO (Week 1)			Y10 B Football CYO
FRI		4.15 - 5.15 Badminton Society M SAO								

Fixtures this week

Date	Sport	Staff	Year	Opposition	Venue	Meet Details
22/10	Football	MRO	7	Wembley High	Wembley High	Outside ER changing rooms @3:15

Girls Football Club

Tuesdays After School 3:15-4:15pm
Come along and Join Us!





Fixtures last week

Y7 Girls Netball Tournament @ Kingsbury

Our Y7 Netball Team attend the Brent Borough Competition at Kingsbury High School on Thurs 16th October. Girls spirits were high as they took on the borough champions in their first game. Eliana was strong in GK, with excellent support from Serena in GD.

The girls drew 0 - 0 and made a strong start to the tournament. Overall ,girls drew 3 games and lost two. Final positions haven't been shared yet, and girls should be really proud of their achievements in their first tournament and games of the year.

Samar showed excellent leadership in the captain role, and player of the tournament went to Eliana for her outstanding play as GK in all games. Girls training is on Tuesday lunchtime and Wednesday after school.



Y11 Interform Results- Dodgeball & Football

Dodgeball Friday 17th October 2025		Football Friday 17th October 2025	
	11T		11Y
	11S		11W
	11V		11X



Stars of the week



SAO
Abhishek Amratlal
11T
Excellent effort and
focus in Y11
interform.

NHZ
Serena Iyoha
7L
Fantastic effort and skills
at the Y7 Netball
Tournament.

MRO
Nathaniel Konyani 7L
And
Bartosz Kask 7P
Excellent teamwork and
communication skills
shown during the around
the world game!

CST
Zakiya Gallagher
7R
Great effort in the
Multi- stage Fitness
Test



Stars of the week



CYO
Chanya Shaw-Stapleton
11S
Excellent effort and
performance in dodgeball
interform.

SBH
Mia Alexis
7N
Excellent effort in
applying throwing and
catching skills in
Endball

JGI
Kavin Damania
9Y
For always working hard
and for being helpful.



MTA
Jordan Egbowon
8Y
Excellent Trampolining
Assessment



Weekly Staff Profile: Ms Greaves

My recent memorable sporting moments

Learning **E-foiling** using an electric control to surf on top of the water with a large fin and **Wing foiling** which has now become the latest craze within watersports. This consists of an inflatable wing and small surfboard. When you are learning you easily crash into the water.

Current Sport - Windsurfing/ Wingfoiling

This summer **Windsurfing** in **Vassiliki Bay Lefkada Greece** where I have been learning to windsurf for the last 13 years. It is one of the most challenging watersports both physically and mentally as you have to learn about wind direction; balancing on the windsurf board and handle the sail in different **wind conditions**. The sports requires a lot of resilience, each year I make a little bit of progress but that depends on the the weather conditions.

Putting yourself out of your comfort zone can be scary but also exhilarating and you learn you can achieve things you didn't think you could!

Memories from School PE

Swimming, we had a public swimming pool next door to my school . I won my race in the school swimming gala which was Butterfly, also learning to Life Save in the swimming pool wearing our clothes. This was really fun but our clothes dragged us down in the water, despite this it is a really important life skill to have.



Windsurfing



E Foiling



Wing Foiling