

Monday 18th May 2026

Sports News

[From non-league to FA Cup hero - Semenyo caps rise with 'incredible' goal](#)

The FA Cup often tends to produce fairytale stories and Antoine Semenyo's sensational winning goal in this season's final provided the latest in chapter in the storied history of the world's oldest cup competition.

Eight years ago he was on loan at non-league Bath City, but Semenyo carved his name in Wembley folklore on Saturday with an ingenious flicked finish that will live long in the memory in an otherwise forgetful showpiece against Chelsea.

Important Notices

STUDENT NOTICES

- Week 2 - please check the clubs as some are new or have moved times.

Lunch Sports Clubs- SUMMER TERM

WK1	Sports Hall	Dance Studio	Fitness Studio	Playgrounds
MON	Y7-9 M Football SBH		Y7 - 9 M Fitness CYO	
TUE	Y7-9 G Cricket NHZ			
WED	Y7 - 13 M Dodgeball JGI	Y7-9 M Archery MRO		Y8 G Table Tennis MTA
THUR	Y8 B Cricket MRO		Y7 - 9 M Table Tennis SAO	
FRI	Y8 Cricket (Invite Only)			

WK2	Sports Hall	Dance Studio	Fitness Studio	Playgrounds
MON	Y7-9 M Football SBH		Y7 - 13 M Rowing MRO	
TUE	Y7-9 G Cricket NHZ			
WED	Y7 - 13 M Dodgeball JGI			Y8 G Table Tennis MTA
THUR	Y7 - 13 M Spikeball MRO		Y7 - 9 M Table Tennis SAO	Y7 (MMU) Basketball M CYO
FRI	Y8 Cricket (Invite Only)			

After School Sports Clubs- SUMMER TERM

		SH	DS	FS	Canteen	UMU	LMU	MMU	Playground	Woodstock
MON		Yr8 M Basketball CGA	Dance Society WK1&2							
TUE	3.15- 4.15	No Badminton this week due to staff absence		JRF Club (invite only) G		Y8 B Cricket MRO (Week 2)	JRF Club (invite only) G		Y 7 - 13 G Cricket/ Rounders JGI/SBH/TJA	
WED	3.15- 4.15	Y7 B Cricket CYO	Y 7 - 13 G Girls Active NHZ		Y7 - 13 M Boxing RCA	Y9 B Cricket MTA	Y7 - 13 M Tennis JGI/SBH		Y 7 - 13 G Cricket RGA	Y10 - 13 G Football MCA (SA)
THUR	3.15- 4.15	4pm start Y10 - 13 M Volleyball RFO	Dance Society WK2		Y7 - 13 M Boxing RCA	Y8 B Cricket MRO (Week 1)				
FRI	3.15- 4.15	Staff Badminton		Y8 M Table Tennis KGR						

M - mixed
G - girls only
B - boys only

**Full ACS kit
needed.**

Fixtures WB 11th May



Date	Sport	Year Group	Gender	Opposition	Staff	Meet Details
Tuesday 19th May	Cricket	8	B	Preston Manor	MRO	3.15 ER
Thursday 21st May	Cricket	10	B	Barnhill	SAO	1.30 SA

ACS vs Greenford High (Middlesex Cup)

Y8 Boys Cricket - Round 2

ACS lost the coin toss again and Greenford High chose to bowl first. ACS started very strong with the bat scoring 36-0 off the first 5 overs with Diven and Kushagra opening. A couple wickets fell from good catches, but Shlok stayed firm throughout coming in at 3 in the order. Shlok and Daksh stayed composed and got Alpertont to a respectable 100/4 off 12 overs. ACS started well with the ball too. Greenford High limited to 26-2 from the first 5 overs. A couple expensive overs from ACS saw GH get back into the game scoring 71-5 from 9 overs. Needing 31 to win from 18 balls. Some very smart bowling from ACS kept the score down and GH finished with 81-6 from 12 overs.

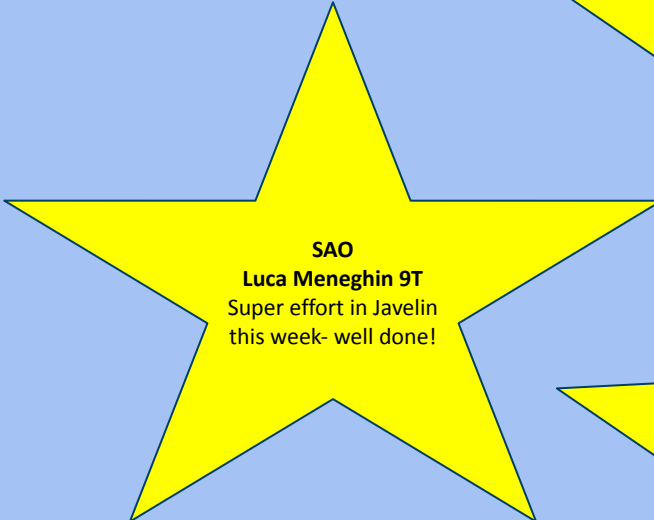
Alpertont won by 19 runs. Quarter Finals here we come!

Man of the Match: Shlok Barot


Year 9&10 Girls Football Finals

The year 10 girls football team with two additions from year 9 girls made it to the finals. The girls played really well unfortunately lost 2-1 to JPS however Ejatu scored for ACS! We picked up a draw against Claremont. Despite the weather the girls persevered. Well done girls!

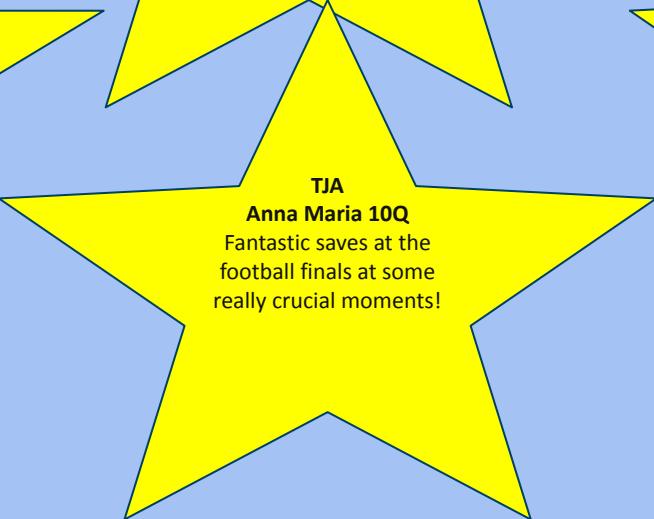
Stars of the week




SAO
Luca Meneghin 9T
Super effort in Javelin
this week- well done!



NHZ
Shrajun Mathanrajh
10R
Excellent score in the
Yo-Yo Fitness Test




TJA
Anna Maria 10Q
Fantastic saves at the
football finals at some
really crucial moments!



MRO
Shlok Barot
8L
Excellent display with the
play bat representing
ACS.

Stars of the week



CYO
Dhruvin Patel
10N
Good technique
shown in High Jump!

MTA
Aryan Ujjainwal 7S
Excellent effort in
lesson

JGI
Thakshiga
Rajanikanthan
7T
For showing great
resilience in High
Jump.

SBH



Student Profile: Kai 10P



Hi, my name is Kai and I am in 10P. I play Football outside of school and I play in the position left wing and striker.

I support Chelsea and my favorite player is Rivaldo.

I also like playing games like FC26, Rocket League and Flight Simulation games.

I also enjoyed playing Rounders in Sport and Health and also taking part in sports day and BTEC PE, which I enjoy.

On Sports Day, I would like to do 100m and High Jump for my form.

Weekly Profile: Mr Farrelly



As a child and teenager, I used to play a lot of different sports and was fairly athletic: I loved playing football and also enjoyed tennis and long distance running. At the age of 11 I got really into skateboarding and that was my main hobby for the next few years. As an adult I also discovered rock climbing which I think is brilliant. It's a great mixture of mental and physical challenges, where you have to think carefully about the best way up the wall but also have the strength and stamina to do it.

Now I don't play as much sport as I should, but I do still watch Arsenal on most weeks and also follow international cricket and some IPL. My favourite sporting memory would either be the Arsenal unbeaten season of 2003-04, or otherwise the run to the Champions League final in 2006 (Thierry Henry's goal at the Bernabeu or beating Juventus at Highbury would be the stand out moments).

My sporting heroes are now mostly retired so I'll go with a current player and say Bukayo Saka. Not only is he class, he's also a gooner. I also think he's a brilliant role model, showing amazing resilience since the disappointment of his penalty miss and bouncing back to have a great season. He's so humble and good natured which is particularly impressive given all the money and fame that Premier League players live with.

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.

Do you have a picture you want to share?

Complete the [Google Form](#)

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