



DHFS EXTRA-CURRICULAR SPORTS NEWS

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Issue No. 1

Physical Education

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North East Derbyshire Cross Country Success!

On the cold Thursday afternoon of the 14th January 2016, 50 eager participants from DHFS attended the annual North East Derbyshire Cross Country Championships at Tupton Hall School. Although very cold and muddy, the students gave their all in their races, showing resilience and determination to cross the finish line. The students qualifying for the next round were:

Year 7 boys: Josh Wragg (1st), Dominic Bourne (3rd), Jacob Hibberd (8th), George Thorpe (10th), Jasper Hill (11th) and James Thorpe (12th).

Year 7 girls: Claudia Turnell (2nd), Sophie Billups (3rd), Raegan Hardcastle (7th), Tia Mappin (11th).

Year 8/9 boys: Dan Brown (1st), Tom Spencer (2nd), Ewan Spencer (4th), Yusuf Izhac (5th), Isaac Rushworth (7th).

Year 8/9 girls: Danielle Davies (1st), Lizzie Turner (4th), Grace Kulinski (10th).

Year 10/11 boys: Reece Allen (1st).

Year 10/11 girls: Sarah Gomm (1st), Liviya Finnegan (8th), Hannah Pratt (9th), Poppy Bentley (12th).

Senior boys: Josh Ball (2nd), Alex Tilley (4th).

The county finals were also held at Tupton Hall School, on Saturday 23rd January 2016. Our students competed against runners from the whole of Derbyshire! They all competed well and outstanding performances were from Josh Wragg (4th), Danielle Davies (3rd), Dan Brown (4th), Reece Allen (4th). The next round is the English Schools' event in Nottingham.

Good luck to you all!

Out of school, congratulations to Gabriel Gisborne (Y8) who won the gold medal in October 2015 in the Northern Cross Country relays at Graves Park. He has also recently achieved a personal best 800m time of 2.16. Keep up the good work! Well done to Danielle Davies (Y8) who regularly competes in cross country events. Most recently, she competed at the English Schools Championships in Nottingham on Saturday 5th March 2016. After a demanding race, Danielle finished 99th out of 339 competitors from all over the country! Also, well done to Reece Allen (Y10), a member of Hallamshire Harriers, who courageously represented DHFS at the English Schools competition. Great achievements by all!



24 DHFS students qualified for the county finals!

U16 girls' football team reach County Cup semi-final - these girls can!

The U16 girls' football team are in the semi-finals of the County Cup for the fifth consecutive year! Having played some good football in previous games, with some excellent spirit and hard-fought battles, they progressed into the quarter finals, away at Belper school. The game was evenly matched, finishing 2-2 at full time. With no substitutes, the girls dug deep in extra time, playing through cramp and tiredness to score in the first half of extra time, with Sabrina

Glossop cementing the win with another goal in the second half of extra time. So, in the next round we are facing a very strong Woodlands

team who we have met in the finals in the past two years and lost out narrowly both times. So this year's group of girls do have some experience in facing this opposition but know that it will be a tough test to reach the final for the third year in a row. The semi finals will take place on Monday the 21st of March at Dronfield Henry Fanshawe School fields kicking off at 4pm. Come along and support the girls!



DHFS Ski Trip, Folgarida 2016

Early Saturday morning on the 16th January a group of 34 students set off on the school's annual ski trip to Italy. The group was made up of students from year 7-11 and included a range of skiing abilities.

During the day all students received 4 hours skiing tuition from our very enthusiastic Italian instructors. Special mention goes to Marcus Glossop, Ellie Rose Pickering and Joe Philipson who had not skied before but were quickly moved into the intermediate group on the second day as a result of how much progress they had made. As the week went on it was great to see all of the groups tackling more challenging slopes, our advanced group even attempted the LITTLE GRIZZLY (a truly terrifying black slope). It was also nice to see that Oliver Hughes survived the entire week this year;



"a truly fantastic trip"

unfortunately he broke his arm on the first day last year.

During the evening there was a variety of entertainment including swimming, quiz nights, a trip to the local pool and games arcade, lots of card games between staff and students as well as table football (the big game, Jimmy Millington and Will White vs Mr Jephson and Mr Hibbert unfortunately ended up with the students taking the win). Staff even witnessed a mass game of hide and seek organised by the year 11 students. Throughout the trip it was fantastic to see how well students mixed be-

tween year groups and how caring the students were with each other, a real team spirit.

Meal times were also entertaining and again it was the year 11s who instigated a whole group prayer. I'm pleased to say that the pray-ers of Yasser, Ellie, Emily, Katie and Maia were an-

swered on that occasion as the waiters bought out BURGERS and CHIPS.

At the end of the week we attended the ski presentation event where the instructors graded each student and certificates were awarded for all. There were also some emotional scenes as some year 11s realised that this would be their last school ski trip, hopefully they will now have the confidence and ability to go on their own.

As we arrived safely back in Dronfield, exhausted students were reunited with their parents and the staff reflected on a truly fantastic trip. During the week we received praises from Manchester airport security staff, the hotel manager, ski instructors, waiters, our tour rep and members of the public who were on our flight about how amazing our students were and how well they conducted themselves. All of the staff would like to express our sincere thanks to all students for making it such a memorable experience.

DHFS crowned North East Derbyshire Swimming Gala Champions 2015

On Monday 14th December over 40 swimmers from DHFS attended the annual North East Derbyshire swimming gala. The DHFS teams competed against swimmers from Tupton Hall, Highfields, Eckington and Westfield. The gala was jam-packed with over 40 races including relays and the DHFS swimmers walked away victorious in each age group:

U13 team finishing first with 63 points

U15 team finishing first with 58 points

U19 team finishing first with 74 points

This resulted in DHFS finishing first overall with a **massive 196 points** in total! All teams worked cooperatively together and our DHFS team spirit was high! Congratulations to all swimmers who attended and competed, making the PE department and our school very proud!

"DHFS finishing first overall with a massive 196 points in total!"

Ford impresses at England trials

Congratulations to Isobel Ford (Y9) who has recently attended England Ladies football trials. She has impressed the coaches and has progressed through to the final round of selection which is to take place on the 18th March - good luck Isobel!

Movement Evening 2016

Another successful Movement Evening took place on Thursday 17th March 2016. With around 100 students auditioning and 65 students from year 7 through to year 13 performing both gymnastic and dance routines. The night proved to be another success from the students. We hope this standard continues for next year's show. Thank you to all students for their commitment and hard work this year.



Scuba diver achieves open water course

Year 10 student Brenton Rodgers has achieved his Junior Advanced Open Water Course. Completed whilst in Tenerife, Brenton was required to complete 15 dives of any depth down to 22 metres. Some of his other dives have been completed in Stoney Cove in Leicester.

Brenton is now working hard to complete another 50 dives to qualify for his rescue award. Well done and good luck!

2nd place for British figure skating champ!

On Wednesday 2nd December 2015, DHFS student, Sophia Nasser (Year 11), skated her way to silver in the Basic Novice B competition of The British Figure Skating Championships 2015-16, beating 38 other competitors. The British figure skating championship 2015-16 was the top event in Sophia's figure skating calendar and her second place is a great achievement on top of all of her other placements:

IJS Deeside Open 2015: 1st place

IJS Deeside Open 2014: 2nd place

IJS Sheffield 2015: 3rd place

Skate Southern International IJS 2015: 1st place

IJS Basingstoke Open 2015: 3rd place



Millie crowned British Indoor Freeski champ!

On Saturday 10th October, 2015, 13 year old Millie Wilkinson was crowned British Indoor Freeski Champion 2015, in the Open Women category of the Indoor Slopestyle Championships, held at Chill Factor in Manchester. Athletes, from all over the United Kingdom, descended on the Chill Factor slopes in Trafford, Manchester, for the most coveted competition of the year; The British Championships. This year, the 180m Slopestyle course featured over 12 huge obstacles that focused on big transfer and technical lines. The Brits judging panel commented: "Millie Wilkinson's clinical technicality and consistency made her the Women's Indoor Champion". No mean feat for a 13 year old, competing against women sometimes twice her age! Millie is absolutely thrilled to be the Indoor British Champion 2015 and is one of the youngest athletes to hold this title.



Rawson selected for England U20 athletics team!

Congratulations to Eleanor Rawson in year 13 who has been selected to run for England U20 athletics team and competed in Cardiff in the 200m. Five days before the event, Eleanor received an email informing her that she had been selected to run for England! Eleanor came third in the individual 200m even though she felt she didn't run her best race. Team England won the 4x200m relay (Eleanor ran the first leg and put them ahead). After the event, Eleanor said: "Even though I didn't run my best race at Cardiff, I went on to run at the UK under 20 championships the next weekend where I made the final and ran a personal best, finishing 5th in the UK for 200m. I then received an invitation to run at the National Senior Championships on the 28th of February where I ran a strong race against the best athletes in the UK, being the youngest in my race by about 8 years!"



National fencing success for our sixth form stars and fencing taster sessions generate interest

On Saturday 27th February 2016, three of our sixth form students, David Clewett, Matt Cooper and Sam Filleul represented DHFS at the British Schools Fencing Championships. As the only state school in the U18 Men's Epee category, our fearless students beat Kings School Canterbury, Millfield's second team, Royal Grammar School and Eton! Out of the 16 teams there, DHFS finished second overall. Silver medallist, David, said: "Overall, we were very pleased to place 2nd, as it is the first year DHFS has done the competition, and Sam doesn't have as much competition experience as

myself and Matt. We went away very happy with the silver medals after a long day that began at 4am and finished after 6pm".

Excellent result boys and thank you to coach Anthony Klenczar, for his incredible work with DHFS.



Hoping to follow in our silver medallists' footsteps, over 25 students attended the fencing taster sessions that were delivered by fencing coach Anthony, an ex-Olympian and some of our very own fencing athletes at DHFS!



Table tennis success!

The introduction of the outdoor table tennis tables has been a huge success as students are competing or simply rallying for fun before school, at break, dinner, after school and whenever they can! Congratulations to the U13 boys' table tennis team who became county champions in November 2015. A few weeks later in December, the U19 boys followed suit and took the county championship for their age group. They then went on to finish second in the North Zone Finals of the ESTTA Butterfly National Team Championship which means they qualify to play in the Regional Finals to be held on the weekend of March 19th and 20th 2016. This is

the last 16 in the country! Furthermore, a superb effort from the U16 girls' team meant that they finished runners up in their county finals. A huge well done to you all!



DHFS leadership academy growing

The leadership academy includes students in year groups ranging from Y9-Y13. All of which help at various events throughout the year. Most recently, the students have been volunteering at primary school sports hall athletics events which have been hosted here at DHFS. The academy members will also be attending some training days at Eckington school where they will be meeting with other student leaders and working alongside Olympian Ben Pipes to enhance their leadership skills. If you are interested in becoming a member of the leadership academy please speak to Mr Wileman.

Dates for your diary...

- ◆ **Extra-curricular summer timetable** starts after Easter. Decide which clubs you want to attend - find the timetable on DHFS website or outside both PE offices.
- ◆ **Movement evening:** Thursday 17th March 2016
- ◆ **Back to rounders mother and daughter sessions:** during the summer term after Easter. Come along and get involved in a sport you probably played at school!
- ◆ **Y8 adventure week:** 4th-8th July 2016
- ◆ **Sports day at the EIS:** 11th July 2016
- ◆ **Sports presentation night at the Double Tree, Hilton:** 19th July 2016

Congratulations to our high fliers and high triers from key stage three lessons this term!

High flier	High trier
Penny Atkinson	Holly Bibby
Daisy Crandell	Eleanor Carruthers
Emily Coles	Jasmine Salim
Emily Froggatt	Hannah Bentley
Maisie Britton	Holly Waite
Ethan Hogg	Sam Mitchell
James Thorpe	Max Oliver
Jacob Smith	Adam Houston
Jay Ingham	George Glossop
Oliver Slater-Purcell	Adam Morewood
Leala Whitaker-Rimington	Millie Middleton
Brogan Simmons	Poppy Weston
Ophelia Tilly	Holly Allcard
Georgia Stevens	Ella Thompson
Imogen Smillie	Olivia Michael
Sophie Collins	Olivia Wood
Jacob Hicks	Jack Godber
Sam Collis-Hagyard	Ben Finch
Leo Ward	James Spotswood
Maddie Hawley	Louise Collins
Emma Stead	Millie Bullement
Maisie Peat	Alyssa Green
Francesca Mitchell	Katie Shaw
Ewan Spencer	

And there are more success stories!

October 2015: Y7 girls became North East Derbyshire Futsal Champions.

Y7 boys' football team came first in the North East Derbyshire tournament.

Sixth form inter-house volleyball results: Gosforth winners.

November 2015: Y8 boys won the North East Derbyshire rugby tournament, conceding just one try in six games!

December 2015: Y7 inter-house benchball results: Baggaley winners.

January 2016: Sixth form hockey team drew 2-2 with Birkdale.

KS3 boys finished first and girls finished second in the North East Derbyshire badminton tournament.

February 2016: Y7 basketball team reach finals of county cup and Y9 basketball team reach semi-finals!

KS3 girls' hockey team drew 1-1 with St Mary's.

Regular netball fixtures taking place – the Y9 team beat Silverdale 10-3 in their most recent game.

Y8 netball team finished second in North East Derbyshire tournament.

U16 girls' football team through to semi-finals of county cup!

Y8 boys' football teams win NE Derbyshire tournament.

March 2016: Superb performances from Y7-10 DHFS rugby teams in tournament.

Y7 netball team won NE Derbyshire tournament.

Staff inter-house workplace challenge: Gosforth winners.

Y8 netball team finish third in Derbyshire county finals!

Y9 netball team become NE Derbyshire Champions!

