



DHFS EXTRA-CURRICULAR SPORTS NEWS

Christmas 2016

Issue No. 3

Physical Education

Department

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Inside this issue:

Morewood gains three BikeTrial titles!	2
Shipley sisters' biathlon success!	2
Annual Movement Evening	2
Leicester Tigers Rugby Programme	3
Basketball success for Lycoudis!	3
Individual achievements: Evans, Billups, Gisborne	3
Dates for next term	4

DHFS students rewarded at Derbyshire sports awards!

Congratulations to DHFS student Adam Morewood (Y10) whose achievements were recognised at the Derbyshire Schools Sports Awards evening in October 2016.

Winning World and European titles saw bike trials' Adam chosen as Sportsperson of the Year for Non-school Sport.

Volunteers were also recognised on the night, with 12-year-old Flinn Jones, previously of St Andrew's Primary School, Dronfield (now a Y7 student at DHFS), winning the Young Leader / Ambassador – Primary School Award for running the Change4Life club at his school and supporting a number of intra-school competitions, encouraging fellow pupils to take part in competitive sport.

DHFS were well-represented on the night of the awards as Billy-Lee Dixon (Y11) was also the runner-up in the Disabled Sportsperson of the Year award.

We are very proud of you all - well done boys!



Adam Morewood

Millie makes British Indoor Freeski Finals!

Millie Wilkinson (Y10), has competed at the British Indoor Championships at Chill Factore in Manchester for 6 years in a row and has had some amazing results at the national competition. After battling her way through four gruelling head-to-head rounds, Millie made it

through to the final four women left in the competition! After making her way through the field of competitors to the overall final, it was back out on the snow to compete in the U16s category. Millie said: "I was physically drained and in lots of pain. After

a couple of heavy crashes in the earlier rounds, I had to pull everything out of the bag to throw down some of my best runs of the event. It was an amazing day and the level of competition was so high I was thrilled to finish with 2nd place U16s and 4th overall."

Morewood wins three prestigious Bike Trial titles!

Talented DHFS student Adam Morewood (Y10) competes in a sport called Biketrials, in which riders have to ride their bikes over a series of obstacle courses, called 'sections', made from natural (rocks, muddy banks, tree trunks, river beds, etc.) or man-made obstacles. The aim is to negotiate these sections without putting your feet down; each foot down means a negative point, up to a maximum of five per section, and the winner is the rider with fewest points at the end of the trial. This summer, Adam competed in the UCI (Union Cyclistique Internationale) World Youth Games in early August in Freiamt, Germany, where he took

the title of World Champion, finishing the trial on just three points! He also finished in second place in the BIU (Biketrial International Union) World Championship in Blansko, Czech Republic, and won the European Championship in Austria.

Not content with that, Adam returned home to compete in the final round of the British Trial Cup in Surrey, where he finished in first place, taking the overall cup win to be crowned British Trials Champion in the Expert category for the sixth year in a row! Adam gets a bit of downtime now, which he will be using to prepare for the upcoming 2016-17 season.



Emma & Isobel Shipley's half-term endeavours!

Congratulations to Emma Shipley (Y7) who won a gold in the team cross country relays for the Northern U13 girls' event which also meant the team won the South Yorkshire gold as well! Emma, along with her team, will compete in the National cross country relays in November.

Emma, representing DHFS, also took part in her first biathlon for the

Nottingham Schools Time Trials to qualify for the British Schools Biathlon Championships in March 2017. She won gold for the U12 girls' event! In December this year Emma will discover whether she has qualified for the championships at Crystal Palace.



Isobel Shipley (Y10) also regularly competes and she took part in the biathlon of which she is currently awaiting the final results.

Congratulations girls and good luck in your future competitions!

Movement Evening Y9 netball third in county!

DHFS annual movement evening will take place on Tuesday 29th November 2016. With over 40 different acts auditioning back in October, the final performances are being prepared and refined ready for the big night at the Civic Hall, Dronfield. We are looking forward to another talent-filled evening of dance and gymnastics! Tickets on sale at Reception £3.

DHFS Y9 netball team reached the semi-final of the county tournament for the second year running! The girls were fantastic winning five games in the group stages!



First 2016-17 inter-house comp

This year's inter-house competitions started with two sports for the Year 7s to get involved with; football and netball competitions ran simultaneously from Tuesday to Thursday in the last week of term. In the netball, Fanshawe and Buxton came joint first and in the football Gosforth were victorious. Well done to all participants!

Shot-stopper Ryan Evans

Ryan Evans (Y9) is now in his third season as a goalkeeper with Chesterfield academy. After six seasons in the A division with Chesterfield Town, he was scouted by SWFC, SUFC, Leicester City and Chesterfield! Recently, Ryan played his 50th game for the academy; he shows a high level of dedication and commitment, training Tuesdays, Thursdays, Saturdays and playing on Sundays. Ryan is particularly proud of playing at the Proact Stadium vs. Liverpool academy, winning 3-0 and keeping a clean sheet! He has also played at Manchester City's academy and has trained at the prestigious St George's Park! Well done Ryan and keep it up!

Billups excels at cross country

Sophie Billups (Y8) competed in the National Cross Country Relays at Berry Hill Park on Saturday 5th November 2016. As her first ever national event, Sophie was given a GPS disc to wear around her ankle to record individual timings. The course was dry, through woodland, open ground and up and down hills. Sophie dug deep and completed the course in nine minutes, with her team finishing in the top 60 out of 100! As well as cross country, Sophie has also recently competed at the EIS in the 800m for the U15 age group! Although she was one of the youngest in her race, she beat her PB time and achieved 2.48s! Well done Sophie!

More success for Gisborne

Gabriel Gisborne (Y9) finished the outdoor athletics season well by representing South Yorkshire in an inter-counties event in Nuneaton. He also won the 800m event in the Steel City cup in September, smashing his personal best with a time of 2.05.40! In addition, he experienced success in his other event, the high jump, where he matched his personal best height of 1.63m. In terms of the indoor season, Gabriel is now the national leading competitor in his age group for the indoor 600m! What a great season Gabriel!

Students selected for Leicester Tigers Development Programme

Congratulations to two of our DHFS students who are committed members of Dronfield Rugby Club and have been accepted onto the next level of the Leicester Tigers Developing Player Programme. Joseph Duxbury (Y9) and Ewan Farquhar (Y9) have been selected for further coaching and development with the elite programme.

The Leicester Tigers run a developing player programme from U13s to U16s at a number of locations across their catchment area. High quality development opportunities are offered to the players selected. Players are evaluated on their ability to catch, pass and tackle as well as game understanding and tactical awareness. The aim is to enhance the development of promising players

across the region and eventually to identify players who may be suitable for Leicester Tigers Academy. Chris Heslam (Y10) and Joe Philipson (Y10) are also dedicated members of the programme and attend regular training sessions throughout the week. They are hoping to be selected for the U16 county team at the end of this season. Well done and good luck to you all!

Basketball success for Lycoudis

Alex Lycoudis (Y11) is a member of the Killamarsh Arrows Basketball club and is currently regarded as a talented player who could potentially progress through to the men's first team who play in the National league. Recently, he was nominated by his coach to attend selection for the Derbyshire team to play in the county tournament in Nottingham - he was selected and contributed to his team finishing

first in the tournament! From this, he was also selected along with other outstanding players to attend training for the East Midlands team. He was successful in making the team and they had a great tournament in Manchester in September. In the future, there will also be the opportunity to be selected for either the Regional Development team or the England squad. Well done Alex!



Dates for your diary...

- ◆ **Y8/9 football teams' Barcelona Trip:** Sunday 9th April - Thursday 13th April 2017
- ◆ **GCSE PE practical moderation**
dates: Tuesday 28th - Thursday 30th March 2017
- ◆ **Annual ski trip, Folgarida, Italy:** Saturday 14th - Saturday 21st January 2017
- ◆ **Annual movement evening at the Civic Hall:** Tuesday 29th November 2016



Our fantastic DHFS sports leaders!

Congratulations to the following year 7 students who have qualified for the North East Derbyshire shooting stars squad 2016-17!

Emma Shipley

Holly Kennie

Lauren Emmerson

Tom Rose

Junayd Burgess

Edward Taylor

Flinn Jones

Leah Gregory

Charlie Wragg

Renee Saynor

Kieren Blanksby

Imogen Plummer

Luke Park

And there are more success stories!

Summer 2016: U15 girls' and U15 boys' tennis teams finished champions of South Yorkshire League One.

September 2016: Congratulations to Megan Jones (Y11), Sophie Hoyes (Y11) and Isobel Ford (Y10) for making the Derbyshire county football team.

Isobel Ford (Y10) has also made the U15 England Ladies squad!

Y9 boys' football team victorious over Notre Dame School.

U16 girls' football team won 6-0 against Ashfield in ESFA cup.

NED tournaments: Y10 football team second, Y10 netball joint first, Y7 football second, Y7 netball first.

U14 girls' football team victorious against Meadowhead School in ESFA cup.

Y11 boys' football team beat Heanor Gate School 2-0.

NED tournaments: Y11 football team first, Y11 netball team first, U14 girls' football second.

October 2016: NED tournaments: Y9 netball finished first, Y8 netball finished second, Y8 football finished first, Y9 football finished second.

U15 boys' tennis team victorious against Wolfreton School.

Y9 boys' football team beat Lady Manners 4-0 in National cup.

U15 girls' football team beat Lady Manners School 5-1 in National cup.

Y9 netball team beat St Mary's School 26-3.

Y8/9 boys' rugby team won one and lost one at the Derbyshire tournament.

November 2016: Y7 footballers finished 2nd in NED futsal tournament.

Y9 footballers beat Ossett Academy in sudden death penalties!

U14 netball team finished third in Derbyshire county tournament!

Y7/8 girls' football team won the Chesterfield FC tournament, progressing on to the next round!

DHFS sports leaders attended NED silver ambassador conference at the EIS.

