



DHFS EXTRA-CURRICULAR SPORTS NEWS

Christmas 2017

Issue No. 6

Physical Education

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Table tennis teams do DHFS proud!

In November 2017, the annual county table tennis championships took place at Springwell School.

On Thursday 16th November, the U13 boys' team consisting of Oliver Barker, Alfie Stevenson, Billy Ash, Adam Finch and Oliver Limb performed against strong competition to finish as county runners up!

On the same day, the U13 girls' team consisting of Freya Hammett, Poppy Hodder, Chloe Waite and Izzy Tomlinson performed really well individually as well as a team and also finished as county runners up!

On Tuesday 21st November, the U16 boys' team also took up the challenge and performed

extremely well against opposition from all across Derbyshire.

Congratulations to the U16 boys' team: Thomas Lee, Toby Atkinson, Jake Gorrell and Jonathan Blake who finished the competition as county champions! They are now going to compete in the next round of the English Schools' National competition in Bradford in January 2018!

Good luck and well done everyone!



Gilen's achievements in stock car racing

Since the age of 12, Gilen has raced a Brisca National Ministox. He races nearly every weekend between March and December. The racing is based on Formula 1 and 2 stock cars and is a contact sport. Many of the top drivers in Formula 1 and 2 began their careers in mini's. The cars are strengthened, modified mini's with a fully welded steel chassis, and heavy armour which protects the driver. The engines are restricted to 1000cc with some slight modifications. However they can still reach speeds in excess of 45mph on track. Gilen races at shale and tarmac oval race tracks around the country such as Owlerton Stadium in Sheffield, Buxton in the High Peak and as far away as Venray in Holland! The drivers start as novices at the back of the grid, then when confident will move to the front of the grid and drive with a white roof. The driver gains points for finishing in the top 10 at each meeting. First place scores 10, down to 10th who score 1 point. Points are doubled in a final. The more points they score the higher up the grid they move.

Recently, Gilen won the American connections championship for 2017 at Birmingham wheels raceway. 31 cars competed. It was run over 3 split heats of 12 laps each and a final of 15 laps. The conditions were very wet and slippery but Gilen drove his heart out. He was placed 4th in his first heat, second in his second heat and 2nd in the final. Overall he was the highest point scorer therefore gaining the American Connections Championship title. He is now able to paint the roof of his car with an American flag to show this.

This is Gilen's last year in the formula and after his GCSE's he is hoping to move into the V8's formula. He has followed both his Dad and Grandad in to racing and has taken their race number 101. His younger brother, Evan who is 11, now also races a Ministox N°110 .

Congratulations and we wish you both all the best!



Netball players selected as stars of the future!

Congratulations to **Hattie Seddon** (Y10), who trialed in June for Derbyshire netball squad and got through to the second screenings on the 9th Sept. She then heard by the 11th Sept that she had been successful and had achieved a place in the U15 squad! As a member of this squad, she trains on Saturday mornings every other week. Hattie has also trialed for Loughborough Lightning netball squad and she discovered on the day that she had achieved a place!

Congratulations to **Lizzie Seddon** (Y11), who trialed for South Yorkshire on 9th and 16th Sept. She discovered in October that she had achieved a place in the squad! Lizzie trains with South Yorkshire every Monday 5-7pm at the EIS. Both Hattie and Lizzie play for Dronfield Netball Club and also coach youngsters at the club!

Congratulations to **Gracie Bradley** (Y8) who has attended Yorkshire regional netball trials and has been placed in the talent pool for future netball stars!

Congratulations to **Sophie Rumney** and **Lauren Oldale** (Y10) who also attended South Yorkshire netball trials and were successfully selected. Sophie explains how firstly, she participated in a pre-screening trial which consisted of drills and match play. A further two trials followed in which she was tested further before being successfully selected a few days later. Sophie is very proud of her achievement and is thoroughly enjoying it so far this season.

We are very proud of all of them!



Sophie Billups' cross country success!

Sophie (Y9) runs for City of Sheffield and recently competed at the South Yorkshire cross country at Longley Park. She put in a good performance and came mid way, in 16th place on one of the most challenging courses! She then performed at another South Yorkshire cross country race at Winterhill and improved her position to 10th place!

On the 29th October Sophie took part in the National cross country finals at Mansfield and she was the only competitor for her club. She

improved her time on the course by more than 45 seconds (monitored by a GPS tracker). If this wasn't enough, the next day she attended the SY indoor series at the EIS, was placed in the A grade 800m race as the fastest girl to represent her club, and beat her PB time by more than 3 seconds!

In December Sophie is going to continue competing in the indoor series at the EIS - well done and good luck Sophie!



Mia invited to elite swim squad training

Congratulations to Mia Dawson (Y9) who received an invite in the summer to train with Derwentio Excel Swim Squad. Mia is a talented member of Dronfield Dolphins Swimming club and her hard work and commitment to training earned her an invite to this exclusive squad!

In order to become a member of Derwentio, swimmers need to be efficient in all 4 strokes and associated skills. They also need to have a ranking in 200m individual medley and 400m freestyle.

Mia has an understanding of the responsibility and mind-set of what is needed to be part of such an elite programme. We wish Mia all the best with her training and competitions!

Star footballer gains place in regional squad

Congratulations to Amy Cooper (Y9) who trialled for Doncaster Belles in June, and she discovered she had achieved a place in the Doncaster Rovers Belles Regional Talent Club U14s on the 13th June 2017!

As part of this team, Amy trains 4 hours per week, 2 hours on Mondays and Thursdays next to the Keepmoat Stadium in Doncaster.

She has matches most Saturdays and they play other RTCs in the North East Region. This means that she could travel anywhere from Lincoln to Teeside!

Well done Amy and good luck in your matches!

Duke of Edinburgh Award begins with Y9 cohort...

The Duke of Edinburgh Bronze Award scheme is up and running with a group of 14 committed Y9 students.

Since September, the group have experienced a walk in the Peak District to practise their map and navigation skills, they have practised pitching their tents as a group, completed a first aid course and they have also used a Trangia for the first time!

All of this training is essential for when they complete their expedition for real next year in June/July 2018!



Mums run rings around daughters in rounders (June 2017)

The sky was dull on Friday 23rd June, 2017, but the spirits of our female students and their mums were bright, as they headed up to the field after school to take part in our second annual Mums v Daughters rounders match.

Once the game began, the daughters had the restriction of losing a rounder every time a player was out, but the mums did not - they kept all the rounders they earned. This made the game very even, and in the first innings the mums gained a lead of 2 1/2 rounders to 1.

The second innings started well for the mums, who by now were getting fully into the swing of things, and they made some good shots. This

left them with 4 1/2 rounders as the daughters stepped up next to bat. The girls started strong, with some powerful shots splitting the fielders, but then the mums came into their own with some fantastic catches and fielding skills. The daughters just couldn't stop getting caught out, which lost them so many rounders.

The final score was **4 1/2 rounders to the mums** and **1 rounder to the daughters!** Once again the mums were victorious and picked up their trophy. Thanks again to all who participated and we'll hopefully see you all again next year!



First GCSE PE climbing trip a success!

As part of the practical element of GCSE PE, the PE department ran a trip to Awesome Walls in Sheffield with 40 of our Year 11 cohort. The students were able to learn and apply the concepts of safety, tying on, belaying and practising on a variety of difficulties within the centre. Since the day session, many students have further developed their climbing skills by continuing to attend sessions at Awesome Walls in their own time!



Dates for your diary...

- ◆ **Extra-curricular winter timetable has started!** Decide which clubs you want to attend - find the timetable on DHFS website or outside both PE offices.
- ◆ **DHFS PE department ski trip to Folgarida, Italy 2018:** 13th - 20th January 2018.
- ◆ **KS4 GCSE options evening:** Thursday 18th January 2018.
- ◆ **NED Cross Country Championships:** Tuesday 9th January 2018.
- ◆ **North Derbyshire Indoor Rowing Championships:** Wednesday 7th February 2018.
- ◆ **NED Swimming Gala:** February 2018 (date TBC).



Our high fliers and triers from KS3 PE lessons this term!

James Ryall	Heidi Foster
Noah Smith	Aimee Hodder
Harley Butcher-Simpson	Eliza Froggatt
Felix Crapper	Hannah Blackwell
Jake Dymond	Renee Saynor
Tom Newton	Hannah Simpson
Connor McNamee	Grace Rumney
Brad Townend	Sophia Wragg
Jack Ireland	Lucy Clark
James Hanson	Ruby Holland
Ryan Hudson	Lucy Hazelby
Jude Bennett	Lola Hill
Adam Brindle	Imogen Plummer
Dylan Hughes	Charlotte Colley
Tafara Mboto	Sofia Choudry
Isaac Wileman	Evie Hamilton
Flinn Jones	Charlotte Jones
Bayley Garfit-Clark	Miah Monk
Karl Dent	Amelia Seymour
Gade Middleton	Izzy Smith
Noah Thackarey	Talia Havenhand
Jacob Russell	Katie Washbourne
Michael Wilson	Amelia Hill
Callum O'Connell	Isabella Fletcher
James Pemberton	Gracie Nickson
Ryan Briddoch	Olivia Bower
Declan Birch	Prudence Gbadamosi
Josh Moat	Mollie Wyles
Ben Simpson	Jessica Maines
Felix Merritt	Sophie Billups
Ashley Martyn	Amelia West
Alfie Craig	Harriet Wright
Finlay Rose	Lily Wade
Jamie Wrag	Hannah Blackwell
Connor Gray	Mollie Hardwick
Roman Turnell	Jasmine Barker

And there are more success stories!

September 2017:

- U13 girls' football team beat Lady Manners 6-0.
- Y7 netball team beat Tupton 11-6 and Y9 netball team won 35-7.
- Y10 boys' football team started their season with a 9-4 win v Tupton.
- Y10 netball team beat Tupton 11-8.

Congratulations to Adam Wood who became Derbyshire Gold Match-play Champion!

U15 girls' football team beat Tapton School 3-1 in National Cup.

October 2017:

- U16 girls' football team beat Meadowhead School 5-0.
- Y9/10 Silver Leadership Ambassadors attended EIS workshop to learn how to lead the next generation.
- Y9 boys' football team defeated St Mary's School 2-1.
- Y9 Duke of Edinburgh group practised their map skills in the Peak District.

U15 girls' football team victorious 2-1 away in Macclesfield v Fallibroome Academy.

7-2 victory for Y10 boys' football team away in Doncaster.

November 2017: U16 girls' football team won 8-0 v East Manchester Academy.

U13 girls' football team finished runners up in the Chesterfield FC girls' cup tournament.

Y9 netball team beat Silverdale School 41-2.

Y8 netball team drew with Silverdale School 9-9.

U13 boys' table tennis team finished county runners up.

U13 girls' table tennis team finished county runners up.

U16 boys' table tennis team finished as county champions!

Congratulations to Ruby Sayles (Y7) who won the overall QuadKids competition finishing 1st in her category!

