



CCGS Physical Education & Sports News—Spring 2012



Dear Parents and Pupils,

This term has been the busiest so far, with numerous teams and individuals competing not only for the school, but for their county as well. There has been a very high participation rate in the numerous sports that have been on offer, and we have even received and passed on the Thanet Olympic torch.

The PE department is tremendously proud of all the students for their commitment and enthusiasm to sport and PE throughout this winter term, despite the varying weather conditions. We are pleased to report that after school sport continues to thrive, placing it truly at the heart of life at the Federation.

GIRLS' NETBALL

The girls have continued their commitment to netball throughout this term and have studied it to a high level both during their games periods and after school at the various clubs we have offered. The U12 team firmly established their feet by winning over half of their matches against Ursuline, King Ethelbert and King's Rochester, even introducing a 'B' team to their squad. The girls have strived to improve their footwork and shooting skills and finished a sound 4th at the Thanet Tournament.

The U13 team (pictured below) have been the success of the year! After a serious reshuffle and newly found confidence, the U13's have gone from strength to strength throughout the season. The team have begun winning with larger score lines, culminating in an overall win at the Tournament to crown them Thanet Champions after winning every game!



The U14 team have continued their success with matches against St Lawrence, St George's, Ursuline and Dane Court. The team have worked particularly on their tactical game play and finished 3rd in the Thanet Tournament.

The U15 team, U16 and Senior teams have also played a number of matches throughout the season. The U15 team, many also studying GCSE PE, have found the mixture of both theory and practical PE to aid their performances, finishing a very credible Runner-Up in the Thanet Tournament.



CROSS-COUNTRY

An element of the curriculum that always seems to be associated with cold weather, Cross-Country has been a very successful sport this winter for both the boys and girls. The Inter-House Cross-Country is where it all began with all students competing to win precious points for their Houses.

The top 10 runner's from each year group were selected to run for the Thanet Schools' Cross-Country competition, held at Hartsdown. The team won numerous medals with pupils being further selected to run in the Kent Schools race at Kent College. One such pupil, Alasdair Kinloch (Year 8), gives the following report of his success this year...

"On Saturday 14th January, I ran to compete in the U14 Kent Schools' Cross-Country Race for the Thanet schools. It was at Kent College in Canterbury and I was against all the schools in Kent for Years 8 & 9. I finished 2nd overall and 1st in Year 8. I was 10m behind the boy in first place who was in Year 9. I felt so pleased with myself as this was a brilliant placing. Winning this race meant that I was selected to compete in the Inter-County race on Saturday 4th February in Essex. There were many counties in the race including Surrey, Essex, Hampshire, Sussex and Suffolk. I was running with Year 8 & 9 boys and came 15th, the first Kent boy home for both age groups. I really put my heart and soul into this race and was nearly sick at the end!

I was now selected to represent Kent in the England Cross-Country race on 17th March. I travelled down to Taunton in Somerset with the Kent team and stayed in a hotel before the race the following day. I shared a room with a boy I didn't know who was so shy, he couldn't even tell me his name! However, some of the boys were very nice and I got to know them really well. The race was ran in a military airbase in Ilford and I was the only Year 8 running for Kent; all the rest were Year 9's, as were most of the boys running for the other 44 counties. For this race everyone running had to wear a chip around their ankle to give their time and position in the race. The start line was no ordinary start. Each county had their own starting pen that was like a narrow lane. We lined up in the pen in order of fastest to slowest; I was second in the pen. The pace at the start was so fast and there were so many boys in my race—330 in total. Having so many boys meant that I didn't know where I came until much later, after I looked on-line and found that I finished 124 out of 330 boys. This was an awful race for me and at the end I felt so disappointed. I suppose you have good days and bad days. I've had to put this race down to experience...next year!"

SWIMMING

In the recent Kent School Swimming Championships, the Federation once again impressed with our all-round competitiveness (pictured below). Taking a strong squad we retained the Boys' Intermediate Freestyle Relay and won the Medley Relay, deservedly winning gold in both. The successful relay teams included the same four swimmers with the medley comprising of Charlie Gambrill (backstroke), Jake Davies (breaststroke), Alex Kirkpatrick (butterfly) and Ben Pond (freestyle). They beat second place Tonbridge by 10 clear seconds. This is the first time since 1995 the school has won both relays—a tremendous effort all round!

Individual commendations go to Team Captain, Ben Pond who won the 100m freestyle in 55.20s and Jake Davies winning the breaststroke in 1.11.98 minutes. Alex Kirkpatrick gained silver in butterfly and Charlie Gambrill just missed bronze in the backstroke. Other boys who did exceptionally well were Jordan Butler who won bronze in the 100m backstroke and Ciaran Claris (Year 7) who achieved an outstanding 5th in the Junior Boys' breaststroke. In the Senior Boys, Khan Chung also made the final in the 100m freestyle, capping off a great effort by the whole team.



A young set of girls did themselves proud amongst tough competition—the best result was Kristyana Papa Adams, who came 3rd in the Individual Medley and the Medley Relay team did brilliantly to reach the final. The other competitors were Beatrice Lever, Sam Allen, Abby Piper and Amber Butler. The future looks bright for swimming at the school!

Ben Pond (pictured 4th from left) entered the South East Regional Biathlon Championships on 3rd March, in which he finished 1st in the Youth B 15/16 category, not only winning but won the fastest swim of the competition beating all of the older age groups. He will now go on to compete at the British National Championships in May, which are held in Birmingham.

Ben Pond and Alex Kirkpatrick also competed at the National Schools Biathlon at Crystal Palace on 25th March, where Ben finished a well placed 7th and Alex finished 18th. Well done to them both and many sincere thanks to Mrs Pond for all of her help!

The annual school swimming gala was held at Margate Pool on Friday 9th March. It was a first for the Federation where all swimmers (boys and girls) from all Years attended. The races were fast and furious with many new school records being set. All competitors put their heart into their swimming, winning valuable points for their House. All results can be found on the school website:
<http://www.ccgrammarschool.co.uk/>

DODGEBALL

Two Year 8 teams from the Federation attended the Thanet Schools Year 8 Mixed Dodgeball Tournament at the Marlowe Academy. To the 5 D's of dodgeball: 'dodge, duck, dive, dipp and dodge again' was added to the one H of 'hide' as Chat-ham and Clarendon 'B' team (pictured) moved successfully through the group stages. They defeated teams from Marlowe and Ursuline to make the final. It was here that they faced Grammar school rivals Dane Court 'A' team and, in an incredibly close and exciting finale to the event, just came through to win by having one extra person on the court as the final whistle blew.



INDOOR ATHLETICS

On Wednesday 1st February the girls and boys from CCGS in Years 7 & 8 entered the Thanet Schools Sportshall Athletics that was held at the Ursuline. This was a new and novel way of preparing for the summer term's athletics programme and included track and field events such as an '8 Lap Paarlauf' and 'Speed Bounce'. The Year 8 boys finished first in the area and went on to represent Thanet in the Kent Schools' Final in Ashford.

On arrival the boys were met by Olympian Kelly Holmes (pictured below with our team) before they started their events. The team consisted of Connor Hayman, Stephen Dolan, Sam Dove, Matt Short, Alasdair Kinloch, Jake Lindrop, Sam Taylor & Blake Travers. All members worked hard to win many events, including the 4 Lap Race, 6 Lap Race and the 4 x 2 Lap Relay. After a very long evening of racing, the boys were overjoyed to finish a very credible 3rd place, however just missing out on competing for the South East Regionals. Well done boys!



OLYMPIC WEEK

During the week beginning February 27th, the school were very excited to receive the Thanet Olympic Torch from Newlands Primary. Mr Walton (our School Sport Organiser) worked hard to bring the whole school together for a very successful Torch Handover Assembly in St George's Church, led by our Sport Ambassadors in both Year 9 and from the CCVI. Throughout the week all Federation students competed in a chest push and standing long jump, as well as entering teams for Handball and Basketball tournaments being held not only during the games sessions, but also before school, during break, lunch times and after school. In conjunction with the sport, the Arts and Culture were also represented through students entering an art work and poetry

Competition based around the London 2012 Olympic Theme. Houses competed to win House points in all events—results can be found on the school website:

<http://www.ccgrammarschool.co.uk/>



BOYS' HOCKEY

On 7th March the boys' 1st VII Hockey team attended the prestigious St George's College Inter-Schools 6 a-side Tournament. Mr Waitt & Miss Hudson took our most promising players (pictured below) to a tournament where we were easily the youngest team in attendance. After a slow start, the boys picked up their game showing incredible team play and tactical awareness, finishing Runner-Up in the group stages. Having now been playing hockey for over 6 hours they had won a place in the quarter-finals. Unfortunately, they were met with a very strong Portsmouth Grammar School and narrowly lost to be knocked out of the tournament. Having entered this tournament on a wild card, our boys came through to show everyone that we were a force to be reckoned with...maybe next year!



Boys school hockey has continued to flourish this year with some outstanding performances. The boys have played over fifty games between them so well done and thank you to all staff and students. The U12s have made a very steady start improving with each game under coach Mr. Goodwin. Having lost their first four games they are now unbeaten in their final three and look to continue this run to next year. The U13s have had mixed results under Mr Wakefield and Mr Hudson. Some lows such as narrow defeats to Norton Knatchbull and Simon Langton, however these are over-shadowed by a big victory over nationally rated Kent College and finishing 7th in a county wide competition. The U14s, coached by Mr Burney and Mr Whale have been the most successful team losing just one game all season! They have scored a phenomenal 51 goals conceding just nine in their success, much is expected from this squad in the coming years! The next age group, lead by Mr Waitt and Mr Hill, have made excellent progress ahead of senior hockey next year. The squad have had a mixture of results with some very narrow defeats, which they hope to turn around to victories next year. Finishing 7th in the county wide tournament was the highlight. Senior hockey led by Mr Richford, Mr Mair and Mr Hughes has been a building process. With a very young squad we are hoping the next two years we will continue to develop and become a strong force once again. Victory over Dover College was a highlight alongside the St Georges 6's tournament highlighted above.

BOYS' RUGBY—Nineteen year 7 pupils participated in the St. George's Challenge Cup at Thanet Wanderers RFC and they returned victorious. The team played against Ursuline, King Ethelbert's, Charles Dickens and St Georges and won every game without conceding a point.



The year 9 team travelled to Dartford Grammar School to compete in the Kent Sevens Competition. The team were seeded in the top pool making progression a difficult task, however all members of the squad made a good account of themselves reaching the plate semi final, narrowly losing to a well drilled Maidstone Grammar side.

HOUSE COMPETITIONS

Terms' 3 & 4 have been just as busy regarding sporting house competitions. The net-ball for the girls saw each house put two or sometimes three teams together, culminating in fast paced, hard fought games over a number of weeks. The results are as follows:

	KH	MS	RP	TS
Year 7	2nd	4th	1st	3rd
Year 8	1st	3rd	4th	2nd
Year 9	1st	3rd	2nd	4th
Year 10	3rd	1st	2nd	4th
Year 11	3rd	2nd	4th	1st

The house hockey for the boys have also been hard fought in both competitions with and without squad players. The results are as follows:

	KH	MS	RP	TS
Year 7	ongoing	ongoing	ongoing	ongoing
Year 8	1st	4th	2nd	3rd
Year 9	ongoing	ongoing	ongoing	ongoing
Year 10	4th	1st	3rd	2nd

The house dance for the boys and the girls continues to grow and was once again very close between both the junior houses and senior houses. The dances completed by each house showed an ever increasing choreographic talent and fervour for the discipline. In the school inter-house Cross-Country, each student ran a set distance around the school field with distance depending on age! All Inter-House Competition results, including Inter-House Football, can be found on the school website:

<http://www.ccgrammarschool.co.uk>

AFTER SCHOOL PRACTICES FOR GIRLS

Next term the girls' after school clubs change to the summer programme, with practice days as follows:

	LUNCH TIME	AFTER SCHOOL
MONDAY	U12 & U13 Rounders	Girls' Rugby
TUESDAY	U15 Rounders	All Rounders
WEDNESDAY	U16 Rounders	
THURSDAY	U14 Rounders	All Athletics
FRIDAY	Batting & Throwing	

All boys and girls Summer Term fixtures can be found on the school website

AFTER SCHOOL PRACTICES FOR BOYS

Next term the boys' after school clubs change to the summer programme, with practice days as follows:

	AFTER SCHOOL 1	AFTER SCHOOL 2
MONDAY	U19s Cricket	U13s Cricket
TUESDAY	U14s Cricket	U12s Cricket
WEDNESDAY	Touch Rugby vs staff—Lunch (various age groups)	U15s Cricket
THURSDAY	Athletics (all age groups)	
FRIDAY	Touch Rugby vs staff—Lunch (various age groups)	

Cricket coaches are allocated as follows:

U12 – Mr Hughes & Mr Taylor

U13 – Mr Richford & Mr Mair

U14 – Mr Goodwin, Mr Brewin & Mr Hudson

U15 – Mr Wakefield, Mr Waitt & Mr Walton

U19 – Mr Cartland, Mr De Paolis & Mr Burney

SUMMER TERM HOUSE COMPETITIONS

A number of Inter-House competitions continue into the Summer Term. These are as follows:

Year 7	Year 8	Year 9	Year 10	Year 11	Seniors
Rounders (G)	Rounders				
Softball (B)	Cricket (B)				
Cricket (B)					
Sports Day	Sports Day				

SPORTS PERSONALITY OF THE MONTH AWARD

Sports Personality of the month award has been awarded to Alasdair Kinloch. Alasdair has been involved in all school sports since he joined the school two years ago. His commitment to all sports has been very impressive and something which we hope will inspire others. Alasdair has also had an impressive cross country season managing to compete against athletes from all over England despite them being a year older! We wish him all the luck next year and hope he has even more success when competing against people his own age!