

High Sports

Summer Term | June 2024

Welcome!

The summer term has been filled to the rafters with sporting events and fixtures. Last half term, we enjoyed hosting local primary schools for the Schools Sport Partnership Festival.

This half term started with Sports Day and a trip to Loughborough Lightning, followed by numerous Athletics events, Cricket fixtures and GDST Rallies for good measure.

In lesson time, the girls have enjoyed more Athletics, Tennis and House Rounders. The Sports Awards have rounded off the year perfectly, allowing us the opportunity to celebrate all of our biggest achievements.

Emily Saunders-Wall
Acting Director of Sport

Sports Partnership Event



On Friday 24 May, we welcomed over 130 pupils from local primary schools to participate in a multi-sports festival, aiming to encourage participation in sport within the community. Year 3 and 4 pupils from Hardingstone, Wootton, Hackleton and Preston Hedges Primary School joined our pupils for an afternoon of Tennis, Netball, Cricket, Hockey, Tag Rugby and Athletics. Twenty Year 9 and Year 12 students from the High School were outstanding ambassadors, assisting groups of pupils and coaching them alongside Sport staff from the school. Well done and thank you to them all. A big thank you must also go to Andy from Northampton Saints Hockey Club who provided high quality and engaging coaching for the afternoon. It was so much fun for all of the girls and we hope to have them back soon.

Football in the Summer Term

GSA Tournament at Kings High

It is not often that the Senior pupils get to compete with the Juniors, therefore the GSA U12 Tournament at Kings High School was a special occasion for the Year 6 and 7 players. The team faced strong opposition, losing narrowly to Kings High School and Mary Erskine. Despite this, they turned it around against Badminton School, winning 4-0, and going ahead against Edgebaston before losing 2-1 in the final moments of the game. The girls thoroughly enjoyed their day, made lots of progress and all now have experience of going in goal! Mrs Littlewood was impressed by their attitude, focus, and teamwork.



Athletics in the Summer Term

Year 7



Our Year 7 students had a good debut season in Athletics. The pupils got to grips with runs, jumps and throws both in lesson time and at the Athletics club after school. Notable performances from the year group include Elizabeth S reaching 3.73m in the long jump and coming 3rd at the GDST rally, and Grace P coming second in the shot at the District sports competition.

Year 8



Year 8 continued to grow in confidence this season and worked extremely hard during training, particularly on their relay changeovers. Well done to Olivia W for coming 3rd in the high jump (1.31m) at the GDST Rally, Elise R for placing 2nd in the high jump at District Athletics and Nathania I-O who set a new District record of 13.02s in the 100m sprint. The relay team made impressive progress, winning their heat and ultimately finishing 4th out of 16 schools at the GDST Rally.

Year 9



Year 9 has been out in force this summer! In the GDST competition, Grace K came 3rd in the hurdles, Lily G placed 2nd in the high jump (1.37m), Veronica C came 4th in the long jump (4.43m), Emily K came 2nd in the javelin and the relay team placed 2nd in their heat and 5th in the final. Grace (75m Hurdles and Discus) and Emily (Javelin) qualified for the Masons Trophy where Emily came 5th with a throw of 24.23m! They also both came first in their competitions at the County Championships in Corby!

Year 10



Year 10 athletes demonstrated their versatility in competitions this season. Evie F qualified for the Masons Trophy in Staffordshire, placed 2nd at the County Championships in the long jump and came 4th in shot at the GDST rally! Charlotte Davis narrowly missed out on the County Championships, coming third in both the shot and the long jump. Well done girls.

Year 11



It is a busy time of the year for our Year 11 pupils. Still, they took time out of their revision schedule to compete at the County Championships and did us proud! Ella D came 3rd in the 100m sprint and 2nd in the 80m Hurdles. Jemima C put on an excellent display of endurance to take first place in the 1500m. They both qualified for the Masons Trophy.

Keep up to date with the latest Sports updates!

Each week, we like to update our parents with the most recent fixtures, results and schedules from the world of sport here at Northampton High. This information can be found in High & Junior News, and the latest editions of these newsletters can be found by scanning below.

Scan me!



Cricket in the Summer Term

A fast growing sport at the High School, it seems that each year the girls experience increasing success in cricket. This is in no small part due to our fantastic coach, Nick Baker, who works with the girls all year round to foster a love for the sport and allow them to develop their skills through all three terms.

Some of our students picked up the cricket bat for the first time this year. Others have competed previously, but played their first games of hardball this season. There are even a few girls who are vastly experienced in cricket, finding their first county level success and subsequent competition at regional level this year for the school. It is delightful to see the impressive progress all of our cricketers have made.

U12 & U13

The under 12 cricket teams had a fantastic first cricket season together, achieving impressive wins versus Akeley Wood School and Thornton College.

A tough start for the under 13s saw their campaign begin with two losses. However, they turned it around with two substantial wins versus Akeley Wood School for the As and Bs and at the time of writing, preparations are underway for their game against Wellingborough School.



U14 & U15

Many of the under 14 players have demonstrated excellent commitment to training, sometimes having over a third of the year group attending training. They were unlucky to have two matches canceled by the opposition, however, their hard work paid off in their match against Thornton and many of the players were selected to play for the under 15 team in the fixtures detailed below. At the time of writing, the under 14 team are preparing for the GDST pairs cricket tournament in which Northampton High School came 2nd place last year.

The under 15 team had a head start with their cricket season, fresh off the back of their excellent performance at the Regional Indoor Cricket competition where they came 5th overall, losing by only 1 ball to The Leys School, Cambridge who qualified for the national competition at Lords and finished third. It is therefore no surprise that the team have had a great outdoor season, recording wins against Thornton College, Quinton House, Bedford Modern School, Wellingborough and Akeley Wood School. The team also achieved second place in the GDST Hardball Regional Tournament, losing to the eventual winners, Norwich High School.

Sports Day



On Sports Day, we were fortunate to have ideal weather conditions; sunny but not too hot, with some cloud cover. Field events ran smoothly and saw the Year 7 shot put record broken by Grace P. In the afternoon, Issy H in Year 12 put in a fantastic effort narrowly missing out on the 1500m record by 1 second and the 800m by 3 seconds! This year, Mr Laubschere set the house captains a new event of cheerleading and what a display we were given. Selene took first place with a stunning display created by Mary A.

It is tradition for students to dress up in imaginative outfits and this year did not fail to impress. For some, it is their last Sports Day at the High School and an end of an era. Their enthusiasm and energy was wonderful to see! The final tally saw Artemis take a clean sweep of Junior, Senior and combined trophies. The Sports department is already looking forward to next year's event!



Sports Awards

This year, Sports Awards took place on Thursday 27 July and we were honored to welcome Jazz Turner as the speaker. The former Team GB Para Sailor is an inspirational character who discussed overcoming setbacks and her drive to create an inclusive environment in sailing. The evening was a special night as we celebrated the achievements of the year and awarded Coaches' Player awards, Most Improved Players of the Year and Colours.

Every year, the students and teachers are asked to vote in two categories for the sought after Team of the Year and Sports Personality of the Year. A huge congratulations to the 1st XI Hockey team who were voted Team of The Year for reaching the semi finals of the GDST Rally, and Issy H who was voted Sports Personality of the Year for the success she is achieving in rowing after only three months on the water and her excellent performances in netball.

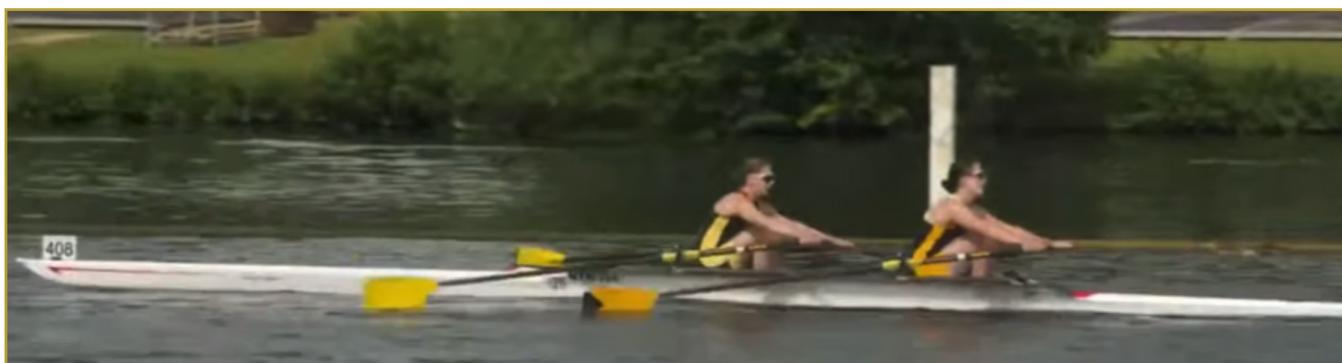
Headline Award winners

Supporter of The Year: *Mrs Jensen*
Hockey 1st XI, Players Player: *Felicity H*
Hockey 1st XI, Coaches' Player: *Harriet F*
Netball 1st XI, Players Player: *Jasmine Y*
Netball 1st XI, Coaches Player: *Janice H*
The Vicky Parker Award, for outstanding Leadership: *Issy H*
The Sarah Hunt Award, for outstanding contribution to swimming: *Annabel L*
The Junior School Team of the Year: *VIII Hockey*
The Junior School Sports Personality of the Year: *Zara J*
The Senior School Team of the Year: *1st XI Hockey*
The Senior School Sports Personality of the Year: *Issy H*



Spotlight on Sport: Issy H

We love to celebrate the external sporting successes of our students, and in each edition of High Sports we shine the spotlight on to a different student. This term the spotlight shines onto Issy:



Issy started rowing at the beginning of this year and is already making great progress on the water. She trains with Northampton Rowing Club on the River Nene and is part of the GB Rowing Development Academy. On Sunday 23 June, Issy participated in her first race at the Henley Womens' Regatta and reached the quarterfinals. Issy hopes to one day represent the GB team at senior level. We are with you every stroke of the way Issy!