



Croydon High School
for girls aged 3-18

November-December 2018

Sports Review



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GIRLS' DAY SCHOOL TRUST

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Barbados 2018 - Netball and Hockey Tour

After a busy year of planning and fundraising, our sports tour to Barbados finally arrived. We gathered with anticipation on the first Wednesday of half term at school to load up the coach ready to depart for Gatwick. A couple of hockey players in their excitement forgot their sticks! Thankfully, supporting parents managed to bring them out the following day. The excitement of the girls from years 10-13 was evident as soon as the coach departed for Gatwick.

An eventful check-in at the airport soon led to an 8-hour flight to Bridgetown where the tour party were greeted with 25 degrees and cloudless blue skies. The coach transfer across the island to the luxurious west coast hotel resort in Holetown created further excitement. Passing through Sandy Lane Golf Course and 1 Sandy Lane Barbados mansion, home to the famous singer Rihanna, were particular hits! Sadly, we weren't staying there as her guests and continued on our journey. After enjoying our first tour meal and a warm welcome after the long trip to the hotel, an early night was on the cards; after all we needed to be ready for 9 days of sport, sightseeing and fun.

Day 1. Acclimatisation and pool relaxation led to the opening Netball fixtures where the 3 teams took on a tall and feisty National league senior team of Unity. Three spectating goats grazed by the side of the court keeping check on the scores! Although all 3 games were lost narrowly, the girls learned a lot. The evening was spent at a beautiful beachside club restaurant before returning back to the resort.

As the beautiful Caribbean sun rose the next day, the tour party embarked on a fun Jeep Safari of the island before going to the famous Oistins Fish Fry in the evening, where hundreds of local pop-up fish restaurants were centred around a grand stage replete with live bands.

Saturday saw an early start for the hockey team with a match against the Barbados Development Squad. Despite some excellent performances by Flora McEwan and Tay Blair, the girls were beaten by two breakaway goals against the run of play. We were very impressed by the girls' determination and hard work in such hot conditions. This set them up for the rest of the tour and prepared them to play at the National Hockey stadium. A well-deserved relaxing afternoon in the resort was followed by a superb evening at Zaccios beach terrace restaurant.

The next day brought a languorous beach morning followed by netball fixtures against Clapham Netball Club. The girls stood up to the strong opposition (sponsored by the well-known, 'nutritious' food brand, Burger King!) The teams won 2 out of 3 matches. Unfortunately, Freya McEwan sustained an injury and this was a real downside of the otherwise victorious mood. It led to her early retirement from the tour (as prescribed by the doctor) after the diagnoses of a torn ligament. Spirits rose again in the evening when a fun night was had in Holetown at the local Just Grillin' restaurant with vegetarian risotto, flying fish, cajun chicken and king fish enjoyed by all.

Another sun-blessed day was followed by a visit to Holetown centre and the beach before departing to the next hockey fixture against Barbados combined clubs. The game was played in the sweltering afternoon heat but Croydon High rose to the occasion running out emphatic winners by 5 goals to 0, with several girls playing key roles in the victory. The evening was a chance to eat and be entertained at the Holetown Sports Beach Club where the girls danced and sang to an energetic Caribbean band.

Returning the next day to the beach to meet up with friends made the night before, the girls swam and relaxed on the sun-kissed beach. Unfortunately, a few local urchins (from the sea) took a liking to 2 of the girls' feet but after a swift visit to the medics, once again, they were declared fit to play in the afternoon's netball match vs. Barbados's most prestigious school, Harrison College. The girls really rose to the occasion winning all 3 games. The group then returned to the beach house terrace restaurant for another superb supper of local cuisine. The only downside to the day was yet another visit to the local medical centre due to Analisa straining ligaments, sadly ruling out a second player in the tour.



Halloween saw the best and most exciting hockey match versus a very strong senior combined club team. With both teams playing superbly, a justified 0-0 was the result. In keeping with the trusted tradition of Halloween, the girls dressed up for the evening (in full spooky regalia) for some exciting party games back at the resort. The evening passed by with great hilarity with both girls and staff displaying some hidden talents in a variety of the games played. Huge thanks must go to Mr Carrozzo who treated the tour party to a feast of Cajun fried chicken and chips, with enough chicken nuggets for even Dracula to sink his teeth into! Everything was ghoulishly devoured! Our thanks also go to Mr & Mrs Kassim, who brought over some fabulous Halloween decorations (lanterns and door covers and sweets) from the States.

The final full day featured one of the most anticipated events (and certainly the cultural highlight of the tour). The exhilarating catamaran cruise and swimming with turtles in the crystalline, calming Caribbean Sea left the girls with memories that will stay with them forever. The wow-factor continued for the final tour meal at the sunset beach restaurant of Zaccios. Plates were heaped with an array of Caribbean specialities including fish, various meats, pizza and mac pie.

Unfortunately, as the trip of a lifetime neared its end, the gang head to Grantley Adams Airport to embark on the long flight home. But, with so many fond memories to cherish and pass on to parents, friends and loved ones back at Croydon High School on Saturday morning the girls could not help but smile.

A massive thank you to all the parents for their continued support with fundraising and the enthusiasm shown in Barbados on the side of the pitches and courts.

A special thanks to the Croydon High staff for all their support building up to the tour and especially Mrs Conrad, Mrs Copland, Simon and Em, who were a tremendous support. Without them, the trip would not have been possible.

Congratulations to all the tourers for an outstanding trip. They were all true ambassadors for the school and made their parents proud.

Barbados 2018 was a fantastic tour; it was enjoyed by one and all. It will be remembered for a lifetime.

Tour Awards

Netball

A Team Player of the Tour- Finty M

B Team Player of the Tour- Kiara P

C Team Player of the Tour- Anna S

Effort Award – Hannah C

Resilience Award – Freya M

Good Egg Award – Analisa C

Good Humour Award – Lucy A

Good Egg Award – Ines H

Hockey

Most Valuable Player- Flora M

Most Valuable Player -Tay B

Most Determined – Leah W

Sue Beck

Huge thanks must go to Sue Beck for, yet again, organising and leading this hugely successful tour. The amount of work that goes into leading a tour of this magnitude is immense and we are all extremely grateful to her for her dedication, care, attention to detail and professionalism. It certainly was a hugely successful tour and, for all those lucky enough to be part of it, certainly, a trip to remember forever.

Libby Head

Badminton

Eight girls represented the school at the Croydon schools' badminton championships. After playing a combination of singles and doubles, the U14 team finished with silver medals and the U16 team became Croydon champions and received gold medals. We look forward to arranging some friendly matches against local schools; the girls who have been playing badminton as part of their curriculum programme are extremely keen to play some more competitive matches.

Congratulations to both teams on their successes.



Cricket Academy

We continue to concentrate on developing the basic skills of batting, bowling and fielding which are all needed to be successful in cricket. In batting, we have worked at playing the ball in the air and refining the pull shot (a crossed batted shot when the ball is delivered at waist height). In bowling, we have practised getting into the coil position and developed our leg crossovers. In fielding, we have covered the wide range of skills needed including static and moving catching skills and reaction speeds to the ball. Our coach, Roger, has also gradually introduced us to the rules of the game. We look forward to developing our skills and general knowledge of the game further next term.

Lauren B (Y8)



Cross Country

English Schools Cross Country Cup and route to the National Finals

The English Schools Cross Country Cup is open to all secondary schools in England. Each school is required to submit a team of at least 4 and a maximum of 6 athletes per age group. There are 2 age groups: Junior (Years 7 and 8) and Intermediate (Years 9 and 10). The top 4 scores count towards a combined team score; the lowest accumulative score wins the round and progresses to the next stage. The total number of Schools entered was 496.

On Monday 8 October, Croydon High submitted 2 teams for the first round of the National Cross Country Cup and travelled to the Surrey event at Surbiton High for the first round. Amelia, Ciara, Sophia and Tay represented the school for the intermediate team and Amber, Francesca, Gaby, Hannah K, Pippa C & Zara represented the juniors. It was an unseasonably warm day for October on a course that measured approximately 3km for the juniors and 3.5km for the intermediates; this was combined with a total of 4 hill climbs, 2 of which were as steep as any I have come across.

With no room for error, our intermediate team made a very impressive start to the season with a 5th place in the overall standings. Sophia was the senior lead for Croydon High pulling through with a very strong finish, earning a top 10 place. The junior team was lead home by Francesca (finishing 5th) followed by myself (Gaby) in 8th and Zara 11th with both Pippa and Hannah finishing in the top 30. This gave Croydon High an overall position of 3rd and thus, we qualified for the regional rounds. A special mention must go to Amber, who despite losing a shoe on the first lap, carried on until the finish which is amazing and shows great courage given the terrain of a cross country course.

The South East regional finals were held at The Judd School in Tonbridge on Saturday 20 October. This time, we were one down with Hannah being injured. It was a completely different course and terrain; the course surrounded the school's rugby and football pitches with very few hills. The weather had been inclement all week and the course was saturated with puddles all around. Despite this, we had strong finishes from all the girls. Zara lead us home and all qualifying scorers were in the top 21. We knew with all the team performing well we had a shot of making it through to the National finals but were amazed when Ms Head announced we had come in 1st place overall, beating Guildford High by 1 point. We had managed to secure a privileged place amongst the top 27 schools in the country.



The National Finals were held at Woodbridge School on Saturday 24 November. Even though there was a clash of fixtures with the National Biathlon Championships (and a certain Head of Sport's special birthday), everyone in the team made the effort to support the school for this key event.

We arrived early with a full team to walk the course. It was a tough undulating course; it offered steep slippery hills through the trees; mud and puddles dotted throughout and a few flat open stretches. It was everything you would expect of a national final course and measured 2.5km. We knew the competition would be fierce with all of the best schools in the country competing with their best talent. All the girls put in great effort from the starting gun. They were undeterred by the inevitable niggles and injuries a cross country season presents; every single Croydon High competitor performed amazingly on the day and the school finished the race in a very commendable 7th position nationally. A truly outstanding achievement!

I would like to thank everybody who ran for Croydon High. From key stage 3 to 4, you all contributed so much to this year's cross country team and without you, we would not have made it through to the nationals. Thanks must also go to Ms Head who gees us up every Monday and Friday morning for training.

Gaby M (Y7&8 cross country captain)

Dance

On Monday 10 December, 10 girls from Years 9-12 visited the Pineapple Dance Studios in Covent Garden for the GDST 'Day of Dance'. In the morning, we took part in a variety of dance workshops ranging from ballet, commercial street to musical theatre. Despite the routines being very challenging, we all tried our best, mastered the majority of moves and had a lot of fun in the process.

In the afternoon, each school performed a routine which had been rehearsed previously. Emily and Jess performed an amazing duet to 'Bang Bang' which really showcased their talent in both choreography and dance performance. I am sure myself and the other girls will be heading back to Pineapple to take part in more classes soon!



Franky L (Y12)

Gymnastics

It has been a busy and extremely promising term for the gymnastics team. It all started with the Surrey tumbling competition for all age groups where everyone pushed themselves to perform new and harder tumblers. I am proud of all the teams, especially the U9s, as for many of them, this was their first ever competition. Next on the agenda, was the U11 Surrey floor and vault competition. Each girl worked very hard for this and it showed on the day as they all performed clean, crisp floor routines. A few weeks later, it was the turn of the U19 team to compete in the Surrey floor and vault competition. The team performed incredibly well and came out in 3rd place and were awarded with bronze medals. Well done to all the girls who have competed so far this year. I am looking forward to the next few competitions, especially the Surrey sports acrobatics competition as this gives a chance for the older and younger gymnasts to work together.

Franky L (Y12)



Hockey

It has been a busy term for the hockey players with a number of friendly fixtures, tournaments and of course, the Barbados tour during the half term break. There have been some outstanding performances and a number of occasions where we have been extremely proud of the girls' achievements. Our notable highlights were the Surrey trophy tournament at



Surrey trophy tournament at senior and U14 level. The seniors won their group and semi-final and unfortunately, just missed winning the final against Ibstock Place. The U14 team excelled at the Surrey tournament by winning their group stage, playing some excellent hockey. They drew the semi-final against Tiffin which meant going down to penalty flicks which, again, they drew. The match was then decided on sudden death flicks which we narrowly lost. All age groups have worked hard and have played some exciting hockey in their friendly fixtures. It has been an accomplished term with many successes and we all look forward to the New Year to build on what has been achieved so far.

Netball

Croydon High has seen an invigorating half term of netball. There have been friendly games, competitions and tournaments played across all year groups in the school. All of the girls have worked incredibly hard during practices and match play and they are working at becoming more consistent with their decision making and accuracy.

The U12s have built on their excellent start to the netball season and it has been wonderful to see so many girls committed to their practices and training sessions. All representative teams have given their all in each friendly match and The Y7 'Thunder' squad competed at the GDST Trust Rally in November. Savannah (on the team) has written a short account of her experience there:

We had a very early 6am start as we were travelling to Oxford for the U12 GDST Rally. Our first match against Portsmouth resulted in a tight win but gave us a taste for victory! We won the next three matches with significant goal differences (11-0, 10-0, and 5-3). Our winning streak was brought to an end, when we lost our next match 3-7 against Oxford; it turned out to be our toughest game of the entire tournament. We then won the next three matches, drew one and narrowly lost our last game. Frustratingly, we missed out on a semi-final placing by 1 point. However, we competed in the 5th/6th play off with great determination and won convincingly. We are all very proud to have come 5th in the whole of the GDST (out of 23 teams). It was a great day filled with great netball and of course, lots of fun!



Savannah F (Y7)

The U12s will be working towards their first appearance at the Surrey schools' preliminary netball championships next term where they will be aiming to reach the county finals.

The U13s have played well in all their friendly matches this half term. There has been a mixed set of results from Lightning, Stars and Storm but we cannot fault their enthusiasm. Thunder have had some really successful games. This included a great win against Bromley High. The girls were shown a tactical manoeuvre just before their opponents arrived; they mastered this during the game and achieved a 23-14 win. The team played in the Bromley High versatility competition and although playing out of their usual positions (it being a versatility tournament) they were the overall winners, receiving gold medals. They all have more friendly games scheduled for next term and the preparation for the Surrey finals will begin in earnest.



The U14s had a tough draw at the Surrey tournament recently and although they worked extremely hard, they were unsuccessful in acquiring a place at the Surrey finals scheduled in March. However, they have had some amazing performances amongst the five local teams faced in friendly matches. There is much strength and depth in this age group which bodes very well for the future. This was especially evident in a recent match for the U14B team which was won 39-7.

The U15 netballers cannot be faulted for their commitment and enthusiasm and both the A and B teams have proved highly successful in their friendly matches this term.

The U15A squad glided into the last 16 teams of the Independent Schools' Netball Cup competition beating Brentwood School 46-40 in the last round. The next round (which takes the winning team to the quarter finals) is against Hurstpierpoint College and will be played at the beginning of next term. The U15 squad have also gained a place in the Surrey finals in March, having played magnificently at the preliminary tournament earlier this term. They are an extremely talented and hardworking squad and we look forward to them representing Croydon High at senior 1st team level in the future.



The Senior and U16 netball squads have enjoyed some competitive friendly matches this term. The squad have faced tough competition but we cannot fault their perseverance and their unwavering attitude. They have had some excellent results in friendly matches and we are justly proud of them.

The 1st VII are through to the 3rd round of the Independent Schools Cup Plate competition. This achievement was secured in a highly exciting game against Colfes. The third round of the plate will be played next term.

We must make mention of the U19A squad vs Whitgift Rugby 1st team charity netball match, which raised in excess of £200 for the Royal Marsden Cancer Treatment Centre in just one game. It was a fun and enjoyable match and the girls dominated throughout with their impressive teamwork and skill. A rematch will be played sometime in the New Year as the boys are determined to beat us. Dream on boys! Thanks to all of the girls who came to watch the match and supported such an important charity.



Swimming

National Schools Relays

This thrilling event began at Whitgift swimming pool where a range of relay teams from schools across London raced against each other. All hoped to achieve the top times in order to earn a place at the national finals. Schools from across their regions competed against each other with the aim of achieving one of the fastest times. There were around 250 schools competing and the top 30 fastest times would be invited to the national finals at the Olympic Park. Around two weeks after we competed at Whitgift, we heard that we had achieved the 31st fastest time nationally meaning we were first reserves. Luckily, for us, only a week before the finals, we were informed that a school team had pulled out and that Croydon High were invited to take part. We were seeded 30th but our relay team surpassed expectations and finished 28th nationally. It was a great result overall and brilliant to participate in the national finals!

Congratulations to the team - Maya M, Pippa C, Beatrice P and Eloise C

Maya M (Y8)

GDST Swimming Rally

The junior swimming team - Pippa C, Amelia M, Marion C, Sophia L & Beatrice P - travelled to Oxford in November to compete at the Trust Junior Swimming Rally. It was a highly successful day with the team coming 2nd overall in the Trust, winning the freestyle relay outright and finishing second in the medley relay. All the girls reached their individual finals which is testament to the amount of swimming talent there is at the moment in this age group. Marion C won the 50m freestyle event outright setting a new GDST record – a great achievement! The girls demonstrated enormous support for their teammates throughout the day and it was evident that they all really enjoyed the healthy competition. Congratulations to the junior swimming team.



We would like to thank all of the girls who have represented the school so well this term and thanks must also go to the parents who tirelessly come out to support them.

Outstanding Individual Achievements

Lauren B and Maya M

Both have been selected for the Surrey Satellite Netball Academy and have commenced their training. They recently played their first competitive matches against Sussex and Berkshire.

Zara G, Amber B (Surrey) Francesca M and Gaby M (Kent)

All four have been selected to represent Surrey or Kent in cross country and have recently competed at the Inter-Counties Championships. Zara and Amber won team gold representing Surrey.

Marion C

Marion has broken the GDST 50m freestyle record. She also became the fastest swimmer in her age group at the British Biathlon Championships and came an impressive 11th overall.

Maddie H

Maddie has been selected to represent Silverline gymnastics club at an International competition in the Bahamas.

Mya L-P

Mya has been selected for the December U18 ISFA national representative football camp. Mya scored the only goal in her debut match in October against Cambridge City Girls FC.

Emily L

Emily and male partner Tom competed in the British National Dance Championships in Blackpool coming 8th in the Latin and 15th in the Ballroom.

Kaylin S and Vanessa B

Kaylin and Vanessa represented England Nets at the recent Switch up event at the Copper Box Arena.

Amelia M

Amelia was a member of the U15 Bromley Borough cross country team who won gold at the London Youth Games.

Francesca M

Francesca was a member of the Bromley Borough cross country U13 team who won silver at the London Youth Games.

Isabel P

Isabel finished 41st at the British Biathlon Championships managing a huge 4 second PB in the pool.

Sienna M and Laura B

Sienna and Laura were both undefeated in Division A of the U13 winter Aegon Tennis Tournament. We wish them luck for the finals in March.

Ellie R

Ellie recently competed in her first ever gym competition representing Silverline Gymnastics Club and won a bronze medal on the beam.

Saathana W

Samantha won gold on bars and vault, silver on floor and bronze on beam at the Crystal palace Cup Competition representing Silverline Gymnastics Club.

Bethan W

Bethan achieved the Surrey County time for the 50m breaststroke.

These fantastic individual achievements are all down to the dedication and hard work of our pupils. Please continue to let us know of any sporting achievements outside of school by emailing l.head@cry.gdst.net We are always very happy to celebrate these.

*The PE department would like to
wish you all a very Happy
Christmas and New Year and we
look forward to more sporting
fun, even more participation and
much success in 2019. Have a
wonderful holiday!*

Libby Head



EVERY GIRL - EVERY DAY