



Lancaster Girls' Grammar School

2011-2012 Sports Team

LGGS Sports Newsletter January-April 2011



Sports Captain



Deputy Sports Captains



Hockey Captain



Dance Captain



HOUSE SPORTS CAPTAINS



LUBLIN



RENDSBURG



AALBORG



PERPIGNAN

Above and beyond...Sporting Stars

Hesketh Flies the Flag for Great Britain

K. Hesketh continues to represent Great Britain Waterpolo team at U21 Level and as a result has been successfully nominated by SportsAid UK to join and receive funding from the Asda Athletic Programme. She also has just returned from Spain where she played for Liverpool Water Polo team in the European Cup.

LGGS swimmers have been lucky enough to experience a waterpolo club organised and delivered by K. Hesketh at LRGS on Monday nights. This club has been a great hit and will continue into the Summer Term.

Lavelle Umpires the Hockey National Finals

K. Lavelle has been selected to umpire the U14, U16 and U18 Hockey National Finals at Cannock. This is a huge achievement for any individual but at 18 years old, it is even greater. Alongside this fantastic achievement, she is one of thirty-five talented young umpires who have been selected for the National Young Umpiring Promising List. As a result of her success, she is now working towards accomplishing her Level 2 Hockey Umpiring Award.

SCHOOL SPORTS STARS

Pupils who have been recognised for their continued participation in extra-curricular sport

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
E. Brown	R. Dale	M. Hodgson	E. Belshire	L. Sullivan	E. Costley-Wood	K. Lavelle
M. Wamsley	M. Morgan	J. McCracken	A. Tidswell	Z. Harding	A. Bush	K. Abraham
I. Cawley	A. Kasam-Sharples	H. Okenden	L. Bale	C. Rogerson	S. Thorman	E. Deason
O. Cottam	T. Bowes	E. Turner	G. Duckworth	M. Vaughan-Jones	L. Green	P. Gibson
E. Kerr	R. Camp	K. Royle	S. Wren	A. Snalam		E. Carroll
A. Klein	A. Burns	E. Lofthouse	J. Peers	R. Snalam		C. Jesmont
G. Rigby	H. Cleary-Hughes	K. Hurry	N. Smith			A. Rogers
K. Rowan	K. Fairhurst	L. Costley-Wood	C. Richardson			
M. Shanmuganathan	J. Fox	H. Chetwynd-Diggle	J. Atkinson			
E. Stammers	P. Hargreaves	H. Ashworth	L. Preece			
R. Stefani		C. Davis				
M. Wilkinson, & J. Tochner						

Summer Extra-Curricular Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.30 – 1.05 pm Lunch time	12.30 – 1.05 pm Lunch time	12.30 – 1.05 pm Lunch time	12.30 – 1.05 pm Lunch time	12.30 – 1.05 pm Lunch time
SENIOR RECREATIONAL TENNIS YR 10-13	TAG RUGBY	YR 7 ROUNDERS	YR 7 SUPER SQUAD TENNIS	ATHLETICS (all years)
ATHLETICS (all years)	YR 7 TENNIS	YR 8 and 9 TENNIS	YR 8 and 9 ROUNDERS	TENNIS TEAM PRACTICE YR 8-13
	SENIOR RECREATIONAL ROUNDERS YR 10-13	YR 7 and 8 CRICKET	SPANISH DANCE (all abilities)	
3.45 – 4.45 pm After school	3.45 – 4.45 pm After school	3.45 – 4.45 pm After school	Why not get involved in something next term?	
WATERPOLO	ROWING	ATHLETICS (all years)		

Regional Sportshall Athletics Champions



Following their success last year, the Year 8 Indoor Athletics team entered the SportsHall Local League at Lancaster and Morecambe College on Wednesday evenings. Having won the league convincingly the team went on to represent Lancaster in the Aviva County SportsHall Athletics Finals at Chorley and won by 27 points, retaining their title in style! The next challenge for the team was to compete in the North West Regional Finals and top their fourth place they had achieved the year before. Outstanding performances from all the athletes and in particular captain A. Kasam-Sharples and R. Dale contributed to Lancaster Girls' Grammar School lifting the trophy and being crowned Regional Champions. The team included: A.Kasam-Sharples (Captain), J.Fox, K.Fairhurst, A.Terry, E.Pearson, R.Dale, H.Cleary-Hughes and O.Hughes.

Hockey Highlights



U12 Runners-up in the District Hockey Competition. Took part in the first ever A, B, C and D team fixture v Kirkham Grammar Junior School, 2 wins

U13 District Hockey Champions
Beat local rivals Heysham 2-0

U14 Runners-up in the Lancashire Cup Plate Competition

U15 Runners-up in the District Hockey Competition

U16 4th position in the Stonyhurst College 7 a-side competition

2nd XI Drew 1-1 with Kirkham Grammar School, H.Winstanley scoring her first goal!

1st XI Beat local rivals Ripley in a 3-0 thriller
5th in the Lancashire Schools Hockey Competition

K. Fairhurst, R. Dale, C. Elley, E. Brooks, E. Dodd, M. Vaughan-Jones, S. Dalton, I. Lavelle and A. Bush have all been selected to represent their County this season. Well done

Cross Country and Biathlon



At this year's English Schools Cross Country Championships S. Hodgson competed in the Inter Girls event and finished a fantastic 62nd place. The Lancashire Inter Girls Team also won the R Brown Trophy for the first County to get all 8 runners over the line. M. Hodgson competed in the Junior Girls event and crossed the line in 139th position. K. Harding competed in the senior Girls section and finished 211th. M. Hodgson also competed in the British Schools Biathlon Competition. The competition comprised of a 1Km run and a 100metre swim. Well done!

Rugby

S. Stott and A. Kasam-Sharples continue to excel in rugby and they have been once again selected to represent the North of England. Well done to them both.



Cricket

The U13 cricket team competed in the Lancashire Lady Taverners Cricket Competition at Thornton Cleveleys for the first time. The LGGS team played with pride and came runners-up in their group.

The team included: K.Tuer, K. Rice, M. Wilkinson, M. Walmsley, S. Dixon, A. Mackay-Fowler, A. Terry, P. Wain and R. Morse.

Netball

After a triumphant win against local rivals in last year's first ever sixth form netball match the return fixture was played-out more closely. LGGS narrowly lost by two goals!

Orienteering

K. and Z. Harding continue to excel in their orienteering competitions. Z. Harding won the Tower Trophy in the Street League for the 2010-2011 season. K. Harding won the W18 British Night Championships

English Schools' Gymnastics

LGGS entered 3 pairs into the Schools gymnastics competition this year, held in Wigan. Prior to the competition the girls showed great determination and commitment to training at every opportunity. Well done to the following girls who competed in the U13 pairs event: A.Kasam-Sharples and J.Fox, M. Morgan and V. Kennedy, R. Dale and Y. McCafferty. J. Fox came 3rd and R. Dale came 4th in the U13 tumbling event.



Gifted and Talented Dance Workshop and B-Tec Dance



LGGS hosted an Able, Gifted and Talented Dance Workshop for 28 LGGS students from years 9-12. The afternoon session was delivered by Katherine Hollinson, from the Northwest Dance Company and The Lowry Youth Dance Partnership and incorporated: a short contemporary technique class, creative and choreographic work and sharing and presentation.

Football

Year	1st	2nd	3rd	4th
7	P	L	R	A
8	P	L	R	A
9	A	P	R	L
10	L	R	A	P
11	R	A	L	P

Netball

Year	1st	2nd	3rd	4th
7 A	A	R	P	L
7 B	A	L	P	R
8 A	R	L	A	P
8 B	R	A	P	L
9 A	R	L	A	P
9 B	L	A	R	P
10 A	R	A	P	L
10 B	A	L	R	P
11 A	L	A	P	R
11 B	A	P	L	R

Inter - House

Sports Ambassadors



During January, our nine Sports Ambassadors from Years 10 and 11 have been launching a London Olympic Games T-Shirt competition in our local cluster primary schools. The Sports Ambassadors have worked in pairs to create and deliver an assembly in the following primary schools: Cockerham Parochial CE Primary School, Dolphinholme CE Primary School, Thurnham Glasson Christ Church CE Primary School and Morecambe and Heysham Grosvenor Park Primary School. The closing date for all the competition entries is April 8th and the winners from each school will be awarded with an Olympic Games T-shirt.

Leadership Opportunities



20 pupils in year 9 have completed and passed their Foundation Hockey Umpiring Award. At the end of the course all pupils had a practical and a written exam. Many thanks must go to Miss Russell who has been the leader of this award.

Year 12 Community Sports Leaders Award students this term have had opportunities to learn how to coach and get involved in the organisation and delivery of primary school sports festivals in Tag Rugby and Kwik Cricket.



Inter-House Gymnastics

Three groups from each house competed in the inter-house gymnastics competition this year. Each team had to follow the set criteria of what to incorporate into their routine to achieve the highest points. Y. Evans and L. Godden finished 3rd representing Perpignan, V. Kennedy and Y. McCaferty finished 2nd representing Rednesburg and V. Mills and A. Riding finished 1st also representing Rednesburg. Well done to all those who competed in the competition, the standard was exceptional.

Barbados Hockey Tour



Plans have been made and deposits have been paid for the 2011 Barbados Hockey Tour in October. The current year 10, 11 and 12 hockey players are already fundraising for their tour so they can get some Barbados kit! Keep an eye out for all their planned events in school time.

Next Term Watch Out For....

On Friday 10th June 2011 the whole of year 9 are visiting Lakeside YMCA for an Outdoor Adventure Activity day. Activities during the day include: abseiling, king swing, zip wire, initiative games, night line, high ropes and raft building.

After last year's success, LGGS are teaming up with the Loyne School again to compete in the **Fieldfare Kielder Challenge**. Four students from year nine have been chosen to represent the school. The girls have started preparing for the main event and we wish them luck for the competition held in May.

Year 7 pupils will take part in a **sponsored skipping event** in June to raise money for 'The British Heart Foundation'. Heart disease affects men, women and children of all ages. The sponsor money you raise will help the British Heart Foundation save and improve the lives of so many people.

Local Sports Clubs



Hockey

Morecambe Hockey Club

www.morecambehockey.com

University of Cumbria
Wyresdale Road
Lancaster
LA1 3JD



Preston Hockey Club

www.prestonhc.com

West Cliff
South Meadow Lane
Preston
PR1 8HU

Springfields Hockey Club

www.springfieldshc.org.uk

UCLan Sports Arena
Preston
Lancashire
PR1 2HE



Lancaster Ladies Hockey Club

www.lancasterlhc.org.uk

Lancaster University,
Lancaster.
LA1 4YW



Longridge Hockey Club

www.longridgehockey.com/
Longridge Sports Centre,
Preston Road,
Longridge
PR3 3AR



Kirkby Lonsdale Hockey Club

www.klhc.co.uk/default.aspx
Queen Elizabeth School
Astroturf
Kendal Road
Kirkby Lonsdale
LA6 2DJ



Lytham St. Annes Hockey Club

www.lsahc.co.uk/
**King Edward VII &
Queen Mary School (KEQM)**
Clifton Drive South
Lytham
FY8 1DT



Garstang Hockey Club

www.garstangladieshockeyclub.com
UCLan Sports Arena
Preston
Lancashire

Athletics

Lancaster and Morecambe AC
www.lancasterathletics.co.uk/

Garstang Running Club
www.garstangrc.co.uk

Preston Harriers Athletics Club
www.prestonharriers.net/j/



Kendal ACC
www.kendalac.co.uk/

Dallam Running Club
dallamjuniortraining.blogspot.com/

Swimming

Lancaster City Amateur Swimming and Water Polo Club
www.laswpc.com/

Lancaster University Swimming and Water Polo Team
www.lancs.ac.uk/socs/swimming/

Preston Swimming Club
www.swimpreston.co.uk/

Kendal Amateur Swimming Club
<http://www.kendalasc.org.uk/>

Carnforth and District Otters Swimming Club
<http://www.carnforthotters.co.uk/>

.....try something new??

Lancaster Morecambe and District Table Tennis
www.lancastertt.com

Lancaster John O'Gaunt Rowing Club
www.lancasterrowing.co.uk/

Reebok Netball Club
contact: Reebok Moor Lane Mill Lancaster Lancashire LA1 1GF
reebok@snvde.com

Vale of Lune Rugby Club
<http://www.valeoflune.co.uk/>

City of Lancaster Gymnastics and Trampoline Club
www.smartac.co.uk/

Lancaster Girls Football
www.lancasterymca.co.uk/

Bay Stormers Cheerleaders
lancaster.gov.uk/sports-leisure-facilities/bay-stormers-cheerleaders

Lancaster Cycling Club
<http://sites.google.com/site/lancastercyclingclub/>