Welcome to the Summer edition of the CRGS School Sports Newsletter. Another year of fun-packed sports and activities has flown by. Many of our students have had amazing sporting success over the year, both in and out of school. We are Hyndburn and Ribble Valley Champions in some sports, Lancashire Champions once again in others, and we have our very own individuals who are National Champions.

This year the number of participants in all sports and activities has risen once again. The commitment and effort has been exceptional, so well done to all involved. Our Sports Leaders have been recognised at County level and ‘have been a great asset to the School Sports Partnership’.

Athletics, Rounders and Cricket are in full swing, with many students enjoying the games in the sunshine.

Our annual Sports Awards evening was a roaring success and allowed us to celebrate the achievements of our students.

Sports Day this year had a new event, where those not selected to represent their Form team participated in a Mini Athletics competition in the morning, which allowed all Key Stage 3 students to participate.

Once again our students have raised money for charity through sporting events such as the Sport Relief Mile and the sponsored walk.
Six pupils from Clitheroe Royal Grammar School made the trip down to London at the start of the Easter holidays to compete in the National Schools Biathlon finals – the flagship event at the opening weekend of the Queen Elizabeth Olympic Park. The young athletes swam in the inspirational setting of the Olympic Pool at the London Aquatics Centre and ran around a course on Olympic Park. The finals attracted over 1500 athletes from across the country and the students had to qualify in the top 120 positions of the ranking list via local competitions in order to compete. Some of Britain’s finest Pentathletes were on hand to meet and inspire the young athletes, including 2012 world champion Mhairi Spence and 2013 World Championships silver medallist Nick Woodbridge, both London 2012 Olympians, as well as Beijing 2008 Olympian Katy Livingston.

First up on Saturday was the girls’ event with Hannah Procter representing CRGS. Hannah is the North West Biathlon Champion for the U14 girls and went into the event ranked 11th. Competing in a 1600m run, she improved her time by seven seconds to finish in 14th place. She then moved inside to compete in a 100m swim and again set a new personal best time to finish in 15th position. The overall places are worked out on a points system and her overall score of 2384 points placed her in 6th position, an improvement of 5 places, and she was awarded a trophy, presented by Mhari Spence, for a top 6 finish.

On Sunday, five boys represented CRGS across different ages. Alasdair Moir was first to compete in the U12 age group. Despite running in the rain, Alasdair gained a personal best in the 800m and then followed that up with a fantastic swim in the 50m race to move up over 100 places in the rankings and finish in 17th position overall. Next up was Harvey Griffin in the U13 age group. Starting his competition in the pool, Harvey also swam a new personal best in the 100m, gaining 7th place. He then improved his 1600m run time by a considerable margin and matched Hannah’s position to receive his trophy, presented by Nick Woodbridge, for a 6th place finish.

In the U14 age group, CRGS had two representatives – Joseph Kenny and Jacob Crompton. In the 1600m run, Jacob blew his heat away to finish in 5:33.06. Joseph then improved his time by over 10 seconds to finish in 5:39.32. The positions were reversed in the pool with Joseph swimming 1:02.73 for a 9th place swim and Jacob swimming 1:06.33. This placed Joseph in 20th position overall with Jacob close behind in 23rd position. The final representative was Tom Entwistle in the U15 boys. Tom also swam a new personal best over the longer distance of 200m and then ran 5:25 in the 1600m for an overall position of 32nd.

All the competitors enjoyed a fantastic weekend in London and are keen to compete again next year in order to keep CRGS on the national sporting map.
Sports Personality Awards 2014

This year’s Sports Personality Awards looked set to be the best yet and by the end of the evening they were just that! There were so many success stories of teams and individuals and the students gained the recognition they deserved. Junior and Senior Sports Colours were given out to so many deserving sportsmen and women. The guest speaker was International Hockey player, Charlotte Hartley. Charlotte was one of the youngest players to be part of the England team who won Gold at the Commonwealth Games in Sydney in 2006.

The raffle and auction were full of excitement, with a range of fantastic prizes all up for grabs. But the real highlight of the night was celebrating the many achievements of our students. This year, choosing the winners was the most difficult yet. Well done to all those who were nominated. The winners have all shown an amazing level of commitment and excellence in school sport. The Most Improved award is awarded to the student who has consistently worked hard all year and progressed beyond expectation. The Team of the Year award is given to the team which has made one or more outstanding achievements or which has worked particularly hard as a group. The individual Sportsperson award is awarded to the student who has been outstanding in one or more sports and made a particularly significant impact over the year.

This year’s winners were: Year 7 Most Improved - Aqsa Jalgaonkar and Kane Tetley. Team of the Year - the Rounders team. Sportsperson - Ben Dinning & Anajlie Singh. Year 8 Most Improved - Jamie Stamp and Sanne Keizer. Team of the Year - the U13s Rugby team. Sportsperson - Tom Doherty & Hannah Procter. Year 9 Most Improved - Hannah Mellor and Harry Ellis. Team of the Year - the Netball team. Sportsperson - Sam Sherratt & Emily Travers. Year 10 Most Improved - Millie McEvoy and Ben Dixon. Team of the Year - U15 Boys Basketball team. Sportsperson - Saphi Stampford and Huzaifa Hanif. Overall Sportsperson Huzaifa Hanif.

Well done to all our students and a big thank you to all those who donated prizes for the raffle and the auction.
Rugby

Rugby at CRGS is really starting to flourish. We have teams entered in all age groups for the Emerging Schools Cup.

The U14s rugby team beat Cardinal Heanen 15-12 in an exceptional game and earned the right to play in the Lancashire Emerging Schools Plate Finals. The U13s beat Unity College 36-0 to book their place in the final. There are four Year 8 students who have played in both teams and several Year 7s who are playing in the U13s team.

The Under 13s boys won their Lancashire final 22-17 against Bury Grammar after playing some sublime rugby.

The Under 14s narrowly lost by two points despite being the better team throughout the game.

All boys were nothing short of exceptional.

Leadership at CRGS

Our Sports Leaders this year have excelled themselves and have been recognised by the School Sports Partnership. They have all received a glowing reference from the School Games Organiser, Jane Johnson.

“I have worked as the School Games Organiser for the Hyndburn and Ribble Valley School Sports Partnership for the last two and a half years. During this time, the Young Leaders from Clitheroe Royal Grammar School have helped out with numerous events including officiating at table tennis, Sportshall athletics and football competitions. Their competence was also recognised at a County Level when they were invited to officiate at the county Sportshall Athletics Final. Throughout their time officiating the leaders showed excellent knowledge of each individual sport, took complete responsibility for each allocated task and acted with maturity. They communicated well with the younger pupils that they were working with and offered coaching throughout to improve the pupils’ progress. I could not have run these events without this group of students who have been a great asset to the School Sports Partnership.” All our leaders should be proud of themselves!

Extra Curricular Lottery

Students are highly committed to CRGS Sport and attending clubs, practices and fixtures. We commend these students highly. After each attendance students can pick up a lottery ticket and be entered into a draw. This term’s winners are Jack West & Miriam Rollinson. Well done! you have been rewarded for your excellent commitment to extra curricular sport.

Red & Yellow Card Scheme

The system has now been up and running for two terms now and has been a great success. Students have shown how committed they are to school sport. Well done and keep it up!
Boys’ Football

Football at CRGS has always been strong but the All Weather Pitch has taken the quality to the next level. As well as the school teams we have had record numbers of students playing recreationally as part of a healthy active lifestyle.

Out of five year groups, four of the boys teams qualified for the Premier division after the first round of games, which is a fantastic achievement. Two year groups stood out; Year 11 reached their fourth district final in five years and Year 7 were District League Champions and got to the final of the District Cup. Year 7 impressed from day one with two outstanding performers, George Edwards (who plays for Preston North End) and Jacob Simpson (Blackburn Rovers). A large squad was rotated this year; such is the depth of talent and enthusiasm in this year group. Year 7 also continued CRGS’s proud tour tradition in the Isle of Man by coming home unbeaten yet again.

Years 8 and 9 both had good seasons and reached the Semi-Finals of the District Cup. Year 9 were unable to retain their status as English Champions, losing to the eventual finalists. Both year groups have an abundance of talent and potential and their target for next year is to ensure that they fulfil it.

Girls’ Football

Girls’ football has been more popular than ever this year, with all girls now playing the game in lessons. The U13 squad has been strengthened by an influx of talented and experienced Year 7 players with Amelia Bolton and Kalantha Hirst having had particularly outstanding seasons. Hannah Procter and Annaleigh Large used their experience to lead the team and Hannah Procter remains leading goal scorer.

The U15 team have stuck together following last year’s impressive season and their commitment to training is impressive. Imogen Lalude-Howarth, Emily Travers and Amy Procter have again had fantastic seasons.

After playing matches throughout the Winter and Spring terms against all the other Hyndburn and Ribble Valley schools, the U13 and U15s teams both finished in 2nd place. Well done to everyone who has attended training and matches this year and we will see you there again next year, when we are aiming for the top spot!

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The talent that we have at CRGS is amazing and we have several sporting superstars who often go unnoticed for their achievements. Here are a few.

Meghaan Leaver has been swimming since she was very young; she swims before and after school and at weekends. She has been setting regional qualifying times in Breaststroke, Backstroke, Butterfly and Freestyle and is working her way to national qualifying times. She is ranked in the top 20 swimmers in the country in 12 separate events. She recently medalled in the English Schools Championships whilst competing with the older age group. She won Gold in the 100m Backstroke and silver in 100m Breaststroke, Freestyle and Butterfly. Her achievement is outstanding and we wish her well for the future.

Another of our up and coming swimming talents is Ben Turland in Year 7. On the 11th May 2014 at the City of Manchester Open Meet, which was held at the Manchester Aquatic Centre’s 50m pool, Ben achieved a time of 1 minute 2.64 seconds for 100m Freestyle. This result placed him 3rd in the gala for 12 year olds, but more importantly, provided a qualifying time for him to enter the ASA National Age Group Championships. The National Age Group Championships is an annual competition for the highest standard of swimming for 11 to 14 year olds across Britain. Currently, in the national rankings, Ben would rank 9th for those eligible to participate in this event. At present, only 12 boys have qualified for this age group. In June, Ben is competing in five events in the North West Regional competition where he hopes to secure a national qualifying time for the 200m Freestyle; at present, Ben is 0.2 seconds away from this.

Three other talented girls from Year 9 have been crowned National Champions along with the rest of their team from Ribble Valley Netball Club. Imogen Lalude-Haworth, Natasha Dunkinson and Niamh Kay play for the U15 team and have remained unbeaten all season to reach the finals of the club competition. They played against top teams from all over the country and were up against local rivals Tameside in the finals. The girls team went on to win 23-22. Niamh Kay has also been successful in gaining a place in the North West regional academy squad. The academy is considered as one of the best in England, with many of the present England players having gone through the academy system. Imogen is also doing extremely well in Netball. She has recently been accepted into Lancashire Academy Centre of Excellence (LACE) for netball had trials for North West England netball squad, progressed to the summer training camp and the England pathway, and been nominated and selected for the Sainsbury’s School Games Talent Inspiration Programme for aspiring young athletes. We wish all our girls well in their netball career.

Year 7 student George Edwards is not only a talented footballer who plays for Preston North End and is a member of the Elite Player Programme, but has a talent for running. Recently he ran in the BUPA Juniors Great Manchester Run. Out of 114 Juniors aged 9 to 15, he came 5th in the 2 miles race, recording a time of 13 minutes 9 seconds - a fantastic achievement. All the boys who finished ahead of him were in Athletics Clubs. George also raised over £60 for The Royal Manchester Children’s Hospital. However, his aspirations are to continue to progress through the football academy and hopefully live his dream of becoming a professional footballer.

Hannah Procter features regularly in our newsletter and this edition we are delighted to announce that she has achieved a Bronze medal with her team in the National Modern Triathlon championships. Individually, she finished in 6th place. The competition was held at the Tudor Grange sports complex in Solihull, where the athletes competed in a static 10-shot air pistol shoot, a swim and then a combined run and shoot.

An update on our previous ‘In the Spotlight’ students from the Pearse family - Joseph jumped the English Schools standard (1.94) for High Jump and has been selected to represent Lancashire at the English Schools event. He has strived for this in an individual event throughout his time at school and has been so close before but not selected. Joseph, Polly and Esme have been selected to represent Lancashire Schools for the regional combined events competition in Stoke on the 29/30th of June in the hope of reaching the nationals in September (decathlon/heptathlon/pentathlon respectively). Both Joe and Polly qualified and competed at the nationals last year.
House Sports Competitions

The House competitions have continued with other sports being held during the Spring and Summer terms. There have been some outstanding team and individual performances. This term we have seen Rounders and of course the big one - the ‘Sports day’ competitions. The competitions are proving to be a massive success as many students participate or spectate.

For the first time this year, an alternative Sports Day was held to encourage all students to take part in some way. Those not involved in the traditional Sports Day in the afternoon took part in a Sportshall Athletics event. The students competed in a variety of events such as Mini Javelin, Standing Long Jump, Speed Bounce and Mini Sprints to name but a few.

The games were a fine example of a competitive spirit and the students enjoyed their morning, despite the wet conditions! The sessions were led by Year 9 students who have opted to study GCSE PE next year. They did extremely well and have gained some valuable experience ready for their course.

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Super 8 Athletics

The Year 7 Super 8 Athletics team competed against six other schools from the HRV schools’ district and enjoyed huge success. The 16 students had to perform in a variety of athletics events including High Jump, Javelin, 800m, 100m, 200m, Long Jump and 2 relay events. Despite having only had competitive experience in Athletics in the indoor Sportshall competition earlier in the year, the CRGS team did exceptionally well. Harvey Griffin stood out with a fantastic display in the distance event, making light work of his competitors. Likewise, Amelia Bolton performed with confidence to gain 2nd place in the same event (800m).

The success continued with strong performances from Anjalie Singh & Dominic Finch (High Jump), Jacob Simpson (Javelin) and both relay teams.

Such performances led to an outstanding 2nd place finish at the event which all competitors should be very proud of.
For the 4th year in a row, CRGS took part in the English Schools’ Track & Field Cup at Salt Ayre Athletics Club, Lancaster. As one of only two schools representing the HRV district, CRGS came up against some exceptional schools including Westholme, Canon Slade and Ripley St Thomas, which all have a rich tradition of success in Athletics. With a team of over 30 students, we took on the challenge and proved to be rather good ourselves. Despite missing Lizzie Greenwood, our undisputed long distance champion, we still had medals for Adam Bolton, Chris Baird, Jack Burgess, Jack Stanley, Harvey Griffin and Amelia Bolton in the distance events. Other notable athletes who claimed victories include Esme Pearse (High Jump), Tom Doherty and Samuel Sherratt (Triple Jump), Abigail Frankland (Shot Put), Jacob Crompton, Imogen Lalude Haworth and Andrew Blackburn (200m) and Huzaifa Hanif (300m). The latter recorded the 6th best classified time in the country for his age group.

Well done to all those involved. Yet again you have represented CRGS with pride.

Following this was the HRVS district competition held at Witton Park and the 56 strong team went with high hopes of bringing back some silverware. There were many impressive victories in the field and on the track and our students were up against the best in the district. Frazer Liddle and Aqsa Jalgaonkar dominated in the sprints for Year 7, Aqsa finished 1st in the 100m and 2nd in the 200m while Frazer finished 3rd in both sprints. Jacob Crompton also finished to take gold in the 200m while Yolanda Tsang and Jack Shorrock ran their way to silver. Other medals in the sprints came from Eleanor Bolton, 2nd in the 100m, Saphy Stamford finished with bronze in the 200m and Liz Greenwood picked up silver in the 300m and gold in the 1500m.

We weren’t finished there on the track; Joe Cotton, Jack Burgess and Eleanor Bolton all took gold in the 800m with fantastic running, narrowly missing out and taking silver were Ravi Goshawk and Hannah Procter. Harvey Griffin ran a very quick 1500m, thus taking the gold medal. Impressive individual efforts were to see on the field, including Abbie Frankland who came 1st in shot put, as well as Muhammed Salahuddin and Morgan Sword who both came 2nd for the discus in their age groups.

This year CRGS dominated the sandpit in both Long Jump and Triple Jump. Anjalie Singh, Jacob Crompton and Hanzali Ali all picked up the gold medal in Long Jump. Tom Doherty replicated this in the Triple Jump with Megan Jones, Sam Sherratt and Molly Jones all taking silver in their competitions.

In the overall standings, we came a very respectable second place in almost every category for both boys and girls track and field trophies. But it was the coveted HRVS Champions Trophy that we had our sights set on. Despite all of the medals and top three finishes, we were still fell short on points to take the title. For a small school up against teams twice the size of us we did extremely well to finish in second place. Year after year we are closing the gap on our rivals. Who knows what will happen next year!
There was a promising start to this year’s season, with all year groups playing well in the pre-Christmas league. The number of Year 7 students regularly training was unprecedented and the Year 10 GCSE students did a fantastic job organising and coaching them. Both the A and B teams played some fantastic Netball right from their first game for CRGS. The Year 8 team suffered a massive blow, with their captain and last year’s player of the year, Roxy Foley-Jenison, suffering an injury that put her out all season. Nevertheless, the team continued to train hard and remained determined despite the setback.

The Year 9 and 10 teams also had fantastic pre-Christmas victories, which secured CRGS’ place in the Premiership as the Spring term started. Here the Year 7 and 8 teams went on to have an outstanding unbeaten second half to the season. The Year 9 and 10 teams had some real battles and lost out to some close rivals. Well done to all the girls and once again we have shown how good we are as a school, despite that fact we have fewer students than other schools.

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The Sports hall now stands before us and it looks amazing. The builders have taken advantage of the good weather to get the structure almost complete. We are very excited that it is on schedule and will hopefully be available for use in the approaching academic year. Money raised from the sponsored walk last year will go towards new equipment for students to use during their PE lessons. Having extra space will mean more students are able to get more time “on-court” performing and the standard of team play as well as learning in general will surely increase even further.
Sports Day

Sports day 2014 will go down in the history books as one of CRGS’ finest; every student took part, whether it was the Sportshall Athletics alternative event or the traditional Sports day competition. The afternoon events were bathed in the beautiful sunshine and the crowds were cheering and waving their flags. Throughout the afternoon there were many fantastic results. Our students showed grit and determination as well as passion. As the events were met with enthusiasm, records began to tumble.

The first of the records to be broken were in the 1500m events. The Year 10 Girls’ record was broken by Elizabeth Greenwood with a time of 5.26. Year 8 girls’ was broken by Hannah Procter and the Year 7 boys’ by Harvey Griffin, smashing a massive 14 seconds off the record. He also broke the 800m record which confirms his superb ability.

Other outstanding performances on the day came from Joseph Cotton, Thomas Entwistle and Huzaifa Hanif who all broke a 400m record. George Hampson shaved the record for Long Jump by 1cm. He has been close each year and the record is finally his. The Victrix Ludorum trophies for each year group this year went to Isobel Chadwick (Year 7), Hannah Procter and Ella Sharma (Year 8), Amy Proctor (Year 9) and Elizabeth Greenwood (Year 10). The Victor Ludorum trophies went to Dominic Finch (Year 7) Jack Stanley and Jacob Crompton (Year 8) Adam Bolton (Year 9) and Will Pye (Year 10). The overall house winner was Roosevelt. A huge well done to all competitors who made the Sports Day a very special one.
Basketball

This was another excellent year for Basketball at CRGS. The Under 16s and Under 14s were both unbeaten in the district competitions and therefore became local champions. The Under 15 and 16 teams both got to the Lancashire Final and despite some outstanding Basketball were narrowly beaten in both. Although the team members were bitterly disappointed, we know that they are determined to win back their crown in Year 11. Charlie Read is an exceptional captain and has shown true leadership qualities both by leading the teams he plays in and by coaching the younger students.

The U14 team lost in the Semi-Final of the Lancashire competition and the team that beat them went on to be champions. The U13s team showed promise and had some impressive performances, with Fraser Liddle standing out as the star player.

Sam Sherratt once again proved himself to be an inspirational performer. He played in three separate age groups and won ‘Most Valuable Performer’ in the Under 15s final, despite playing up an age group.

In the girls’ Basketball, the Under 14s got to the Lancashire schools Semi-Finals and played really well especially considering that many of the girls had limited experience. The Under 16 girls lost in the Lancashire Semi-Final but were beaten by the eventual winners, while the Under 19s girls yet again won their Lancashire final. This group of exceptionally talented girls has now won at Under 14s, Under 16s and Under 19s level. Laura Dewhurst from Year 12 has won Most Valuable Player at each of the finals that CRGS students have played in, which is a superb accolade.

Well done to all the teams. We know they can’t wait for the new Sports Hall to be built so that the standard of performance will get even stronger once students are playing in top quality facilities.

Walk with Us!

As part of the Activity Week arrangements, students took part in another sponsored walk. This year we set out on the 10 mile walk around the beautiful surroundings of Clitheroe and Chatburn and students were asked to raise money for the Rosemere Charity in memory of Mrs Ambler.

We are proud of our student’s efforts in her memory and it is fantastic that the school encourages students to get out into the countryside as part of a Healthy Active Lifestyle.

The walk again started from Chatburn Road and into the town towards Waddington before turning off up along the picturesque river pathway. Along the way we stopped for lunch at Chatburn Cricket Club and then proceeded our final leg of the journey back towards school. We would like to thank Tesco in Clitheroe for donating the water that helped keep us hydrated along the way and also the ‘Friends Association’ for their support.
Handball (Written by George Barnes Year 9)

The School Sports Games were again held in Blackpool. We were pleasantly surprised when we arrived as the opening ceremony was treated like a carnival! The local radio station was there and there were many mascots to cheer us on.

We all were slightly nervous before our first game because, for most of us, it was the first real match of handball we’d ever played. It was a strong 2-1 victory with goals scored by Sam Sherratt. Our next game was a 1-0 loss that, looking back, I would say we probably should have won. Then we played the toughest team in our group and unfortunately lost 6-2, with both goals coming again from Sam Sherratt. Luckily we picked ourselves up for the next game and produced a strong 2-0 win. Before our last game of the group stage, Mr Hutchinson informed us that we needed to win by a 9 goal margin in order to progress into the semi-finals. This seemed to light a spark and we played fantastically and won the game 10-1 with 6 goals from Sam Sherratt and 2 each for Charlie Dewhurst and George Barnes.

So we were through to the semi-finals and during this game, goalkeeper Harry Ellis produced an outstanding penalty save. Unfortunately we lost the game 1-0. Next, to try and secure a bronze medal, we had to win the third place play-off. This game ended 4-4 and we went into 2 minutes of extra time. The winning goal by Sam Sherratt sent us into delight and we were presented with a bronze medal at the closing ceremony.

It was a fantastic day and we are proud to have won a medal in a sport that is pretty new to us!

Rounders

This year has been an absolutely fantastic season for Rounders at CRGS. Again there have been huge numbers of both boys and girls at training each week, which has led to every year group making outstanding progress, both in their individual skills and their match play.

At the pool stages each year group remained unbeaten. This means that 2014 saw a CRGS team in each of the year groups at the Hyndburn and Ribble Valley finals! This is an unprecedented success, so well done to everyone involved!
Cricket

The season started with the girls’ annual Lady Taverners event. This fantastic indoor competition allows the girls to start the season early and gain an advantage over local opposition. The U13s team played some fantastic cricket, but they could not beat the high standard of the U15s who qualified again for next round of the competition. Unfortunately for the next round the Year 10s were out on work experience, so some of the U13s were drafted in. They played exceptionally well, but lost out to Ormskirk. The U15 girls also took part in the Lancashire outdoor competition on a very wet day in June. They played some fantastic cricket, finishing 2nd behind the exceptional Ormskirk team.

The Under 13 boys progressed to the District Final, which is still to be played. They have not lost a game and have looked strong throughout. Josh Stamford in Year 7 has stood out over the year, representing all the age groups including the Under 15s.

The Under 15s team were outstanding and had a good run in the Lancashire Cup, where they got to the Quarter-Finals. Harry Ellis from Year 9 did particularly well with his bowling and supported the ever strong backbone of the team; namely Charlie Dewhurst, Dom Stuart, Tom Stones and Adam Bolton.

A highlight of the year has been the recent involvement of the Year 7 boys and girls who have taken part in a scheme run by Lancashire cricket. This involved two coaching sessions at school and a trip to the Emirates Old Trafford, as well as entry into a creative writing competition. The experience was a memorable one and we hope it has inspired them further!

A Level Physical Education Inspirational Talk

A Level PE students were recently invited to a talk with Brian Cookson, President of the UCI (World Cycling!). Brian answered questions from students and spoke candidly about issues such as doping in cycling, in particular the Lance Armstrong affair, as well as giving advice on what it takes to be a Tour de France winner. Brian kindly brought in a Team Sky bike for students to look at as well as Tour de France Yellow jerseys from Bradley Wiggins and Chris Froome. CRGS would like to thank Brian as he is an extremely busy and important man and we appreciate him taking time from his hectic schedule to speak to our students.
Sports Tours at CRGS

At CRGS we pride ourselves on the number of extra-curricular opportunities that we offer our students. Sports tours are no exception. We have witnessed some students excel while on tour, improving their game as well as developing personally and gaining confidence.

Exciting News ***New Football Tour destination***

In October 2015, students will be visiting New York on a Girls and Boys Football tour. Not only will they be coached by top MLS coaches and get to experience the New York Red Bulls Arena, the students will also visit famous landmarks such as Statue of Liberty, the Rockefeller Centre, Central Park Zoo, The Natural History Museum and the 9/11 Memorial Gardens.

As well as this, we are delighted to be running the Water Sports trip to France in 2015. As ever this trip is massively oversubscribed due to its popularity. If you don’t get a place, fear not, we will be running it again in the future!

Year 7 Football & Netball Tour
Isle of Man 2014

The Isle of Man Football and Netball trip was once again a great success. The trip started in exciting fashion for students when they went through airport security alongside the Liverpool players! Then on Saturday they got to meet Dame Kelly Holmes at the National Sports Centre. The Netball team had some close matches but narrowly lost their games and the boys kept up the school’s unbeaten record with some resounding score lines and a total of 34 goals in 4 games! The students were an absolute credit to the school and had a fantastic time.
Good luck to all our students who are now awaiting exam results. They all worked really hard this year and deserve to do well. Two revision sessions took place over the Easter holidays and were well attended. Thank you to all the PE staff members who have put on extra sessions and devoted their time to helping our students succeed.

We look forward to starting the whole process again in September with new cohorts and can’t wait to get started following a good break over the summer!

We are always striving to improve Physical Education and Sport at CRGS and value feedback from students and parents. If you are able to help promote and develop our provision, please do let Mr Alcock know.

We greatly appreciate your continuing support and are looking forward to another exciting year of success at CRGS.

Please continue to follow us @crgspe to keep up to date with fixture information.

In addition we now have Twitter for GCSE and A Level PE students. We strongly encourage students to follow us @crgspetheory to help improve their wider reading and knowledge of the subject.

Please also continue to retweet us and get your friends to follow! @crgspe

We really appreciate the support of parents and carers in picking up students and allowing them to take part in so many fixtures. To try and help with logistics we now publish our intended fixtures for the following week on our website. Please check these every Friday to help you with organising your busy lives. The fixtures are in the bottom tab on the left hand side under ‘Sports Fixtures’. We hope this helps!

Feedback

There will be another Newsletter at Christmas but in the meantime please do keep up-to-date by following us on Twitter @crgspe and by regularly checking the school website www.crgs.org.uk.

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