

SPORTS FOCUS

HEADLINES...



Rugby teams dominate Abu Dhabi winning all domestic trophies



U14 Football team battle bravely to lose in front of record crowd at Dubai Mall



Swim Team finish with another hard earned Gala Win



U16 Girls Football team Win Treble League, Cup & BSAK 7s



BSME Swim Competition provides students chance to excel



BSAK produces first Baseball champion



Raja Cup Community Football Spectacle - Staff pip students to trophy



TERM 3 REVIEW

Our final sports focus of the term reviews all of the action from the various sports seasons. What a term it has been for the school's sporting teams! With so many events, activities and fixtures taking place this term I am thrilled to celebrate all of our students' successes.

In Term 3 the department focuses its attention on **Sport for All** and challenges every student in the school to take part in one after school activity. We have provided a large variety of opportunities for the students to take part in an activity from table tennis to dance to boxing and rounders.

Later on in the article we will review all of the core sporting action but I would like to start with this week's **House Games competitions** taking place from Yr1 to Yr 10 in rugby and netball. The games curriculum was introduced this year in a new initiative designed to give every student in the school access to **competitive** sport. The Games session which run in the last period of the day have been a huge success with the students who have enjoyed the opportunity to compete in their houses.

On Tuesday evening the annual **Raja Cup** took place where the staff take on the students at football in memory of a security guard and colleague who passed away in 2011. In a thrilling game the staff stole back the trophy from the students in a 4-1 victory.

Many of our students compete outside of school in various sport and this week I would like to highlight a young man this week. Whilst most of his teammates were playing for BSAK v Dubai College at Rugby on Thursday, Yr7 pupil **Max Blair flew to Kuwait to represent the UAE in a baseball competition.**

The Dubai Little League sent two teams to the MENA Baseball and Softball Classic in Kuwait: one U13 and one U12 team to compete in the Majors Competition. Represented nations were : UAE, Qatar, Bangladesh, Bahrain, Kuwait and Saudi Arabia. Sadly, neither team made it to the final, being beaten by stronger teams from Saudi Arabia and Kuwait. Max nonetheless, was pleased with the tournament: on base 7 out of 11 at bats (0.636 percentage; 0.4 is a good tournament); 5 RBIs (Runs Batted In); and 1 home run. No pitching stats have been produced for this tournament however I will forward them on if received at a later date. Max now hopes to be selected to represent the UAE again in the next regional tournament to held in Dubai in April. Over the summer Max will play in a World Baseball Showcase across the USA in August, invited and led by two of Australia's High Performance (World Cup) Coaches.

I hope you have a relaxing and enjoyable Easter break and return fresh and ready to attack the final term of the school year.

Johnny Coombs
Director of Sport



AQUATICS

BSME Swimming Championships: On Saturday 11th March, 21 BSAK Squad Swimmers (below) had a bright and early start at The Armed Officers Club, Abu Dhabi, to take part in our first BSME Swimming Championships. 19 schools from across the Middle East were competing and the level of competition was extremely high. All swimmers were seeded on their entry times and therefore many of our swimmers were swimming alongside competitors who were several years older. Gold, silver and bronze medals were awarded for each stroke, with ribbons for 4th-6th places.

Many swimmers accomplished personal bests and BSAK swimmers also broke some BSME Championship Records which was an outstanding achievement: Isabelle Darling broke the 50m backstroke record with 33.12 seconds and the age 11-12 girls broke two long-standing records in both the Free and Medley relays, with 2:04.36 and 2:21.97, respectively. Well done to Cassandra Gottschalk, Josephine Lee, Isabelle Darling and Jessica Kelly who made up this invincible team!

Standout performances also came from both Daniyal Irfan, who surpassed many boys older than him within his age category to secure the 100m back bronze medal, and Evangelina Clarke, who also secured a silver in the 50 breast with a close second. Mette Den Haese astounded everyone with her breaststroke technique yet again, taking away gold medals across both the 50 and 100m distances and also a bronze in the 200 IM. In the girls 100m back, BSAK dominated the leaderboard in the 11-12 category: 1st Isabelle Darling, 2nd Cassandra Gottschalk, 4th Lily McDonald Rose and 6th Josephine Lee. Strong performances throughout the day from Tansie Jerron-Quarshie resulted in two well-deserved gold medals in both the 50 breast and 50 back.

Cassandra Gottschalk and Jessica Kelly both medalled in a large number of events, winning 2 silver and 3 bronze medals between them in their individual events.

Maia Logan came away with the FINA Highpoint trophy for 3rd placed girl in her age category, after achieving a gold (50 free), silver (50 back), bronze (100 free) and 4th place ribbon (50 fly), demonstrating her versatility in the pool. Additionally, the 9-10 girls team achieved a gold and a silver medal in their Freestyle and Medley Relays (Evangelina Clarke, Tansie Jerron-Quarshie, Maia Logan, Ella Wallace and Alyshea Lee). Winning the overall Highpoint trophy for her age group was Isabelle Darling (year 8) who convincingly won gold in all 4 of her individual events, showcasing her incredible ability. Also called up to the winners podium was our youngest competitor on the day, Andrew Glatley (year 4) who also demonstrated an unbelievable level of talent and maturity during the day, picking up 1 gold (50 back), 2 silver (50 fly & 100 free) and a bronze (50 free). He came away with the overall Highpoint trophy within his age category.

Whilst all results were based on individual successes rather than the team performance overall, I would like to commend all of the swimmers on their tremendous attitudes and support of one another on the day. With 23 individual medals, 4 relay team medals and 15 ribbons, and many superb performances in the pool, BSAK made an almighty team!

Alexandra Defterios
Alyshea Lee
Andrew Glatley – gold 50 back
Cassandra Gottschalk
Daisy Saunders
Daniyal Irfan
Ella Wallace
Evangelina Clarke

Georgia Mansouri
Isabelle Darling – 200 free, 100 back, 50 back, 100 free
Jessica Kelly
Josephine Lee
Katherine Wedgner
Keira Schwindt
Lewis Glatley

Lily McDonald Rose
Maia Logan
Mette Den Haese
Rachel Fairbairn
Sasha Burt
Tansie Jerron-Quarshie



AQUATICS

Final Senior Swimming Gala Triumph, Monday 13th March, Al Yasmina

1 st	BSAK	282
2 nd	BRIGHTON	259
3 rd	YASMINA	207
4 th	RAHA	165
5 th	GEMS AA	124

On Monday 13th March, the Senior Swim Squad competed in their final, long-awaited gala at Yasmina. Not only were we several swimmers down due to the rescheduled date and with some swimmers away at Nationals, but we also were unfortunate to miss a relay due to transport. However, this made the team all the more eager to perform and challenge for the 1st place trophy. Despite everything, the BSAK team managed to come out on top after the first round of Freestyle relays and pushed on with the IM's. Mette Den Haese and Omar Kama Azlan were both on top form as usual, coming away with resounding wins.

Cora Bridgeman executed the backstroke race in style for the U14 Girls category, taking 1st place even though she claimed that this was 'not my stroke'! Scarlett Bridgeman stepped up and also put in some excellent relay performances for her team.

Sara Akasha and Georgia Mansouri, deceptively small but rapid in the water, were head and shoulders above the rest with their breast stroke performances on the day. Meanwhile, Lewis Glatley represented the BSAK boys U14 category, achieving 2nd place in his Fly and 1st in his freestyle, after swimming the IM, which came down to tiny margins at the finish. Jenson Lowe also showed his strength and speed with his success in the freestyle.

At the halfway point, there were only 2 points difference between the top teams and BSAK needed to keep the momentum to take the top spot. From that point onwards, BSAK secured 1st places in nearly half of the races and a plethora of 2nds. Evangelina Clarke stepped up to help from Year 5 and managed to stun the spectators, storming to victory in her 50m freestyle race in the Year 7 age group. Both Evangelina and Daniyal Irfan (also Year 5) were instrumental in the relay races and Daniyal helped his team take the lead with a superb breaststroke leg.

After some tense medley relays to finish (4 1st places, 3 2nds and a 4th), BSAK once again held on to the winning trophy, 23 points ahead of Brighton who finished in 2nd place.

Well done once again to all of the Swimmers in both the Junior and Senior Squads for their hard work and dedication to their training this term. Both teams finished the season by bringing the trophies back to BSAK and winning their final galas. The Senior Squad notably continued their unbeaten reign at the top of the ADISSA league!

BOYS FOOTBALL



Du UAE Schools Cup Final – This week saw the U14 Boys take part in the Du UAE Schools Cup Final held at Dubai Mall against The Rashid Bin Saeed School of Hatta.

In what can only be described as a carnival atmosphere, the team (with ex-Barcelona Captain Carlos Puyol in their dug out) started the game well. The opposition opened the scoring, but the game was soon level after Timi Esan equalised with a well taken left footed shot. Unfortunately for BSAK the opposition proved to be too strong on the day and eventually ran out comfortable winners. Although clearly disappointed not to have won the final, the boys should be proud of what they achieved throughout the season and celebrate their status as the 2nd Best U14 Boys Team in the UAE.

Last week saw the BSAK teams participate in the Cup Tournaments across various locations in Abu Dhabi.

Boys U9A/B – The Cup tournament took place at Cranleigh and the boys were in confident spirits on the bus journey across the city. On a long, thin pitch with a game time of 8 minutes, it was clear that goals would be hard to come by. This would unfortunately prove to be the case as both BSAK teams failed to score the goals required to progress to the knock out stage of the Cup competition, despite both finishing the group stages undefeated. In the league campaign both teams fared well, the U9A were unlucky not to win the league, narrowly missing out by 1 point. The U9B continued to improve as the season progressed, they won their final 3 games and will be looking to take their form into next year's competition.

Boys U11A The Cup tournament took place at West Yas. In a tough group the BSAK team finished in 2nd place which qualified them for the Plate Competition. They progressed in the semi-final after playing Abu Dhabi Grammar School, where they met Al Mamoura Academy in the final. This was decided by Robert March who scored an exceptional goal to enable BSAK to lift the trophy. In the league the team remained undefeated all season, improving as the weeks progressed. They ultimately finished 2nd in their league and won the league playoff to finish 3rd overall across Abu Dhabi. The side took their good form into the BSAK 7s winning the overall competition.

U11B The Cup tournament took place at Brighton College. BSAK won all three group games and qualified for the knock out stage of the competition. Following a slightly different format for the final the team, they were unlucky not to win, finishing 2nd overall. In the league, the team finished a respectable 3rd place overall.





GIRLS FOOTBALL

U12 – The Cup tournament took place at Al Yasmina. The girls topped the group stage of the competition, despite an unexpected setback in one of the games.

In the semi final, they quickly took control and progressed to the final. In a tightly fought game, with chances at a premium it took a cool finish by substitute Latifa Al Ahbabi to win the game for BSAK. In the league the girls won 100% of their games and did not concede a goal all season. It was a great squad effort from the girls with over 15 girls involved in competitive games across the term.

U14 A – The Cup tournament took place at Cranleigh. BSAK won all 4 of their group games in a comfortable fashion which put them into a semi-final against Al Yasmina, a team they had been held to a draw with during their league fixture. A strong performance in the semi-final with some very attacking football led to a 2 – 0 victory and a showdown with League Winners Gems Cambridge in the final. Samira Lomax was given specific instructions to mark the Gems danger player and this proved to work well in subduing their attacking style.

The breakthrough came for BSAK when the ball was set up perfectly for Captain Cora Bridgeman and in typical style she was cool under pressure and thumped the ball home to score the winning goal. Special mention should be acknowledged for goal keeper Annie Harris and defender Rayian Mohammed who did not concede any goals in the tournament. In the league the girls remained undefeated all season, but unfortunately finished 2nd as they drew two games earlier on in the campaign. They added the BSAK 7s Cup which meant they won both Cup competitions this season.

U14 B – The Cup tournament took place at Brighton College, although the girls have not had a team in a competitive league this term it shows the strength in depth of this age group. Under the careful eye of Miss Jones, they made excellent progress and were unlucky to go out at the semi-final stage.

U16 – The Cup tournament took place at Al Bateen. After progressing through the group stage comfortably they met a compact Al Yasmina side, who took the game to a penalty shootout. Outstandingly, Nour El Attar the BSAK goalkeeper made three excellent saves to send BSAK through to the Final. The final was a more open game and BSAK took the lead through Grace Freeman and went on to win 3-0 and be crowned the U16 Girls Cup Winners. The BSAK girls were also victorious in the league campaign, ending the season as League Winners, with a 100% record and having not conceded a goal. This added with the BSAK 7s meant that they had completed the treble this season.

U19 – The Cup tournament took place at Al Bateen. After a bruising encounter in the Du Semi Finals the day before BSAK picked themselves up and started brightly in the group stages qualifying comfortably. After more challenging game in the semi-final they progressed to the final against a defensive Al Yasmina side. Despite their efforts BSAK were unable to score in open play so the game went to a penalty shootout. Unfortunately BSAK lost the shootout and lost the final in the cruellest of manners. It was a different story in the league as BSAK were crowned champions. The team maintained a 100% record and won many plaudits along the way for the football on show.

RUGBY

What a compelling end to Rugby season!

UAE League

On 9th March, we concluded our UAE League games.

Our U12s hosted Dubai College, playing on the 4G pitch at school. In the bone crunching game against the very skilful DC side, the score remained tight for the majority of the game with BSAK and DC taking turns putting points on the table. A number of BSAK's very own players stood out during the game in particular Tyler Goyea, Captain of the BSAK side, who scored twice in the game. Just before half time BSAK were down 14-22. In an attempt to even out the score board Tyler communicated to inside centre Isaac Winstanley that he would put the ball behind the opposition. As soon as scrum half Oliver Wise presented Tyler with the ball he kicked the ball for Isaac to chase. As luck had it, the bounce was perfect and Isaac got hands on the ball. On the cross defence Isaac was tackled only to off load to Tyler who put the ball right under the sticks, leaving the score at 21-22 after BSAK hooker Oscar Murphy's conversion. Another stand out player and probably man of the match was BSAK lock Callum Thom who stepped into wing on the day. His powerful leg drive and brute strength drew in 3 to 4 DC players which created numerous scoring opportunities for BSAK. Unable to capitalise on their opportunities late in the second game, BSAK lost 21-32. Even though it was a loss for BSAK, the whole team fought hard to the end which is a true testament to their spirit.

The BSAK under 14s travelled to Dubai sports city to play Jumeriah College in the last league game of the season. BSAK started very brightly with some great play from Nick Vorster and Alex Lozano, BSAK scored 2 tries in quick succession and forced themselves into an early lead. Jumeriah college then started to stamp their authority on the game and hit back with a few tries of their own. Jumeriah College went in at half time with a 5 point lead. BSAK started the second half the better of the two teams, with great work from Noah Sakapaji and Dillon Mensah they set the platform for BSAK to score a couple of quick fire tries. BSAK then seemed to take their foot off the gas and let Jumeriah College back into the game. The teams were level going into the final play where Jumeriah college were in possession. They kicked the ball across field, BSAK failed to field the ball and the bounce worked kindly for Jumeriah College, their winger was able to gather and score in the corner. The final whistle blew with BSAK losing 37-42.

The BSAK U19s toiled in a tight and frenetic game to topple Dubai College 14 v 12. This is the first time that BSAK has beaten Dubai College at 15 a-side in the U19s and was an effort of which all the players should be proud. Missing our regular 10 Billy Conchie to concussion in what would have been his last game in his 4th season of featuring for the 1st XV, the multi-skilled Sam Relton stepped into the key decision-making position. It is a credit to Sam, a natural open side flanker, that he has played in several positions this season.





RUGBY

This was a victory forged in tenacity and dogged in defence. Dubai College are a dangerous team and exposed us out wide in the away encounter earlier in the term. However on this occasion our individual tackling and defensive organisation was far more effective. For example, newcomer Mohammed Haji foiled several attacks with his abrasive and direct tackling. In attack we found progress with a tight driving game, with powerful forward drives from Kyle Wynn and Josh Thorpe making yards. Two golden opportunities were squandered however, with the ball twice being dropped over the opposition try line, but it took pace to break the deadlock. After finding no way through our defence, DC resorted to a chip kick, which was blocked by Morgan Ashton who sprinted away from the cover to score under the posts. The second half was a tight affair, but a flash of brilliant interplay between James Wallace and the inspirational Captain Luke Gammell unleashed Morgan once again for a 14 v 5 lead. A late try by Dubai College and increasing pressure made by nail-biting watching, but BSAK held on for a famous victory and a fine way to cap off a splendid season. A first Dubai 7s final appearance for 6 years and a victory over the top ranked team in the UAE should be a source of pride for this current cohort. We wish the Year 13s well in the future and thank them for their service to BSAK Rugby.

AD End of Season tournament

The schools competitive fixtures concluded with the AD Schools end of season tournament on Tuesday 14th March at Zayed Sports City.

The AD Schools league is designed to promote participation and it is a credit to many of the schools to run a Rugby programme. BSAK has traditionally dominated the league and it is often an opportunity to develop players before tougher games in the UAE league. Accordingly, BSAK swept the board on the day with Cup victories in U12s, U14s and U16s as well as winning the league titles in each age group. A fun afternoon of running rugby was enjoyed by all, the results were as follows.

	U12s	U14s	U16s
League A Winners	BSAK	BSAK	BSAK
League B Winners		Al Bateen	Cranleigh
Cup Winners	BSAK	BSAK	BSAK
Plate Winners	Brighton College	Cranleigh	Raha
Player of the season	Eric Kang (Brighton)	Jonas Greene (Yasmina)	Joachim Sjodin (Cranleigh)

So, that concludes our main Rugby season. A big debt of gratitude is owed to all players, coaches and parents for their support.

Term 3 will involve recreational Touch Rugby for both Primary and Secondary.

Our U19s Girls will play Bristol Academy on 12th April touring from UK, while our U19s Boys will commence conditioning ahead of the Dubai 7s season. There is also a possibility of an U12s representative match Abu Dhabi v Dubai, details to follow. Happy Easter holidays everyone.



NETBALL

Overall, it was a fantastic season of netball for our juniors.

This term we had two teams representing BSAK for the Under 9 age group and three teams for the Under 11. What an amazing journey we've had with the junior girls. We met with all teams back in January, with little experience and knowledge. Week by week, cohesive teams formed with outstanding performances. The girls demonstrated skill, courage, commitment and met the opposition with true BSAK spirit. The teams have developed players who, no matter where they were asked to play, gave their role total commitment and who have determination to improve and succeed.

Season Overview; ADISSA End of Season Tournaments & League Results

U9A Team

The Under 9A team had a fantastic season and finished 3rd in the league.

Last week, we finished the season with the ADISSA End of season netball tournaments. The A team managed to make the Semi-finals where they met Brighton C, their local rivals. This was an extremely contested game and unfortunately, time was against us and we lost the game with 3 goals to 1. This meant the girls went straight to play-offs and were up against Al Raha to gain 3rd place. Our star player of the season was Lauren Peckover who worked extremely hard as a Goal Shooter and is also a member of our local club, Abu Dhabi Netball League.

U9B Team

The Under 9B were under the watchful eye of Mrs Rose this season. With her calm coaching approach and array of knowledge, the girls gained so much confidence throughout the season. They finished 6th in the league playing some strong sides and came 5th overall in the tournament. A special mention goes to Milly Looker and Cassady Lovell, who were extremely influential in their games and worked extremely hard all season.

U9C Team

Despite not playing competitive games during the season, the Under 9C team made an appearance at the ADISSA End of Season Tournament. A huge thanks goes to Mrs Mason and Mrs Edgar for their coaching and support throughout the season too.



NETBALL

Under 11

A Team

A huge thank you to Mrs Rawlings for taking the Under 11A team under her wing this season. The team came 2nd in the league, losing out narrowly to Brighton College. Their hard work and extra training sessions allowed them all to make huge improvements throughout the season.

The heat really turned up a notch last week for the End of Season tournaments. Once again, the A team met Brighton College in the semi-finals. Unfortunately, the girls could not break their winning streak and made it to the 3rd/4th play offs where they played BISAD, gaining 3rd place. A special mention goes to Sophia Barraclough for stepping up as a GS and being an extremely versatile player during the season.

B Team

Throughout the season, the B team made huge improvements and showed adaptability when they lost a number of players to injury. They finished 5th in the league and the End of Season Tournament. Well done to Stella Venus and Emma Burke for their huge improvements and good sportsmanship throughout the league and tournament.

C Team

This season, we were so excited to have a group of committed girls who love to play netball. They improved so much over the season and finished 2nd in the league. They managed to win the ADISSA End of season tournament, all girls should be extremely proud of themselves.

Congratulations to all of the girls on an outstanding season of netball and I hope you continue to train in Term 3. Just a reminder that training will be on Wednesday at 2:45-3:45 for the Under 9/11 and 3:45-4:45 for the Under 12/14s. Have a lovely Easter break and I look forward to seeing you all on your return.



RESULTS

Swimming	Netball	Football Girls	Football Boys	Rugby
Tue 28 th Feb -Junior Squad – No meeting	Sun 12 th Mar - U9A 3 rd place in the end of season tournament B's V 5 th place in end of season tournament	Tue 14 th Mar U12 V 1 st place in end of season tournament	Sun 12 th Mar U9A V 6 th place in end of season tournament U9B V 6 th place in end of season tournament	Tue 14 th Mar - U12 V 1 st place in End of season tournament Thur 2 nd Mar – No Fixture
	Sun 12 th Mar - U11A 3 rd place in end of season tournament B's V 5 th place in end of season tournament C's V 1 st place in end of season tournament	Tue 14 th Mar U14s A – 1 st place in end of season tournament U14B – Cup Semi-finalists in end of season tournament	Wed 15 th Mar - U11A V place winners @ end of season tournament U11 B's V Cup finalists in end of season tournament	Tue 14 th Mar V 1 st place in end of season tournament
Sundays - Seniors Squad – 1 st place in Yasmina Gala		Wed 15 th Mar U16s V 1 st place in end of season tournament		Tue 14 th Mar U16A 1 st place in end of season tournament
		Sun 12 th Mar U19s – Cup finalists in end of season tournament		Thur 16 th March U19 V No Fixture



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Junior School Sport for All

Sunday

(Pre-school) Water Polo Year 5-13 in the Pool.

(2:45-3:45) Recreational Football Year 5&6 on the Junior & Senior Pitches.

(2:45-4:45) Girls Badminton Year 3-13 in the Junior Sports Hall.

(2:45-3:45) Development Swimming in the Pool (INVITATION ONLY)

Monday

(2:45-3:45) Recreational Football Year 3&4 on the Junior Pitch.

(2:45-3:45) Relax for Kids in the Junior Hall.

(2:45-3:45) Junior Dance Club in the Junior Dance Studio.

(2:45-4:45) Boys Badminton Year 3-13 in the Junior Sports Hall.

(3:45-4:45) Girls Only Boxing Year 3-13 in the Phase 3 Gym.

(2:45-4:45) Cricket 6s Tournament Year 5-10 in the Senior Sports Hall.

(2:45-3:45) Junior Girls Only Fitness in the Fitness Suite.

Tuesday

(2:45-4:45) Touch Rugby League Year 5-13 Mixed Teams on the Junior Pitch.

(2:45-4:45) Trampolining Year 5-13 in the Junior Sports Hall.

(2:45-3:45) Multi-Sports Year 3&4 in the Phase 3 Gym.

Wednesday

(2:45-3:45) Primary Rugby on the Senior Pitch.

(2:45-3:45) Multi-Sports Year 5&6 in the Junior Hall.

(2:45-4:45) Rounders Year 3-13 on the Junior Pitch.

Thursday

(1:35-2:35) Table Tennis Year 5-13 in the Phase 3 Gym.



Senior School Sport for All

Sunday

(Pre-School) Water Polo Year 5-13 in the Pool.

(2:45-4:45) Girls Badminton Year 3-13 in the Junior Sports Hall.

(2:45-3:45) Development Swimming in the Pool (INVITATION ONLY)

Monday

(3:45-4:45) Recreational Football Year 7-9 on the Junior Pitch.

(2:45-4:45) Boys Badminton Year 3-13 in the Junior Sports Hall.

(3:45-4:45) Senior Girls Only Fitness in the Fitness Suite.

(3:45-4:45) Girls Only Boxing Year 3-13 in the Phase 3 Gym.

(2:45-3:45) Boxing Year 7-10 in the Phase 3 Gym.

(2:45-4:45) Cricket 6s Tournament year 5-10 in the Senior Sports Hall.

Tuesday

(2:45-4:45) Touch Rugby League Year 5-13 Mixed Teams on the Junior Pitch.

(2:45-3:45) Senior School Dance in the Junior Dance Studio.

(2:45-3:45) Trampolining Year 5-13 in the Junior Sports Hall.

Wednesday

(3:45-4:45) Girls Recreational Football Year 7-10 on the Senior Pitch.

(2:45-3:45) Rounders Year 3-13 on the Junior Pitch.

Thursday

(2:45-3:45) Table Tennis Year 5-13 in the Phase 3 Gym.



Competitive Sports Programme

Sunday

- (2:45-4:45) S&C Senior Rugby Fitness in the Fitness Suite.
- (2:45-3:45) S&C Senior Rugby Fitness in the Senior Sports Hall.
- (3:45-4:45) Senior Volleyball in the Senior Sports Hall.

Monday

- (2:45-3:45) Senior/Junior Swim Squad Training in the Pool.

Tuesday

- (2:45-3:45) COBIS Football on the Senior Pitch.
- (2:45-4:45) S&C Senior Football Fitness in the Fitness Suite.
- (2:45-3:45) S&C Senior Football Fitness in the Senior Sports Hall.
- (Pre-School) Senior/Junior Swim Squad in the Pool.
- (3:45-4:45) Senior Football.
- (2:45-3:45) Senior Swim/Run in the Pool.

Wednesday

- (2:45-3:45) U11 Basketball in the Junior Sports Hall.
- (3:45-4:45) Senior Girls Netball in the Junior Sports Hall.
- (2:45-3:45) Junior Girls Netball in the Senior Sports Hall.
- (2:45-4:45) S&C Senior Girls Netball Fitness in the Fitness Suite
- (2:45-3:45) S&C Senior Girls Netball Fitness in the Senior Sports Hall.
- (3:45-4:45) Senior Basketball in the Senior Sports Hall.
- (2:45-3:45) Junior Swim/Run in the Pool.
- (3:45-4:45) Senior Swim Squad Training in the Pool.

Thursday

- (Pre-School) COBIS Senior/Junior Swim Training in the Pool.

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