

SPORTS REPORT AUTUMN 2023



PE Department Sports Newsletter



What a start to 2023/24!

Written by Mr Bennett

As we come to the end of another fabulous Autumn Term, I have been thrilled to see so many students participating in sport and embracing the wonderful opportunities we have on offer. We have fielded 52 teams and participated in a total of 215 fixtures and competitions.

Football has taken off this term with both the U13 and U15 team making history as the first NHEHS team to compete in the National Sisters in Sport and Independent Schools Football Association competitions. These competitions will continue next term and I look forward to seeing how the team's progress.

Netball has continued to thrive, and I have been delighted to welcome Miss Millns into the department. The netball highlight was undoubtedly from the NHEHS All-stars team who competed in a fabulous day of netball, where they went head-to-head with U19 Surrey Storm and U19 Saracens Mavericks. Hockey has also had its success with the U14 team winning the county tournament and qualifying for the regional finals. They also secured a top 4 finish in the GDST competition.

Cross country success saw the team defend the Ealing Schools Cross Country Championships title for an incredible 11th year! The junior team also qualified for the Regional Finals of the English Schools Cross Country Competition. Some fantastic tennis results crowned the U13 and U15 teams as LTA Division 2 County Champions. Waterpolo and swimming have continued to flourish, and we have been delighted with the team's success in the London Waterpolo Leagues. Additional fixtures have seen our students represent the school in a variety of sports including skiing, trampolining, and badminton.

I would like to thank the PE staff and students for all their hard work and dedication this term, and I wish everyone a fabulous Christmas!

Highlights in this issue:

U13 & U15 County Tennis Champions - Pg 2

Alex crosses the English Channel- Pg 3

Ealing Schools Cross Country Champs - 11th time! - Pg 5

150th Netball Celebrations - Pg 8

Sporting achievements - Pg 11

Autumn Term sports photos - Pg 12

Year 7 Pre-season Hockey & Netball

Written by Isabella G

As the new Year 7s flooded into Trailfinders, it was time to start the pre-season netball and hockey on Friday 1st September! The whistle was blown, netballs were thrown, hockey sticks tackled and goals scored. The sports teachers were very encouraging and supportive and motivated us to try something new, while getting to know so many new people that we would be in a year group together with!

My friend discovered that she is actually an amazing shooter thanks to Miss Dunkley, helpfully adjusting her technique! The hockey was really lively, with some fun games to start with (we enjoyed building the human pyramid). Many girls turned up - some were already fantastic players and others really improved as the day went on. We did lots of drills - dribbling around a cone, passing to one another while attempting to score were two of my highlights. When we got into game play, it was brilliant because I saw for myself how talented and skillful many of my friends are.

Overall, the pre-season session was great fun and it was a fabulous hockey and netball-filled day! Everyone met someone new, we made friends and it was really enjoyable to get to know each other. Thank you to the sports department for organising it!



U13 & U15 Tennis teams are crowned Div 2 County Champs

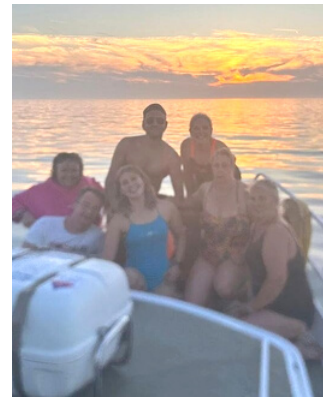
Written by Abby G

NHEHS U13 and U15 teams competed in the LTA Division 2 tennis competition throughout the Summer Term, with both teams qualifying for the finals, which was played during the first few days coming back to school. Both the U13 and U15 teams played North London Collegiate School in the final, with both games coming down to the wire. We won in the end, being crowned County Champions!. Everyone on the team really enjoyed playing the sport and each person played very well. We especially enjoyed winning! Tennis is normally an individual sport, but playing as a team made it so much more fun. Both teams really dominated the county school rounds. I remember all the tiebreaks we played when we tied with the other school, which would be stressful to play. At the end of the day, our team handled it really well and played amazingly.



Alex crosses the English Channel!

Written by Isabella P



This week, we spoke to Alexandra D in Year 11 about her experience swimming the channel for charity. When it comes to open water swimming, the English Channel is one of the ultimate tests even when part of a relay team and after 16 hours and 16 minutes, they made it to France! Alexandra, when asked to describe the experience as whole in three words, said, “incredible, jellyfish, terrifying.”

She was part of a team of 6 swimmers to raise money for the charity COSMIC. The cause was partially important to her as in 2021, at the age of 13, she was admitted to St Mary’s ICU after catching Covid. She absolutely smashed her fundraising goal, raising over £6,000 for St Mary’s!

“It was actually incredible, I didn’t know how many people would support it and it was absolutely amazing to raise that much!”

After being delayed for weeks over the summer, the conditions were finally good enough to make the crossing. Alex found out about the swim’s timing right before her school photo on the first day back when her tutor told her, “you’re swimming tomorrow.” Alex recalls, “it was actually really crazy – right before my year 11 school photo, my form tutor came up to me and said you’re swimming the Channel tomorrow.” She says it was “really overwhelming but [she] was also really ready to get it done as the anticipation had been building all summer.”

When asked what the biggest challenge was Alex said, “definitely the bit where I swam through jellyfish and found out I get very seasick!” During her leg of the swim, Alex ended up in between two shipping lanes. The ships pushed “cuttlefish skeletons, jellyfish and seaweed into the middle called the separation zone.” Alex says, “I managed to go straight through it.” She also wasn’t wearing a wetsuit, as for it to be recorded as an official attempt, wetsuits weren’t allowed. On top of the various challenges in the water, Alex faced a slight problem on the boat, finding out she was very seasick, something she didn’t realise beforehand!

From delays, seasickness and jellyfish to raising a phenomenal amount, Alex’s swim is utterly inspiring and we’re all so proud of her!!! Watch her in action [here](#).

English Schools Cross Country - NHEHS at County & Regional Rounds!

Written by Alice W-B

On the 28th of September, the NHEHS cross country teams travelled to Harrow to compete in the English schools county qualifiers. We arrived very late (due to roadworks) so we didn’t have much time to warm up because the race was about to start. Some of the course was gravel which made it hard to run on it with spikes on, but the ground wasn’t very muddy. Our team came 2nd, while the intermediate team finished 3rd. After our race we watched the senior team who did very well but didn’t qualify to the regional round. A couple of weeks later we competed in the regional round at St Albans. The course was very muddy with lots of hills and everyone was covered in mud by the end of it. We all ran very well (despite the cold and muddy conditions) with the Juniors coming 8th out of 18 and the Intermediates coming 12th, Sofia B came 14th out of 96 runners and everyone else came close behind.



U13A & U14A at GSA Condover Hall

Written by Erin L & Iskra C-P

OG annual Netball Match

On Saturday 16th September, the U18 Netball team descended onto the sports hall to battle it out with the Old Girls Netball team for the annual OG Netball match.

With it being Notting Hill and Ealing's 150th birthday this year, it felt even more special than usual, with the school abuzz with hundreds of old girls celebrating this momentous occasion.

With a good warm up completed and both teams ready, the match began! It was a fun-filled match, with both teams scoring some great goals!

And the U18 team were lucky enough to even get a few pointers from former Director of Sport, Mrs Wilson.

When the final whistle blew, the U18 team won (we won't reveal the score) but both teams had a great time!



During the last weekend of September, the U13A & U14A netball teams travelled to Shropshire to take part in the GSA Condover Hall netball tournament. All netball teams were housed on the Condover hall grounds, allowing us access to all their activity courses, including zip wires and laser tag. We slept across three dorms with bunks, which proved a lot of fun over the two nights we were there! After arriving on Friday, we explored the grounds, had dinner and were given a talk by Natalie Panagarry, a former member of the England netball team (and current Loughborough Lightning Captain), about her journey in netball and ways to succeed as a woman in sport. After photos and questions, we went to bed early to make sure we were ready for the days ahead.

On the first day of the tournament the teams travelled off-site to play the pool rounds of the tournament with both finishing first in their pool, ahead of teams such as Godolphin, South Hampstead and Wimbledon. It was a busy day, with time in the evening for the silent disco, the death jump and meals provided by the Condover canteen.

The last day of the tournament, U13's travelled off-site to play their final matches to decide their position. A win against Wimbledon (8-7) and Bedford (9-7) saw them in the 3rd place playoffs narrowly missing out to St. Helen and St. Katherines to earn 4th overall.

At the same time, U14's were beating teams such as JAGS and LEH to secure them a place in the 5 and 6th play-offs, which they came out victorious, earning a proud 5th place.

Talking to the teams, our most memorable moments of the trip included Ms Dunkly's morning run, the outdoor activity courses and our frequent trips to the tuck shop!



“

Just believe in yourself.
Even if you don't pretend
that you do and, and
some point, you will.

—Venus Williams

”

Ealing Schools Cross Country Champions for an 11th time!

Written by Natasha B

This October, NHEHS put together three strong teams for the annual Ealing Schools Cross Country championships at Berkeley Fields in Greenford. We managed an impressive turnout with 11 Year 7s ready and eager to jump into their cross country careers at school. As well as an impressive turnout from Years 8-12, everyone was supporting each other with the older years taking the younger students around the course and giving their best tips to help the new Year 7s. Years 7-8 ran a 2km course, Years 9-10 did a 2.5km course and Years 11-12 a 3.5km course. Matching the amazing support, we enjoyed some amazing results: in the Year 7-8 race, Sofia came 2nd, in the Year 9-10 race, Minna came 3rd and in the Year 11-12 race, Eadi came 2nd and I was over the moon to come 1st. All the NHEHS runners ran strongly and there were also impressive top ten finishes from Alice and Maria in the Year 7-8 race and Emma in the Year 11-12 race. Once the results were all added together we heard the great news that we were borough champions again for the 11th consecutive year. It was a great start to the season!



U18 County Hockey Tournament

Written by Amelia C

On Wednesday 11th October the first team Hockey made the epic journey all the way to St Benedict's sports ground. Our team consisted of a mix of year groups captained by Anna W, which after having a rocky start to the season losing to St Benedict's 10-0, had come together, consistently committed to training and became more of a cohesive unit. This had resulted in some more positive results such as a 4-0 win against Portsmouth in the GDST tournament. For this tournament we only had to play two matches, as a team had pulled out, meaning it was vital we get off to a good start against our rivals St Benedict's. The matches were 30 minutes one-way, which is longer than normal tournament matches and therefore more strenuous. We started our first match well with high energy, a strong press and good defensive effort. With great performances from both Anna and Alice W, we had a few good counterattacks and were withstanding the pressure well. However in the dying minutes of the game due to a short lapse in concentration we conceded a goal. This was frustrating but the match was an overall positive experience and a sign of our improvement. We then faced Bancroft which was a difficult game due to tired legs, but again we persevered with impressive attacking play by Zoe D, however unfortunately we lost. St Benedict's ended up qualifying for the next round emphasising the strength of our performance against a top team. Overall it was a fun and tiring morning with great teamwork shown and helped along by some much needed sweet treats.



GDST Netball Rallies

The U14A netball team participated in the first GDST Rally of the year, heading off to Northampton to compete. After a busy morning in the groups, the team headed into the quarterfinal. With strong wins in the quarter and semi-finals, the team had a positive mindset going into the final - against Putney! Unfortunately Putney were just too good on the day, but the U14A team finished 2nd at the GDST Rally - a great achievement for so early in the season.

A few weeks later, the U13A team had an early departure (7:30am) to travel to Croydon for the U13 Netball Rally. They had a full morning of pool fixtures, managing to win 3 of their 4 pool games. They then had a convincing win against Northwood in the quarterfinal, but lost to Brighton in the semi-final. The team pulled together to then play Wimbledon in the 3rd/4th playoff, with a *close* game throughout. The NHEHS team were victorious, winning 6-5 and finishing the rally in 3rd!



Indoor Ski Champs at the SnoZone

On Sunday 1st October, we headed over to The SnoZone at Hemel Hempstead to participate at the British Schools Indoor Ski Competition - this being the third time NHEHS have entered this competition.

After queuing to get skis, helmets and bibs, we hit the slopes to warm up.

We each had 3 runs down in the Slalom competition, with all of us improving our times each time we competed.

Although we didn't perform as well as we thought we would, it was an exciting and enjoyable day out, and we were proud to represent NHEHS at this prestigious competition.

We can't wait to compete again next year!



U14-U18 Middlesex Schools Prelims

Over two days in October, Miss Millns and Miss Dunkley took the U14, U15, U16 and U18 netball teams to compete at the Middlesex Schools Netball Prelim competition, which was hosted at St Pauls Girls School.

All four teams played in a round robin format, needing to finish in the Top 8 to qualify for the finals.

The U14's narrowly missed qualifying, finishing 4th, while the U15's and U16's finished 3rd, while the U18's won 6 out of 8 games and finished 2nd.

Congratulations to the U15, U16 and U18 A netball teams that have qualified for the Middlesex Schools Netball Finals in March 2024 - we can't wait to see how you all do!



U14 Hockey success at County & Regional Finals

Written by Ella P

On the 12th of October, the U14A hockey team participated in the Tier 2 County Tournament. The team were in high spirits from the start, before competing in our 3 group games. Our group was with St. Augustine's, Latymer Upper and St Thomas'. To kick off the tournament we managed a convincing 2-1 win against St. Augustine's. Our match against Latymer, ended 3-0 to us. Finally the game against St. Thomas' resulted in a 3-0 win once again. All games included brilliant attacking and defensive play with amazing goals scored by the team. The team finished 1st, which meant we qualified for the Regional Finals.

The team played in the Regional Finals in a group with 3 very strong teams. We ended up missing out on the semi-finals after it went to goal difference, goals scored and finally head to head. This meant we would take on St. Augustine's once again for the 7th/8th playoff. A very tight game ended with them breaking the deadlock, and the end score 1-0 loss.

Although the result wasn't what we wanted, the team was immensely proud of the character and courage we showed, along with being able to say we are Tier 2 County Champions!



“
You control your
own wins and
losses.
—Maria Sharapova”

150th Netball Celebrations

Written by Gen P

On Saturday 5th November, the NHEHS All Star team rallied to take on two different U17 franchise sides, Saracens Mavericks and Surrey Storm. The day kicked off with a match between the two best club teams in the country, Academy NC and Oldham. The game was tense, with several international names taking to the court - most notably, the most capped England netball player, Jade Clarke MBE, who played for Oldham. With some awesome defensive reactivity and strength in the circle, the Academy side took the win, with 64 goals to Oldham's 41.

Inspired by the elite performance, the NHEHS All Stars, coached by Sasha and Kadeen Corbin (previous international players for England and Barbados), took to the court to take on U17 Surrey Storm. Playing with rolling subs, the team adapted effectively to manage the U17 Surrey Storm offence, having a majorly successful run in the second half to win the match 19-18. The support from the crowd was definitely key in spurring on our momentum towards this victory. Riding high off the win, the team then faced Saracens Mavericks U17s, who, with impressive ball speed and well-drilled units, stole the game. It was a massive pleasure to play these two sides, and we are so grateful for the opportunity to stretch ourselves on court and be coached by two netball legends.

The event had a wonderful atmosphere, with such great support from the supporters and netball royalty at the event (Tamsin Greenway and Mikki Austin were in the crowds too!)

Thank you to Miss Dunkley and the rest of the sports department for organising this event!



U14 LISSL Waterpolo League in progress

Written by Abi F

This term, the U14 team have been competing in the new London Independent Schools league, with NHEHS hosting Highgate, City Of London School and Bedford Modern School for the first round.

The games were fast paced, with many goals being scored by all teams. With all of our hard work at training, we managed to beat all three teams convincingly. This was very rewarding as the U14 squad had been putting in a lot of effort and commitment at training, which reassured us that we are in good spirits leading up to the National Schools Qualifiers in 2024.

We hope to continue with the winning ways moving into the next round of the competition.



U16 LS Waterpolo League in progress

Written by Evie S

This past term our U16 team has competed in the London League. This is a mixed water polo competition, and has been incredibly helpful in developing our teams stamina and strength. As previous National School Champions, our teamwork, individual skills and communication were great, however our ability to remain strong when against physically bigger opponents, who were able to overpower us, was lacking.

Playing against the boys has taught us how to use our skills to benefit us, and how to use their strength against them. That being said, we played both Highgate and Eton College, winning both matches by a considerable amount. With Jaspreet G as our top shooter, and me in centre back, the rest of the team raced around the pitch, delivering the ball smoothly between everyone, allowing for an easy victory every time.



“

You've got to be confident when you're competing. You've got to be a beast.

— Gabby Douglas

”

U14 Hockey tour to Newcastle

Written by Florence B

Recently the U14 hockey team went to Newcastle for a GDST arranged hockey tournament. On Thursday morning we woke up early to travel to Newcastle. That afternoon we had our first matches against Newcastle High School and Streatham & Clapham. We worked hard and won both matches 1-0, with goals from myself and Ajuni. After our long day we headed back to Newcastle High School for dinner, and then had a yummy dessert at Creams (despite the cold temperatures, who doesn't love ice cream!).

We woke up bright and early on Friday and had a delicious breakfast at the hotel. We played another two matches that morning against Blackheath and Northampton. In the match against Northampton we won 1-0 and in our match against Blackheath we won 3-0. On Friday Ella and Romilly scored the goals, with Ella scoring a great flick on her reverse. After this we went to a Christmas market and had an amazing time exploring the various stalls. We went back to Newcastle High School for an inspiring talk from a now retired GB hockey player Shona McCallin. On Saturday morning we were due to have the matches to play for our place, unfortunately it was too cold to play as the pitches were frozen and it would have been dangerous. Despite this, we all enjoyed the trip a lot and are proud of how well we did.



Harroddian Netball tournaments success!

Always a highlight of the Autumn Term, the Harroddian Netball tournaments are a way for the teams to see how far they have developed as teams this term.

The week of tournaments started off with a bang, with the U13A team finishing 2nd.

The U18A team finished in 4th place, with a very narrow loss in the 3rd/4th playoffs!

The U14A team then ended off the week in style, with a 2nd place finish.

All teams are pleased with their progress thus far and continue to work hard for the Spring Term and the tournaments that await!



GDST Day of Dance

Written by Roxana Q

On Monday 4th December, we gathered at Pineapple Studios in Covent Garden for the annual GDST Day of Dance. People from all around the country had come, some schools as far as even Liverpool and Oxford were in attendance. After a quick introduction to the day and all the workshops planned, we were swiftly led into our first workshop. We partook in multiple workshops ranging in different styles - from Commercial Street to Contemporary. After an exhilarating first half of the day, we took a quick lunch break before heading to our last workshop. In each workshop, we participated in a warm-up following the style of dance the class was based around, we then learnt choreography to rehearse and perform in smaller groups. We even learnt the same choreography that is running in a current west-end production! Overall, it was a very exciting experience to be introduced to a range of styles of dance, and to be taught by experts in their field, and I thoroughly enjoyed it and would love to do it again next year.



Sporting achievements by NHEHS students

It has been a busy start to the term for NHEHS athletes, participating in a full Autumn Term of school sport, alongside their own sport outside of school.

Below are some of the many achievements this term:

- Jaspreet G was selected for the U18 Great Britain Waterpolo Squad.
- Alex D was part of the Cosmic Charity relay team that successfully crossed the English Channel.
- Shobitha G was crowned British National Aerobic Champion in her NAC Senior category.
- Bea G and Gen P were selected for the GDST Select Netball Squad.
- Emily C was part of the U12 Middlesex Tennis team that finished 3rd at the National Championships.
- Cosima L-D is part of the Lionesses Futures Pathway academy.
- Aila A, Anishka G, Ava J and Erin L were selected for the U13 Middlesex Netball Performance Squad.
- Sofia B was selected for the Middlesex Inter-Counties Cross Country Team.
- Eloise S finished 2nd in the 70cm event at the Showjumping National Champs.
- Jojo D, Manpreet G, Nishka P and Lilly B received their first Middlesex Cricket Cap at a capping ceremony at Lords Cricket Ground.
- Natasha B finished 1st in her age group in the Ealing Mini Mile 2023, while Sofia B finished 3rd in her age group.
- Gen P was selected for the U19 London Pulse Pathway squad.
- Emily C won the U12 Middlesex Tennis County Championships.
- 8 students were selected to represent Team Ealing at the London Youth Games Cross Country event.
- Lana G, Nishka P and Suhana C were selected for the U13 Middlesex Cricket performance squad.
- Lilly B was selected for the U15 Middlesex Cricket performance squad.
- Abby G participated at the Play Your Way to Wimbledon National Finals.
- Anna W was selected for the England Hockey Talent Pathway Academy.
- Bea G captained the U18 South East Region Touch Rugby team, finished 2nd at the National Championships.

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Autumn sport in pictures



U15 Football team at the GDST Rally



Ciara finished 3rd at the London Regional Trampoline Champs



Students who assisted with running a Willow Tree Junior Netball tournament



Ava, Anishka, Aila & Erin are part of the U13 Middlesex Netball Performance Squad



Gen playing for U19 London Pulse team in the NPL



NHEHS swimming squad at the London Heats for Year 7 & 8



Pizza twists are a favourite after a fixture at St Benedict's



Shobitha was crowned British National Aerobic Champion in her NAC Senior category



Jojo, Lilly, Manpreet & Nishka received their first Middlesex Cricket Cap at a ceremony at Lords



Jaspreet has been selected to be part of the Great Britain U18 Waterpolo Squad



Staff & Students who ran the 2023 Ealing Half Marathon



Emily won the U12 Middlesex County Tennis Championships



Natasha & Sofia performed exceptionally well at the Ealing Mini Mile



Bea captained the England U18 Touch Rugby team



Eloise at the Showjumping National Champs, finishing 2nd in the 70cm