

# CCW NEWS



July 2021

## PE & SPORT REPORT

**C**ovid 19 decimated the school year and our otherwise normally thriving extra-curricular PE and sport programme. This year has been challenging to say the least but the students have persevered. The students have become used to half times and intervals - not to talk tactics and get their breath back - but to hand sanitise!

In September we hope to hit the ground running with the following regular College clubs and teams during the Autumn term: football, basketball (breaktime shooting practice and lunch time clubs), cross country, volleyball, badminton, netball, fitness suite, multisport club

and a gymnastics vaulting club at the various age groups. There may also be some rugby and hockey although these may not be as regular.

### HOUSE FOOTBALL

#### **Year 7**

A closely fought contest with the reds of Adventure proving too hot for the rest!

#### *Results:*

First - Adventure	Second - Endeavour
Third - Resolution	Fourth - Discovery

#### *Top goal scorer:*

Lilly Harland (3), Brandon Anscombe (2)



## Year 8

Endeavour ran away winners by default, being the only house to field a full team.

Endeavour 11-6 Y8 'All Stars' top goal scorers:  
Jack Kiplin 5, Ewan Locker 4

Y9s couldn't quite commit to a full competition but a fun session was had for those that were keen on the WSF astro: Harry Belchamber, Sam Brown, Ollie Locker, Wilbur Cooke, Tom Layton and Finley Raine. Endeavour had the most representatives and therefore were victorious.



## Y10 House Football (23-3-21)

### Results:

First - Discovery	7pts
Second - Resolution	5pts
Third - Endeavour	3pts
Fourth - Adventure	0pts

### Top goal scorer:

Tyler Dodsworth 2

## Y11 House Football (22-3-21)

### Results:

First - Discovery	9pts
Second - Resolution	6pts
Third - Endeavour	4pts
Fourth - Adventure	2pts

### Top goal scorer:

Jonny Hare 9, Sophia Mallender 8, Harry Craggs 7

The CCW Y10 v Y11 Annual Football Challenge Match at WSF. Final result Y11 8-0 Y10. Despite the result - a hard fought but superb atmosphere! Some very good play by both teams and some high quality goals from the Y11s. Second leg in September when the Y11s return as 'CCW Old Boys' to play the Y10s as Y11s.



## WSF/WTFC LINKS

Whitby Sixth Form/Whitby Town FC Partnership is happening in 21-22! Twice weekly training (Mon & Wed) - with home matches at the Turnbull Ground/Towbar stadium! The WSF team will play in North Yorkshire County SFA League, County and National cups as well as a range of friendlies. Players can access ESFA pathway (county & possible England trials). The programme is kindly sponsored by Whitby Seafoods.

WSF footballers who defeated Scarborough Sixth Form 4-1 in the sunshine (19-4-2) Jay Jordan hat trick and 1 goal from Sam Spenceley who shaded Man of the Match. An excellent team performance from all!



**FORTHCOMING COUNTY FOOTBALL TRIALS** are taking place at Thirsk School on Saturday 11 September. Ewan Mould and Tom Newton have been nominated for the U16 trials. George Sault, Jay Jordan and David Willison for the U18 trials. The boys will play for a Scarborough and District Schools' select side and we wish them well.

## ENGLISH SCHOOLS ATHLETICS AWARDS BADGES - Y7, 8, 9

Following performances in lessons - check notice boards and see your PE teacher. Metal Badges and Certificates are £3. Forms available from your PE teacher. On this note Mrs Mastrodonardo's Year 9 groups had some particularly notable performances from:

- Alannah Inglis who achieved gold in both sprints and jumps, silver in endurance and bronze in throws
- Ruby Morley - bronze in sprints and jumps
- Millie Sault - silver in sprints and endurance, bronze in jumps
- Bella Winspear - silver in jumps, bronze in throws
- Catalina Sandra - bronze in sprints and jumps
- Ellie Mc Clure - bronze in jumps and throws
- Amber Clews - gold in jumps and bronze in sprints
- Floss Waterfield - bronze in jumps & sprints
- Anais Mason - silver in throws and bronze in sprints
- Charlie Albinson - Bronze in endurance and throws
- Rosie Young - gold in sprints
- Lily Winspear - silver in sprints
- Lucy Boyer - bronze in throws
- Katie Harland - bronze in throws
- Paige Milner - bronze in throws
- Amy Spark - bronze in throws
- Trinity Dowson - bronze in jumps
- Lexie Weatherill - bronze in throws
- Lily Burton - bronze in throws
- Izzy Hayes - bronze in sprints
- Charley Smith - bronze in sprints
- Gabby Easter - bronze in sprints.

The determination of most students though was fantastic. Maybe they didn't achieve an award but they strived really hard to improve on their Personal Bests and Mrs M would like to congratulate them on this and remind them that health and fitness is very much about a comparison with your present and former self - not a comparison against others.

## 'ACTIVATE 13' FOR NEW YEAR 7s

In September - Mr Mastrodonardo will train Y7 tutors to use an activity programme in tutor time that is a cross between 'brain gym' and aerobics - the intention being to stimulate Y7 to be even better, more receptive/attentive

learners after aerobic coordination exercises (Activate) for 10 minutes each day in registration/tutorial time:

**Benefits:**

- increases physical fluency - agility, balance co-ordination
- develops attention concentration and listening skills
- develop self-awareness, confidence and self-esteem
- builds stamina and strength and helps fight obesity
- assists wellbeing
- develops various academic, personal and behavioural competences.

**PE UNIFORM - KIT REMINDER**

CCW students demonstrate high standards of dress in PE and full details of PE Uniform are on the College website. Parents and students are reminded that football boots and shin pads are compulsory for football; shinpads and a mouthguard are strongly advised for rugby and hockey lessons. Long hair for boys and girls must be tied up.



**New PE kit** - a change from the traditional rugby shirt will be phased in for the incoming Y7 boys - with a move to a heavy duty, stylish and more modern multisport shirt - available via CCW website/Laughing Whale at an even cheaper price than the rugby shirt! This can be



used as the additional top layer for boys while the girls have a College PE fleece'

Any old football boots, running trainers, athletics spikes or black shorts - that no longer fit students - please hand in to PE dept and they will go to good causes.

New GCSE PE and BTEC Sport - Student Kit is available to order for Y10-Y13 - see MM/College website for details. Hummel men's and women's shirts and training top are available in blue/black for CCW exam courses (GCSE and BTEC L2) and black for WSF students (BTEC L3).

**CRICKET**

Below a scene from the tense and competitive 6v6 Indoor Cricket between CCW Y10 and Y11. Y10s were 137 for 10. The result went down to the last ball with Y11 snatching victory with 138 for 3! Kaleb Gravett top scorer with 44 not out!



CCW v Eskdale U15 (17 June) - saw some genuine talent on both teams. CCW pipped it by 11 runs. Played in a very sporting manner at CCW - both teams were exemplary ambassadors for their schools. Joe Kelly 37 runs was MoM for CCW.



**More Cricket**

Inter-school U15 after defeat away to High Tunstall at Hartlepool CC (right) and Y7 and 8 cricket club (below).



**EQUESTRIAN SUCCESS**

The Caedmon College equestrian teams competed at Showjumping at Northallerton Equestrian Centre on Sunday 27 June. The classes were huge, the competition was fierce and the CCW team was amazing. Results and more details on the CCW website. The majority of the riders finishing first in their class and a number going on to national championships.



## TENNIS CLUB AND DISTRICT TENNIS TOURNAMENT

An image from the CCW tennis club on Tuesdays in the summer term after school (below) - our teams were all set for the District tournaments at U13 and U15 level - hosted by CCW on the 9 astro and hard courts at WSF. The normally fourteen-strong school tournament was called off due to Covid.



## CCW Y11 ALL STARS BASKETBALL GAME - 20 APRIL

Absolute pleasure to ref the CCW Y11 All Stars Basketball Game. Greens beat Reds 41-25. Impressive standards with almost all getting on the scoresheet. Kobe Skedd top-scored with 19 points including 4x3pointers! Sam Spenceley 11 points Harry Craggs 10. Well done all!



## Y10 SOON TO BE Y11 NETBALL

Year 10 girls have made a great start to the netball season by attending netball club for the last half term. This should set them up well for the fixtures beginning (fingers crossed early next term). They will combine their training with the sixth form girls.

## UCFB (UNIVERSITY CAMPUS OF FOOTBALL BUSINESS)

To tie in with our Y13 BTEC Sport L3 Unit 22 'Business in the Sport and Active Leisure Industry' - we have arranged for a visiting workshop to WSF on 20 September 2021 and then a trip to UCFB Etihad campus Manchester City FC a month later on 20 October 2021 - which will also include a Stadium and Academy tour.



**Y12 BTEC SPORT LEVEL 3 STUDENTS** - doing practical work on their Unit 27: Outdoor & Adventurous Activities - mountain biking on their way to Robin Hood's Bay. Still had time for an ice cream!



## **TWENTY-ONE FOR 2021 - JUST DO IT!**

Twenty-one Activities to do in your holiday time in Summer 2021- it doesn't take much to do something that will make you feel good!

This should be familiar from Lockdown January - March but you may wish to revisit these CCW PE department suggested activities to keep you fit and active?

### [Link](#)

*Example:*

1. Gymnastics Challenges - go to link- scroll down -choose from 4 different levels

<https://www.kessp.com/attachments/download.asp?file=54&type=pdf>

