

# RICARDS LODGE AUTUMN TERM 2012

**merton**  
School Sport Partnership



Vicky Griffiths—Your Sport Co-ordinator

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### COMING UP NEXT TERM.....

### END OF TERM STATISTICS

- 16 Year 8 Students have completed the MSSP leadership academy
- 8 students from Year 8 have achieved the bronze MSSP leadership award
- 5 week KS1 multi skills club delivered by leaders
- Ricards Year 9 Netball team crowned Borough Champions!
- Triple success for Ricards Cross Country teams winning the Year 7, year 8/9 and Year 10/11 age groups
- Ricards students selected to represent Merton in the Surrey School Cross Country Championships
- Individuals selected to represent Merton in the London Youth Games Cross Country.

### Merton Cross Country

The first borough event on this years calendar was the Cross Country Championships .

This event acts as the selection trials for the Surrey Schools Cross Country Championships taking place on January 19th 2013. The first eight athletes in each race are invited to represent Merton in the prestigious Surrey School Cross Country event.

Ricards Lodge swept the board in every age group, winning all 3 of the team trophies! This was a result hard training and fantastic individual performances.



Girls in Cross Country action

The following girls have been selected to represent Merton in the Surrey Schools Cross Country Championships:

- Zara Mulligan
- Beatrice Fitzmaurice
- Riyan Setti
- Lois Whitelegg
- Rebekah Jones
- Katie Rawlinson
- Grace Bennett
- Rosie Tweedale

Congratulations to all of these girls on their selection and Good Luck! It is a fantastic achievement to be selected to represent the Borough

## TROPHIES GALAORE!

A fantastic start to the year as Ricards Lodge sports teams are crowned Borough Champions!

### Year 10/11 Badminton

The Merton Badminton tournament acts as the qualifying for the Centre Parks National Schools Championships with the winning team progressing to the regional event (taking place in February).

With only one team per Borough to progress to the regional round, and as reigning champions, the Ricards girls had a lot to play for! However, Ursuline (hungry for revenge after being beat last year) were determined that this year they would be taking home the title.

Both teams had obviously been training hard for this event as the standard of play was excellent! However, unfortunately for Ricards, they would not be maintaining their title, finishing 2nd to Ursuline in a very close competition.



Year 10/11 Badminton Team

### Year 7/8/9 Badminton

It was another close competition for the year 7/8/9 Badminton teams.

As with the older event, the standard of play was exceptionally high and all the girls played each pint to the maximum. But, it was the turn of Ursuline to do the double, winning the year 7/8/9 title.



Year 7/8/9 Badminton teams

### Netball Championships

The annual Merton Netball Championships is a pinnacle event and a title that all schools want to win.

Ricards Lodge had teams entered in each of the age groups and all had been training very hard for this event.

The morning session saw teams from Year 7 and 8 compete and with the winning year 7 team progressing to the London Youth Games, there was a lot to play for! The competition was tough and standard very high in both the age groups. Ricards did very well, the year 7's finishing 4th & year 8 3rd!



Bronze medallist year 8's

The afternoon session gave the Year 9 and Year 10/11 girls the chance to showcase their talents and the Ricards teams certainly did this!!

The year 9 team stole the show winning all their matches and drawing one to be crowned Borough champions!

Not to be out done by the younger year groups, the Year 10/11's completed a successful day finishing 3rd.



Year 9 & Year 10/11 Netball teams

**YEAR 8 LEADERS MAKE THEIR MARK**

16 students from year 8 have completed the Merton School Sport Partnership Leadership Academy. The course was run by Vicky and the students were selected to attend the course by the Head of PE, Miss Clarke.

The sessions were split into two sections – theory and practical. The first 45 minutes involved theory work where the girls learnt about the various skills required to be a leader. They were then able to apply these skills during the second hour of the session as they delivered multi skills activities to Key Stage 1 children from local primary schools.



The girls were required to work together as a team to deliver the one hour session. This involved planning suitable activities/games, deciding who would deliver each part of the session (e.g. warm up/cool down) and working together throughout to ensure the session was safe and fun for all the participants.



Leaders delivering at KS 1 club

Sport co-ordinator, Vicky Griffiths, who has delivered the course was extremely impressed with the progress that all the leaders have made over the 7 weeks;

*"All the girls have committed 100% to the course and flourished into fantastic leaders. They have devel-*

*oped crucial skills such as communication, organisation, team work, time keeping which they can now apply in different aspects of their life"*



Leaders delivering at KS 1 club

The Merton School Sport Partnership has developed a leadership award system which rewards students for their volunteering hours. Students must complete 10 volunteer hours to achieve a bronze certificate, 18 hours for silver and 25 hours for Gold. Below is a list of the girls who completed the academy. The girls highlighted have completed more than 10 hours therefore the bronze volunteer award:

**-Gabriella Yiannakou**

-Lear Steer - **Sophie Rogers**

-Tyler Brooks - Holly Taylor

-Jada Campbell - **Emily Johnson**

-Jade Cavanagh - Olivia Sullivan

-Kiara James - **Amy Karney**

-Alex Perrin - **Kara Abrams**

**-Tegan Hall -Turner**

**-Sarah Valentine**

Kiara Carter Edmonds



Leaders achieving bronze award

All the leaders are now expected to continue their volunteer hours by assisting at school events, after school clubs, local sports clubs etc.

**OTHER LEADERSHIP NEWS**

MSSP is dedicated to providing opportunities for all young people across the Borough to obtain qualifications and experience in sports leadership. We offer a wide variety of sport courses throughout the year. Students from Ricards attended leadership courses during October half term and more have signed up for courses taking place in the New Year.

Below is a list of all courses taking place in 2013. If any students would like to take part, please contact Vicky for more details and to register

-Junior Football Leaders Course—Tuesday 19th February

-Rounders Young Leaders Award—Tuesday 9th April

-Tennis Young Leaders Award - Wednesday 29 May

**MERTON SCHOOL SPORT MARK**

Merton's new School Sports Mark survey saw it's inaugural results published this term The survey, designed by Merton School Sport Partnership was put in place to reward Merton schools for their provision of opportunities within PE and Sport.

Ricards Lodge were awarded with Bronze



**OTHER NEWS.....**

- MSSP coaches have delivered after school club coaching this term—Football, Gymnastics & Fitness. Coaching will continue next term.

- Ricards students attended MSSP leadership courses during October half term—Young Netball Leaders course & Mini Referees course.

- Ricards hosted a MSSP primary school football competition earlier this term which was a huge success!

**Wimbledon Cluster Primary News....**

- The Wimbledon Cluster have done the double in the primary age football events winning the Girls & Best Team Borough Football championships. Bishop Gilpin (girls winners) and The Priory (Best team winners) will now go on to represent Merton in the London Mini Games (taking place in March)

- All year 5 children in the Wimbledon cluster have completed the MSSP primary leadership training (delivered by sport co-ordinator Vicky)

-All primary schools are delivering multi skills festivals delivered by the year 5 leaders.

**NEXT TERM...**

Events that you can enter next term...

-Year 10/11 Basketball - 23/1/13

-Year 8/9 Basketball - 30/1/13

-Year 7 Basketball - 6/2/13

- Year 7 Sportshall Athletics—12/2/13

- Year 7-10 Trampolineing - 13/3/13

- Year 7—11 Benchball - 21/3/13

Please check the MSSP website for details of all these events and to enter your teams

[www.mertonssp.org.uk](http://www.mertonssp.org.uk)

Full reports of all events can be find on the website along with all partnership news.

Thank you all for your support this term.

If you have any questions, do not hesitate to contact Vicky.

Happy Christmas! See you all in 2013!

