

RICARDS LODGE SPRING TERM 2013

merton
School Sport Partnership



Vicky Griffiths—Your Sport Co-ordinator

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COMING UP NEXT TERM.....

END OF TERM STATISTICS

- Year 7 Sportshall Bronze Medalists
- Most represented school at Borough Trampoline competition
- Multiple success at Trampolining competition
- Highest number of representatives from any school in the Borough at Surrey Schools Cross Country Championships
- Netball leaders excel at Primary event
- Year 8 Leadership academy students continually collecting volunteer hours
- 1 of a very few students across the Borough achieves the Gold Leadership award

MEDALS AT MERTON SPORTS EVENTS

More medals for Ricards girls at MSSP sports events this term

Sportshall Athletics

A strong team of eight year 7 girls took on the rest of the Borough at the Sportshall athletics competition at Wimbledon College.

The girls took part in a range of throwing, jumping and running activities, all adapted for indoors (standing Long Jump, Indoor Shot Putt).

The girls got off to a fantastic start in the field events, collecting maximum points in many of the events which included; Speed Bounce, Standing Long Jump, Standing Triple Jump, Shot Putt, Standing Vertical Jump

The team continued this fantastic form as the action moved on to the track, the most exciting part of the competition. The track involved individual and relay events and each team had an 'A' and 'B' competitor.



Relay action

Each individual did their best and the team were rewarded by finishing in 3rd place!! A fantastic team effort from all the girls!



Bronze Medallists

Year 7–11 Trampolining

Ricards Lodge were strongly represented in this year's Borough Trampoline competition with an A & B team in two of the categories.

The girls had to perform a set routine in each category, every part requiring perfection to avoid deductions from the judges.

The team had been practising hard for the event since the start of term and the girls were confident with the routines. However, they faced tough opposition from Ursuline and defending champions Harris Academy Merton.

Although competing individually, all scores were combined in each category to get an overall team score so every single point mattered.

All the girls performed fantastically and were rewarded with 2nd & 3rd position in both the novice and intermediate categories.

Novice

1st = HAM

2nd = RIC 'A'

3rd = RIC 'B'

4th = UHS

Intermediate

1st = HAM

2nd = RIC 'B'

3rd = RIC 'A'

4th = UHS

Well done to both teams! More medals to add to the collection!



Trampolining Teams

Surrey Schools Cross Country

A number of girls from Ricards Lodge were selected to represent Merton in the Surrey Schools Cross Country Championships after their fantastic performances in the Merton event last term.

Surrey Schools is a prestigious event, involving the best competitors from across the Boroughs in Surrey. The race takes place at Reigate Priory which is renowned for being a tough, hilly course.

The original race date was cancelled due to terrible snow and conditions were not much better on race day after weeks of rain, making conditions extremely muddy!

Ricards Lodge had the most representatives from any school in the Borough and the girls did fantastic, finishing strongly in each age group. The year 7 (U13) team did exceptionally well, the only age group to have a complete team finishing.

U13 Girls (Year 7)

46th = Riyan Setti

53rd = Mollie Sewell

56th = Lois Whitelegg

89th = Tyler Du Plessis

Junior Girls (Year 8/9)

69th = Katie Rawlinson

Well done to all girls!! It is a fantastic achievement to be selected to represent the Borough!

LEADERSHIP

Ricards students excel as Sport Leaders!

Netball Leaders at Primary Event

After successfully completing the year 8 leadership academy last term, 8 girls were selected to be leaders at the Merton School Sport Partnership Primary Netball Tournament.

These girls showed great commitment and development during the academy and were identified as exceptional sport leaders. The netball tournament provided them with the opportunity to apply their knowledge and skills in a sporting event.

The tournament involved 14 schools from across the Wimbledon Cluster of schools competing for a place in the MSSP Netball Finals. The leaders were required to umpire the matches and to assist with the overall running of the event.

With 14 teams, there were A LOT of games to play but the leaders were enthusiastic and excited at the prospect of being in charge of such a big event. They took complete control and their umpiring skills developed as the tournament progressed. By the last few games, they were even offering coaching advice to the players! All 8 girls did a fantastic job! A number of teachers from the primary schools commented how well they did. Well Done girls!!!



Year 8 Netball Leaders



Umpiring the game

Ricards student is a GOLD leader!

The MSSP 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 & 25 hours for Gold.

Congratulations to Sade Keene (year 10) who has achieved the Gold award. Sade has achieved this award through their volunteering at the Merlins Netball club every week. Sade has shown great commitment and will be awarded with the Gold award. Well done Sade!!



Sade Keene—GOLD leader

WIMBLEDON CLUSTER PRIMARY NEWS

The Wimbledon Cluster have been doing exceptionally well at all MSSP Primary competitions this term!

- Bishop Gilpin Primary were crowned Merton Sportshall Athletics Champions & finished 5th in the South London Regional event
- Bishop Gilpin finish 2nd in the Merton Tag Rugby Finals
- Merton Abbey Primary Bronze medalists in Borough Boccia competition
- St Marys Primary Hi 5 Netball Winners!!!
- Pelham Primary Quick Sticks Hockey Champions!!
- Bishop Gilpin, St Marys, Pelham & The Priory all represent Merton in the Mini Games event



Pelham in Hockey action

NEXT TERM...

Events that you can enter next term...

- Year 7–13 Athletics Championships—14th & 15th May 2013
- MSSSA Fixtures Meeting—22/5/13
- Year 10 Rounders— 5/6/13
- Year 7-10 Tennis—7/6/13
- Year 8 Rounders—18/6/13
- Year 7 Rounders— 20/6/13
- Year 9 Rounders—9/7/13

OTHER NEWS.....

- MSSP coaches have delivered after school coaching this term—Fitness & Trampolining. Coaching will continue next term
- Ricards Lodge have hosted a number of Primary events this term (Tag Rugby, Hi 5 Netball & Teacher INSET training). Thank you to Ricards!
- School Sport coordinator Vicky delivered fitness sessions for year 8 classes during motivational women day.
- Nicola Ryan (director of MSSP) gave birth to a beautiful baby girl in January. Mum and Baby are doing well.
- Athletics club will be starting after Easter (every Tuesday)

LOCAL CLUB LINKS

MSSP have compiled a comprehensive list of all the local sports club in and around Merton.

All children should have access to local clubs (whether they show lots of talent or just really enjoy a sport). Merlins Netball club is a great example of a local club Ricards students are regularly attending with girls from all year groups taking part every Wednesday evening.

The local club list can be found at the PE Department or if you require any information about any clubs, please contact Vicky or the MSSP team. All details can also be found on the MSSP website—www.mertonssp.org.uk

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

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.

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