

This term has been bursting with sporting events and fixtures. There are so many highlights to share with you such as Sports Week & the Gym and Dance Display. There are also many congratulations to give and thanks to pay to students and staff.

Athletics

In the County League, the Under 14 team finished in 9th place in their league narrowly missing on getting through to the plate final. The Under 16 team finished in 1st place in their league and 2nd in the overall final.

U14 County League:



U16 County League final:



Well done to all the athletes who competed in the District Athletics Championships. Year 7 finished in 3rd, Year 8 finished in 2nd, Year 9 and Year 10 became District Champions!



Thank you to all of the athletes who have been so dedicated this season and to Miss Jacobs & Mrs Edwards for running the squad and organising the events.

Tennis

Well done to all students who have attended tennis training and have participated in tennis fixtures this year. Our Year 9 and 10 students have enjoyed being coached this season by Sharna from Uplay after school. The Year 9 & 10 teams also made it to the Nicola Mabbitt finals at Queenswood with the Year 10 team coming in 2nd. Well done to Bethany and Katie! Congratulations to those who participated in the District Doubles Tournament. We came 2nd in both the U13 (Eve and Sachi) and U15 (Tilly and Bethany).



Miss Jacobs and myself took tennis team to Wimbledon to of tennis on court 1. Thank you to



eight of our school enjoy an amazing day Mrs Sayers for securing



the tickets and Miss Jacobs for your hard work in



organising this amazing opportunity.

Rounders

Huge congratulations to our Year 7 team who played brilliantly at their recent tournament and came third overall. Well done to everyone involved in this team and in other school

friendly matches.



Our Year 8 squad have had a highly successful term of Rounders. They played superbly in their tournament and are the new District Champions! Amazing result!

Well done to everyone that took part and also to students that played in previous games throughout this term.



Congratulations to year 9 who have played well all season and played competitively in the district tournament. Outstanding performances from Olivia P & Nia K all season with lightning fast reactions in the field.



Congratulations to the Year 10 team who finished 3rd in their District tournament - well done!



Cricket

Our cricketers have had the pleasure of Susie Powell coming in to coach them this season & take them along with Miss Froud to several fixtures. The U13's played in a hardball cricket competition at Haileybury and the U15's played in a Chance to Shine cricket tournament.



U13's and U15's played in the Calypso Cricket tournament. Congratulations to the U13 who finished in 1st and Congratulations to the U15 who finished in 3rd.



Golf

Well done to Carly, Lauren, Isabella, Poppy, and Indigo who participated in HGS' first golf competition this year at Letchworth Golf Club.



Sports Leaders

We would like to say well done to the Year 12 Sports Leaders who organised and ran a Disney themed sports festival for 200 primary school children this term. Thanks also to the Year 10 leaders who helped to run the activities. It was a huge success and you were a real credit to the school. Thank you for all your hard work over the last 3 years!



Year 10 sports leaders were also selected to spend the day umpiring at a Primary school netball tournament which involved 12 schools. You were very knowledgeable on the rules and fantastic role models for the school.



Two classes of Year 10 Sports Leaders also supported the delivery of St St Ippolyts Primary School Sports Day at Ridlins Athletics Stadium. Despite the rain, the students stayed in good spirits and motivated the children to work hard. Well done to all, we received very positive feedback from the St Ippolyts staff about you.



Thank you to Alex Jennings who is our NHSSP link for giving our students lots of opportunities to lead in the local area this year and continue to build links with lots of our feeder schools.

Also, we have re-launched our Transition Club on a Friday after school where our upcoming year 6 students have been invited to come and experience high quality football and netball coaching. Many thanks for Herts and Beds coaching for providing this opportunity. A number of our year 10 leaders have been involved in this programme, supporting the lead coaches.

Well done to Tilly S, Bethany D-G, Isabelle T-H, Kezia K, Rosie C, Lexie W, Jessica B & Lily W.

Duke of Edinburgh

In May and June, in sunshine and many showers, Year 10 completed their DofE Bronze expedition. They walked approximately 25 km over the weekend, although some walked much further due to getting lost! They then spent a night under canvas having cooked their meal on camping stoves. Well done to all involved!



Sports Week

We had a fantastic Sports Week this year with forms putting out teams to compete in a day of track heats, field events and track finals. We even had the school relay record broken by a year 9 team! Please see the results below.

Winners Year 7 - Austen

Winners Year 8 - Austen

Winners Year 9 - Frank

Winners Year 10 - Teresa

The overall house trophy winners were Austen!



Gym & Dance Display

The Gym & Dance Display was a great success with approximately 130 students performing.

The show featured the highest pyramid the main hall had ever seen!



Many of the pieces were choreographed and groups coached by students themselves. Well done to the student leaders Phoebe, Harriet, Bibi, Enya, Daisy for your commitment to the

clubs this year. Next year we look forward to expanding the display with cheerleading. I look forward to seeing you at this club in September.



Valkenburg

During the Easter break, 92 students travelled with staff to Holland for a week of football, netball and hockey. The students had a fantastic time training with expert coaches, playing against other English and Dutch sides as well as fun activities like tobogganing and laser tag. Results:

U13 netball - Masterclass tournament winners

U14a netball - Masterclass tournament runners up.

U14a hockey won their 1st game 10-1

U14A football - Masterclass tournament winners

U14B football - 3rd at the Masterclass tournament





The Masterclass coaching team & HGS staff selected Players of the Week for each of the sports we competed in:

Hockey - Annabelle H, Elsie B, Alice M, Annabelle C, Molly C

Netball - Isobel R, Keya M, Amelie L, Molly B, Tilly M, Rowan S, Eve H, Hannah K, Lilly H, Jessica P

Football - Jessica M & Flo C

Well done to all students who attended, you were brilliant HGS ambassadors.

House League

As well as clubs and fixtures, we have had our ongoing House League at lunchtime on Fridays, which is always a joy to umpire! Well done to the Sports Prefects for getting your form rounders and tennis teams organised! Another well done to our year 10 Sports Leaders who have taken overall responsibility for the running of the tournament including preparing scorecards, results sheets, order of play and umpiring the games themselves as part of their level 2 assessment. Please see the results below.

Individual Achievements

Izzy K finished a strong season by winning the Middlesex Cup with her Hitchin Belles team mates.



Congratulations to Heidi S who achieved her First Degree Black Belt in Taekwondo.



Congratulations to Bea T-W who was successful in securing a place on Team Beds U14 team.

Edythe O represented Hertfordshire in the South Eastern Schools Combined Events Final. She achieved a PB in the Shot, 800m and in her final points score. Congratulations on representing Hertfordshire and for your new personal bests.



Lowri competed against 80 countries in the Large Group Song and Dance category and achieved a very credible 5th Place at the Dance World Cup.



Tabitha competed for team England also competed in the Dance World Cup and achieved a very credible 5th Place. Well done Tabitha.



Well done to Enya K Y12, Jaime S Yr 10, Stephanie S and Tilly G Yr 9 from Dance Steps Academy who represented Team England at the Dance World Cup in Prague. They came 11th out of 31 in the Street Dance category.



Saghana came 3rd in the U17 category at the Victor Jot International Tournament - Belgium

and was selected to represent GB at the European Championships in Germany this summer. An outstanding achievement.



Lizzie plays water polo for the East-England Talent Centre and recently came 1st in a tournament against the other 4 Talent Centres across the country with her team.

Harriet competed with Team England Junior All Girl Elite squad who finished 3rd in the finals at the World Championships in Florida. We are very proud of you.

Closing Message

Please join me in wishing Miss O'Leary the best of luck in her role at her new school. Thank you for your hard work at HGS and for giving our students such rich opportunities in dance and gymnastics amongst many other activities.

Thank you to the entire department for your dedication this year to providing students with such a broad range of extracurricular experiences.

A new timetable for extracurricular PE will be shared with you via Google Classroom when you return in September. We are always looking to expand our provision and we will see the introduction of cheerleading in September. Have a lovely break.

Miss Shaw & the PE Department