

High Performance Academy

January issue.



What are we about?

Following the winter break we will be looking forward to the new year and what the High Performance Academy has to offer. We have discussed previously plans to fundraise to help us fund our ideas. Currently we have discussed are hopes for the indoor athletics competition in January and we are discussing the sports that we would like to cover in more depth.

What we did this month...

As we are going into the Winter Break there are many activities which the Academy has completed. Last week covered the high jump as part of our build up to the indoor athletics competition. Following this we analysed and performed some sprinting techniques. We are looking forward to getting through all of the athletics events to get at least 2 events for each performer.

Zac Tramarin and Wael Berihi.

Fixtures and Saturday sports.

- Saturday 12th of January– Fitness with Mr Knight.
- Monday 14th of January– Indoor athletics in Kensington Aldridge Academy.
- Wednesday 16th January– Year 9 football versus Hammersmith Academy Home.
- Saturday 19th January– Rugby with Mr Davison.
- Monday 21st January– Indoor athletics at Chelsea Academy.
- Saturday 26th January– Rock climbing with Miss Brown.
- Netball league every Thursday.

The PE department's stars of the month:

This is given out to those with excellent attendance at beyond 3pm clubs and a bright and enthusiastic attitude towards PE and sport.

Mr Knight

- ◆ Carlo Feschetti

Mr Davison

- ◆ Yukio Makita

Miss Davies

- ◆ Saskia Banham

Mr Matthews

- ◆ Zac Tramarin

Miss Brown

- ◆ Gelilla Kassaye

School Results:

Football

The year 9 football team took on St Mary's Magdalene Academy who were crowned last year's champions in the football league.

Holland Park dominated for the majority of the game and this was reflected in their 3-1 lead, but St Mary's showed an abundance of energy and quality to secure a point in the final 15 minutes with two superbly taken goals.

Holland Park were hosted by Burlington Danes in their second football fixture of the season. Holland Park dominated for large spells and Burlington Danes had their goalkeeper to thank for keeping them in the game. Despite this Holland Park soon prevailed and converted a number of chances, with Zak El-Hannach producing a fine display and scoring a hat-trick. The other goal scorers, Aaron Marie, Bou-bacar Stanley, Wael

Berhi, also played superbly. The final result was Holland Park 6-3 Burlington Danes.

Basketball:

The under 14 girls' team were victorious in their basketball tournament against Chelsea Academy and Kensington Aldridge Academy. The girls have qualified themselves for the London youth games knockout stages. The team had a particularly young side with year 7s and 8s stepping up to play and Allegra Zeier and Lila Verona- Blakstad making a remarkable difference to the team. Iman El-Hannachi was the player of the tournament implementing excellent skills and shooting which saw the girls take the win.

Beyond 3pm experiences

There are many extra curricular activities such as hockey /Tennis. Hockey/Tennis Club is on Mondays from 3 to 4 pm. In winter months, hockey is the flavour of the day, but in the summer this will transmute into tennis. The club is held by Ms Brown and Ms Thompson . It is a great way to do more sport and learn more about the sports. There are also many tournaments coming up this month. In hockey we practise a variety of tackles and ways of scoring.
Riga

“Rugby is a great, fun sport that involves learning skills and getting muddy. Usually, Rugby club is done in our neighbouring park (Holland Park) which makes it an even more exciting experience.”

Rugby is a popular sport around the world, played by male and female players of all ages. It is a contact team sport which originated in England in the first half of the 19th century. In its most common form, a game is between two teams of 15 players using an oval-shaped ball on a rectangular field with H-shaped goalposts on each try line.

Lila Varona Blakstad and Riga Sylejmani

Meet the academy

Riga Sylejmani

- Year 7.
- Favourite sport: football, swimming, cycling and tennis.
- Would like to get better at hockey and ice-skating.
- a footballer.

Zac Tramarin

- Year 9
- Favourite sport: water sports such as kayaking and swimming.
- Would like to improve rugby.
- Best achievement: swimming sports-person of the year in year 7 and being the first year 7 to do so.

What's happening in sport around the world?

Women's Netball

It's round 10 of the Netball premier league and currently Oldham are at the top, winning all 9 games so far and scoring 50 points in total. The England Netball team are training hard to try and defend their current title as No. 1 in the world after winning the Commonwealth Games in a close game against Australia. They managed to grab two well deserved awards at the BBC Sports Personality of the Year Awards 2018 for "best team" and "best sporting moment".

Men's hockey World Cup

The 14th edition of the Men's hockey World Cup has just finished, where Belgium managed to come out on top, defeating the Netherlands 3-2 on a penalty shoot out after a 0-0 draw. Previous

champions Australia placed 3rd this year, beating England 8-1 in the playoff after they both lost in the semi-finals.

Men's Football

All four English teams (Man City, Liverpool, Tottenham and Man United) have progressed to the last 16 of the Champions League. The first three will play teams from the German Bundesliga for a place in the last 8 while Man United face a daunting task against Paris St-Germain. Meanwhile United's poor form in the Premier League has led to the sacking of their manager Jose Mourinho after 2 and a half years at the club. Finally, Burton Albion from League One pulled off an upset by beating Middlesbrough to reach the semi finals of the Carabao Cup.

Laura Wharton

Sporting focus

Rugby is an up and coming sport within Holland Park, with three sessions running in the week (Monday, Thursday and Friday). Mr Davison and Mr Knight had the pleasure of going to watch a current year 7 player play for Chiswick rugby club. Dimitrios Mikas scored 4 tries across 2 matches and was undeniably the player of the match. If you are interested are interested in rugby, look up Chiswick rugby club online.



Interview of the month.

When you think of sports you probably think of football netball or rugby. But there are hundreds of interesting sports that you can try today, just think outside the (penalty) box.

Ms Cronshey's favourite sport is yoga. She absolutely loves it, saying that it is "an enjoyable combination of physical activity and movement but is also very meditative and calming as well". Yoga originates from ancient India and now there are a wide array of different types to try - from dog yoga to sweaty yoga. Ms Cronshey would love to see more yoga in school because "not only does it keep you fit and healthy but also very calm and balanced"!

Another sport that Ms Cronshey adores is surfing, although she says that it's hard to class yourself as a

surfer when you live in Central London. The best place to surf, from all Ms Cronshey's surfing adventures around the world, are Southern California, Baja Mexico and Sri Lanka. But be careful where you go surfing because Ms Cronshey once went surfing in a place called Humboldt County, which is famous for its cold waters (even colder than the UK), big strong waves and shark infested waters, maybe not the best place to first try this thrilling sport.

So whether it's yoga, surfing or another weird and wonderful sport, do some research and try a sport that you have never heard of before! Just steer clear of great white sharks.

Mabel Tarbox

