



Welcome to the Autumn 2016 sports newsletter. I would like to take this opportunity to thank all the staff, students, parents and volunteers for their hard work, commitment and dedication to sport at WCGS. This term WCGS sport were awarded the prestigious 'School Games Gold' award. This is a fantastic achievement and demonstrates the fantastic range of competitive opportunities the students at WCGS are involved in. I would also like to say a huge thank you to **Millwood Servicing Ltd** for sponsoring PE and Sport at WCGS. The funding they have provided is integral to the achievements and continued development in sport at WCGS. You will see in this newsletter that our commitment to school sport is continuing to grow with WCGS achieving success in nine different sports this term. Mr D Johnson (Director of Sport)



### WCGS Rugby Producing Positive Results!

WCGS Rugby has seen a solid set of results thus far in the 2016/17 season. We have played 154 competitive fixtures, winning 75, drawing 6. The School has seen a number of good wins against difficult opposition, and some very close losses, reflecting the continuous development and improvement of WCGS rugby.



The U12s have had a fantastic season so far. As is the case with our new intake, rugby is new and very exciting. With a fantastic attitude, and a very talented year group, they have undertaken a steep learning curve. The atmosphere that has been created makes the boys a pleasure to coach and work alongside. We have had a regular A, B, C and D Team whilst also being able to field numerous E team fixtures. A special congratulations to the A team, who were beaten by Reigate Grammar School in our opening fixture 40-0, to then draw 0-0 three weeks later at the U12 Surrey Competition! With over half the year group having represented the School so far, the future is bright for this year group.

The U13 boys have been asked to step up this season and in all but a couple of games the call has been answered. The team work is improving week on week and with tries coming from almost every position this is proof that we can play open rugby or tight forward driven play. Defence can still be an issue but we are making great strides in this area. To mature fully it is decision making



that we really need to grasp - individual and team. But keep the hard work up and it will come! The highlights of the season have been great wins over St Olave's, Reigate Grammar, Tiffin and Emanuel. These wins show the vast improvements that have been made since Year 7.



The under 14 As have had a strong season, although some results have not reflected their development thus far. They are beginning to play 'Total Rugby', with a focus of every training session and game to develop and produce high levels of core rugby skills. The team have produced a few excellent performances, notably a 0-69 win vs Reigate Grammar School, fantastic attacking against Glyn School and Dartford Grammar in defence. We are still awaiting a full performance which I am sure is just around the corner. Every player who has been with the team this year has become a better player, and we are becoming a

force to be reckoned with for the remainder of the season and seasons to come. Lastly I would like to make particular note of Travis Rathbourne and Sachin Shah (Vice Captains), two exemplary young men on and off the pitch whose development continues to soar through fantastic attitudes and hard work. It has been fantastic for the B team to get so many players at training, and also feed players into the A team.

The U15 rugby squad have shown huge improvements this year in their attitude, teamwork and knowledge of the game. This has led to some fantastic results with the A Team winning 11 out of 17 games so far. Some of the highlights have been beating Reigate Grammar, Tiffin and Ravenswood which are all reversals of defeats from last season. The A Team saved their best rugby for their NatWest Vase matches, where they produced their greatest performance to date against Rutlish in the 4<sup>th</sup> round with a dominant 46-5 win that saw captain Max Connolley scoring 5 tries. This performance means that the squad have made it through to the last 16 in the NatWest Vase and are looking forward to the next round in January. The B Team have also shown good improvement and have been boosted by some new players to the squad, their highlight was a comprehensive 62-0 win over Tiffin.



### **COMPLETED**

#### **Rugby**

Year 7 - TBC  
Year 8 - Woodcote



Year 9 - Radcliffe  
Year 10 - Mandeville  
**Inter. Winners - Bridges**

#### **X-Country**



Year 7 - Bridges  
Year 8 - Carew  
**Junior Winners - Carew**  
Year 9 - Radcliffe  
Year 10 - Ruskin  
**Inter. Winners - Radcliffe**  
Year 11 - Woodcote  
6th Form - Mandeville  
**Senior Winners - Radcliffe**

#### **WCGS Year 7 Annual**

##### **Assault Course**



Thank you to all staff and students that helped marshal the event, as well as all the parents that came along to support this fantastic house event!!

##### **Year 7 Assault Course**

- 6th - Radcliffe (2151 pts)
- 5th - Woodcote (1879 pts)
- 4th - Mandeville (1788 pts)
- 3rd - Ruskin (1630 pts)
- 2nd - Carew (1576 pts)
- 1st - Bridges (1423 pts)**



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## Surrey Rugby Representatives

This year we have had a number of individuals who have all represented Surrey for rugby. Dominic Barnaby and Jack Elliot have both been part of Surrey squads this year, as have James Ford and George Charnock for the retrospective age groups.



## Badminton

The WCGS Badminton teams have been up and running during this term with the U14 and U16 teams taking part in the Sutton Competitions. Both the U14 and U16 teams played well throughout the tournaments but eventually came out as runners up in the competitions.



## Handball

Our Year 10 GCSE students competed this term in the Sutton Borough Handball tournament. They played two matches in a round robin tournament, losing their first match to a fantastic Carshalton Boys team who had three England handball players in their team. The team improved greatly in their second game beating Glenthorn 14-4. This victory meant that WCGS came second in the Borough. Well done boys!



All the staff and Students would like to say thank you to Millwood Servicing Ltd who for the fourth year running have kindly given sponsorship to sport at WCGS.



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## Rugby Continued



The season for the U16s has been a great success despite a difficult year with opposition schools not being able to field a side at this age group. It has been five years of hard work and graft and now the team are playing confidently in all areas. Highlights of the season include an emphatic victory against a strong Emanuel side 18-38 and Reigate Grammar 0-24. The squad now has competition in all departments and this makes selection a difficult process with every player putting their bodies on the line whether they start or come off the bench. The forwards have been led by regulars such as Frank Panton, George Simmonds and Tahir Ali who have provided some excellent foundation for the back line to function. Benjamin French has led the team superbly and his performances have resulted in him making appearances for the 2<sup>nd</sup> XV and also the 1<sup>st</sup> XV. The U16Bs have also had a disruptive season when it comes to fixtures but the main highlight was a win against Trinity, where the whole squad managed to get good game time. Many of the boys have signed up for the Canada Tour in the Summer which will be an excellent opportunity to prepare for Senior Rugby next year.

The 2<sup>nd</sup> XV have had a successful season to date, recording notable wins against Tiffin and London Oratory. Standout performances also came in a 74-0 demolition of Halliford School and a convincing 41-10 win against Royal Alexandra and Albert 1<sup>st</sup> XV. The side was so ably led by Aaron Doherty that he has now established himself as the first choice hooker for the 1st XV, whilst Finlay Moore has done an outstanding job of skipping the side over the past 6 weeks. Charlie Kujipers' kicking game has brought the side great success, as has the tenacity and aggression of Campbell Spiers and Nana Asiedu. Other strong performances have been turned in by Ali Hafeez, Nosa Sele and Dylan Camakama. Much credit must go to the boys for playing so well despite so many injuries and absences and the squad are working hard to secure three wins from their remaining fixtures this season.



The 1<sup>st</sup> XV has had an impressive season attaining the highest in school win ratio of 86% winning 12 of its 14 fixtures so far. An outstanding achievement accounting for the high amount of injuries the Senior Squad has sustained over the course of the season, meaning that for not one of the 14 games was there full choice in the 1<sup>st</sup> XV fielded, making testament to the depth within the squad and the quality of players involved. A highlight of the season was a 9 game winning streak which ended in controversy with the cup run-ending game against St. Georges, Weybridge in the fourth round which was a disappointing end to the 1<sup>st</sup> XV cup ambitions. However the season had more highlights than not. None more so than the 'Friday Nights Lights' fixture against Langley Park School for Boys, where inspired form saw a convincing 40-14 victory. With only 3 fixtures remaining, the competition for places is high, with over 25 individuals having represented the 1<sup>st</sup> XV over the course of the season. Both Wimbledon College and John Fisher are two big scalps the 1<sup>st</sup> XV will want to add to our win record, and with the talent and passion shown throughout the season both are achievable wins.

As a new sport for the girls at WCGS last year, Ladies' Rugby got off to a fantastic start. Our first tournament of the season saw us reach the semi-finals of the Reigate Charity 7s, with stand out performances from Hannah Shaw, Catherine Rose (vc) and Marie Agyare-Wiseborn (vc). The girls finished the season on a high as winners of the Warlingham 7s, which was a testament to our incredible team performance. Shaw and Rose shared the season's 'Player's Player' award, whilst Agyare-Wiseborn took the award for 'Most Improved' and Shekinah Opara for 'Coach's Player'. This year, Ladies' Rugby is committed to building on the momentum, training regularly to prepare our newcomers for upcoming tournaments and improving the ability of those from last year. There have been promising developments from many of our first-time rugby players, particularly Danielle Ajose, Erin Treacy, Kehinde Lawal, and Olivia Lambe. Hannah Shaw has also continued her development at University, where she plays in the first team. Congratulations! I would like to especially thank Mr Robertson for putting a tremendous amount of effort into teaching such a skillful sport to beginners. His commitment to improving the ability and understanding of the game has made WCGS Senior Ladies Rugby an encouraging and unforgettable experience for the girls.



**We are always keen to receive parental views. Any suggestions for improvement, ideas for implementation or comments on what we have done well, please email Mr Johnson on [djohnson61@suttonmail.org](mailto:djohnson61@suttonmail.org)**



### Basketball

The early morning basketball sessions have paid off as this has been a great term for WCGS basketball. Our U18 team played brilliantly to beat Greenshaw 42-30. Our U14 team came joint 3<sup>rd</sup> in the Borough with a hard fought draw with Wilson's and our U16 team scored a dramatic last second lay-up to beat Greenshaw 13-12 to seal 2<sup>nd</sup> place in the Borough.



### Tennis

Our Year 7 and 8 Tennis team Nikola Milojkovic, Yusuf Farhat, Rajan Bola and Rikky Mano played in the regional semi final of the National 2<sup>nd</sup> Division this term against Trinity School. The boys played some good tennis and made every game close but unfortunately lost to a strong Trinity Team. They should however be very proud of making it to the semi-final in a tough competition.



### WCGS Sports Website

The WCGS Sports Website gives up to date information on Curricular and Extra-Curricular PE. Fixtures, team sheets and results can all be found by visiting <https://wgsacademytrust.fluencycms.co.uk/> and clicking on the Sport Tab at the top of the page

### WCGS Sport on Twitter

WCGS Sport is now on Twitter. You can follow us @WCGSSport to receive updates on fixtures and results and general information regarding Sport at WCGS. There will also be the occasional tweet during tournaments to keep everyone up-to-date, whether you are at work or at home. Follow us today!!

### Football

The U15s made a great start to their ESFA National Cup competition with some comprehensive wins against Stanley Park (4-2) and Gateway Academy (7-3) but eventually lost in the 4<sup>th</sup> Round against Queens School from Watford, The U15s also played Carshalton Boys in their Quarter Final of the Sutton Cup and unfortunately lost a hard fought contest. The U13s lost narrowly 3-1 to Stanley Park in their Sutton Cup Quarter Final, with Austin McDonald scoring with an excellent volley from a Joe Price cross. The Seniors also lost their Quarter Final to a strong Wilson's side, The U16s won 0-4 and progress to the semi finals versus Carshalton Boys or Sutton Grammar. The U14s played well in their quarter final match against Overton Grange but were beaten by the better team on the day. The U12s will be playing their Quarter Final against Wilson's in the New Year.



### Cross Country



In the Borough Championships we witnessed the great endeavour of WCGS students. The best team performance came from our Year 10/11 team who finished 1<sup>st</sup> in the borough and this combined with the other team performances meant we finished a very respectable 4<sup>th</sup> overall in the Borough of Sutton. The stand out individual performers were Henry Silvertsein (Year 11) and Sam Sheppard (Year 10) who came 1<sup>st</sup> and 2<sup>nd</sup> respectively in the U17 age group. Well done and thank you to all students who gave their best for WCGS cross country.

**Netball** - Netball this year has gotten off to an exciting start, with much planning and anticipation for our first ever tour in Malta next year. The team have been fundraising with cake sales and milkshake stands, and we also hope to host a larger fundraising tournament involving schools within the area. Aside from the tour, the Netball team has had a mixed start to the season. The 2<sup>nd</sup> team have been fantastic in their first match against Caterham, having won 16-10, with the help of Olivia Lambe who was the Player of the Match. Marie Agyare-Wiseborne was also recognised as Player of the Match for the 1<sup>st</sup> team, although they unfortunately missed out on a victory. The match against Wally Girls was another disappointing result; however a stand out performance was made by Henrietta Adesida (VC) as Player of the Match. Nevertheless, we continue to improve and stay optimistic for the rest of the season, including matches against



Reigate College and return matches against Caterham and Wally Girls. This year we've taken a much more structured approach to our training sessions, usually starting with a heart-racing warm-up followed by some drills targeted at improving our attack and defence. Sessions end in a match in which we apply the skills just learnt in the drill, which is often a much more enjoyable experience for the girls. The Netball Team as a group enjoy spending time together, having attended our first social at Pizza Express to give the U6 and L6 girls a chance to get to know each other better. We would like to thank Miss Gallagher and Miss Gayle for leading and supporting us through the beginning of this season.

### Individual Student Success Outside of School Sport

**Leon Griffiths, Year 11** - This term Leon had the honour of representing GB in the Racketlon European Championships, finishing 2<sup>nd</sup> in the U21s and 9th in the adults competition. As a result of his great play he is currently No 1 in the UK U21s and No 2 in the adult rankings. Moreover he currently sits at 3rd in the U21s and 34th in the adult World Rankings. Keep up the fantastic work.

**Tom Gloag, Year 9** - This year Tom has made huge strides in his cycling, as he now represents the South East School's team. Tom finished 9<sup>th</sup> this July in the National Championships. Most notably he is now part of Team GB, which is taking him far and wide across the country for training camps. Keep up the excellent work.

### Table Tennis



Table Tennis has had a great start to year with the U13s (Matthew Pang, Elliot Nomafo, Krishna Nagarajan, Rayyan Hossenbux and Ben Hansen) winning the Sutton Borough Competition. They have also played in the South London Finals beating Wilson's in the final to progress to the London Jack Petchey Finals in January 2017. The U16s (Samuel Pang, Ajay Potavadoo, Arjun Pereira and Ivan Wong) have also won the Sutton Borough Competition. WCGS hosted the South London Finals and for the first time in 5 years we won this competition beating Langley Park 5:3 to progress to the London finals. Our U19s (Leon Griffiths, Kushal Patel, Ajitan Amurtherajan, Sam Hansen and Akbar Merali) did well to come 2<sup>nd</sup> in their age groups South London Finals.

