

PE & SPORT @ LEWES

Fortnight Round-up

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Introduction Two weeks have now passed and the Sport Academies are heading towards the final fixtures of the first term. However, there are many cup competitions to report on. It was always going to be hard to match the results from the first couple of weeks of fixtures when we had a clean sweep of wins, but as you will read, it has been a good couple of weeks for SDC teams with a fantastic effort made by all academy students and coaches. Please read on to see how the teams have been getting on since the last edition and look out for future editions of the round-up!

Men`s Rugby

Daily Mail Cup vs Worthing College (A) : 0-57 (W)
2nd Team League vs BHASVIC (H) : 17-17 (D)

On Wednesday 10th October Sussex Downs College beat Worthing College 57-0 in the third round of the Daily Mail Cup. This was an outstanding result against one of the college's main local rivals. The team played consistently from start to finish showing a relentless passion and drive to produce the score they did.

The second team played their first game of the season against BHASVIC 1st team on the 17th October in a league game with many academy students playing their first game for the college. Sussex Downs clinched a draw with a last minute penalty kick. The second team displayed a great attitude and approach to this game securing the rugby academy's unbeaten record this season.

On Friday 19th October, five students from the rugby academy were selected to take part in the South East British Colleges Rugby Trials (Judd Newell, Tom Pashley, Gareth Lloyd, Henry Shiell, Will Hoare) and four out of the five students were successful in getting into the next round of the trial. Unfortunately, due to injury, only two students could take part in the next round but both Judd Newell and Tom Pashley were successful and have progressed to the third stage. This means they are only one stage away from getting into the British Colleges Squad. Being selected for trials is an excellent achievement for students and I am sure that you will join me in wishing Tom and Judd luck during the final round of trials.

STOP PRESS!! The Sussex Downs College Men's Rugby Academy have beaten Eastbourne College for the first time since the rugby academy programme was established over ten years ago! SDC won the Daily Mail Cup 4th Round cup game on Wednesday 7th November and the final score was 51-34 to Sussex Downs. There will be a full report on this result in the next edition of Sports Round-up.

Women`s Football

ESFA Cup R2 vs Strode's College (A) : 6-2 (L)
Sussex Cup R1 vs BHASVIC (A) : 8-1 (W)

After beating Bexhill in the first round of the ESFA Cup, the women's team were drawn away against Strode's College in London. SDC took the lead in the first 10 minutes with Lauren Smith's 20 yard free kick smashed in off the crossbar. This was a great start to the match by SDC but after the one goal advantage Strode's added four goals to their tally before the break. At this point SDC's confidence was depleted as the great start was followed by conceding four goals. The second half saw a huge improvement by SDC who were constantly attacking and rewarded for this when Katie Franks tapped in the second goal for SDC.

Throughout the second period SDC relentlessly piled on the pressure but they couldn't quite find the net in a tough game which saw them lose 6-2. The woman of the match performance was awarded to Katie Franks, for her outstanding performance and showing great commitment. Congratulations Katie!



SDC in action vs. Strodes

The last fixture of term one for the women's football team was a Sussex Cup away fixture against BHASVIC. After the previous week's disappointing exit from the ESFA Cup, this was a good chance to progress in a different cup. The game against BHASVIC was a completely different scenario for SDC who were the team scoring all the goals this time. The goals came thick and fast with all the following players adding to the score sheet: Lauren Smith (2), Katie Franks and Ellie Coade (3) Ellie's half volley effort from 20 yards thunder-bolted into BHASVIC's net and was the goal of the game. The entire team played exceptionally well and some outstanding saves by Heather Bebb in the 1st half enabled SDC to extend the gap. This was a great win for SDC who can regain some confidence going into half-term with a forthcoming British Colleges Cup game. The woman of the match was awarded to Ellie Coade who scored a hat trick, congratulations Ellie!

Men`s Football

ESFA Cup vs Richmond (H) : 0-1 (L)

After the team's first round win in the ESFA Cup, they were drawn against Richmond Upon Thames College at home in the second round. As this was the first time the two sides had met in the cup, the opposition were an unknown quantity. With Richmond kicking off, they kept the majority of possession initially passing the ball around nicely and making SDC work hard to maintain their own possession. It was a difficult first half for SDC who couldn't quite settle in playing their own football and battled to establish themselves. SDC had some chances of their own but were unable to capitalise on them. It was much the same for Richmond whose final ball deterred any chance of a striking opportunity on goal. With a goalless first half but Richmond applying the most pressure, SDC still had a good chance.

After a half time talk, SDC defended really well as a team and dominated throughout the second half, yet an early defensive error by Luke Burns saw his attempted clearance see the back of SDC's net making the visitors 0-1 up. As a result of this, SDC continuously raised their game playing with much more fluency and increasing the already high standard of play. SDC were unlucky to not get a well-deserved equaliser in the second half as they battled hard against a strong and powerful team. This was an unfortunate and harsh way to lose a cup match.

Women`s

2nd Team KO Cup vs Collyers (A) : 24-22 (L)
2nd Team League vs Collyers (A) : 10-28 (W)

Netball

On the 10th October the second team had their first cup competition of the academic year as visitors to Collyers in the Knockout Cup Competition. It was not the most confident start for the girls who performed many inaccurate passes and were unable to find their target through the 1st quarter of the match. The team soon picked up their game with improved defending and started to dominate in the shooting circle. As time went on and throughout the last two quarters SDC stepped up the intensity and grew in confidence which was a great opportunity to add to their score line at a crucial time. At the end of the full duration the score stood at 24-22 to Collyers with SDC marginally missing out on progressing through to the next round. The woman of the match was awarded to both Ann Grace-Fogerty and Amy Webb as they both played consistently throughout, determined until the very end. Ann performed her role as captain superbly by motivating the team and great defending by Amy, congratulations Ann and Amy.

SDC in action at Surrey
Sports Park



The following week it was the same again for the netball team who faced Collyers but in the league this time. It was important that the team did not make the same mistakes as the previous week. SDC immediately started by showing their intent with quick, clear reactions off centre pass, dominating around the shooting circle and patiently waiting for an opportunity to feed the shooters. All goals came courtesy of Rhiannon Osbourne, Ann Grace-Fogerty and Amy Webb. This gave a great opportunity for SDC to dominate the score line and their extremely high discipline and defence workload throughout saw Collyers struggle to keep up. The final score was 10-28 to SDC, a reflection of the entire team performance. The woman of the match award was given to Emily Blake for her consistent hard working performance in the centre with very accurate passes and setting up the goal scorers. Congratulations Emily!