

PE & SPORT @ LEWES

Fortnight Round-up

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07/12/2012
Edition:11

Introduction The Sport Academies have had a hectic couple of weeks with cup competitions and plenty of games to report on. We are now heading into the business part of the season with some really important fixtures in the run up to Christmas. It would be great if you can show your support for our Sport Academies where possible, please see our Blog for our updated fixture schedule: <http://blogs.sussexdowns.ac.uk/sportlewes/>. 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 with our festive edition due before Christmas!!!

Men`s

Rugby

Daily Mail R4 vs Eastbourne College (H): 51-34 (W)
2nd Team League vs Varndean (H): 50 -10 (W)
Daily Mail R5 vs Langley (A): 0-5 (W)

It has been a very challenging and historic couple of weeks for the Men`s Rugby Academy in the National Daily Mail competition. On the 7th November the team faced Eastbourne College at Home in round four of the Daily Mail Cup. We have never beaten Eastbourne College in a rugby fixture since the Sport Academies were first established over ten years ago. The team put in a fantastic display against very strong opposition to win this fixture 51 - 34. Man of the match goes to the whole squad as each player had the best game they have had since the start of the season. Congratulations to the whole team on such a great win!



SDC in action in their victory against Eastbourne

On the 14th of November the Rugby Academy second team had a run out against Varndean College in the County second team league. This was a chance for the fringe players to stake a claim within the first team with many players taking this opportunity well. The game finished 50 - 10 to SDC. Harrison Moy who scored some great individual tries was the man of the match, well done Harrison!

Despite the freezing conditions and horizontal rain, the Men`s Rugby Academy travelled to Croydon to play Langley School in the fifth round of the Daily Mail Cup. Despite the appalling playing conditions, the team stuck to the game plan and played in the opposition half for the majority of the game. The only score of the game came from man of the match George Montgomery who intercepted a pass on the opposition`s try line. George displayed composure throughout and great kicking ability, well done George!

The team now face Whitgift, (the famous rugby college) away in round six of the Daily Mail Cup on the 12th December. This is the furthest any SDC Rugby team has ever got in the Daily Mail Cup Competition and they will travel to Croydon aiming for another win. I am sure you will join us in wishing the team good luck.

Women`s

Netball

2nd Team League vs Steyning (H):23-9 (W)
BCS Cup vs Palmers College (H): 18-30 (L)

The 2nd team went into their away game against Cardinal Newman on 21st November unbeaten in the league so far this season. A downpour before the game did not help the team`s confidence on foot leading to a slow start by SDC in the first ¼. However, the SDC defence worked hard throughout forcing Cardinal Newman to make mistakes which settled them into the game nicely for the following three quarters. The team played exceptionally well together with highly accurate attacking play and quick dynamic moves to the shooting circle. The player of the match was awarded to Hannah Bishop who was a great wing defence. She controlled the space and was determined to reduce Cardinal Newman`s attacking threat. Congratulations Hannah!

The first team started off the 1st round of the British Colleges Cup against Palmers College. SDC started off ahead of the visitors with a tight defence around Palmers College centre passes. Quick reactions from Katy Lambert lead to a pass with sharp movements up the court in attack, this saw the ball reach Rosie Sharp who calmly shot to put SDC in the lead. It was smart play by SDC in the first and fourth quarters, working hard to maintain possession and creating as many chances as possible. However it was a different story in the middle quarters for the home side as Palmers College pressed to secure their place in the next round of the BCS Cup. The player of the match was awarded to Rosie Sharp whose dynamic movements set herself up superbly for some great shots. Congratulations Rosie!

Men`s Football

County Cup vs SDC Eastbourne (A): 0-14 (W)

The Men`s Football Academy once again travelled to SDC Eastbourne for their second encounter this season against local rivals, SDC Eastbourne. However, this time a place in the third round of the County Cup was at stake. After a closely fought fixture last time round that saw SDC Lewes come from behind to win 2-1, a close game was expected.

After a tight 15 minutes, SDC Lewes was awarded with a penalty for a deliberate handball on the goal line, resulting in a sending off for the SDC Eastbourne defender. Harry Millar slotted away the penalty with confidence and this gave SDC Lewes the confidence to go forward and score more goals. SDC Lewes dominated the remainder of the half, helped with the extra man advantage and responded with a further four goals by the interval. In the second half the quality of SDC Lewes really shone through with some fantastic free flowing football on display. A further nine goals were added in the second half ending in an emphatic score line of 14 - 0 by the full time whistle. Harry Millar scored four in the first half and Dan Perry grabbed a hat-trick, with Ian Robinson also netting two. Goals also came Freddie Wade, Shaun Tait, Daley Tucknott, Jack Young and Theo Baker. Man of the match performance goes to goalkeeper Luke Vidler for a very professional and accomplished performance. Congratulations Luke!

SDC next face St.Bedes in the third round of the County Cup.

Mixed Hockey

BCS Cup R1 vs Esher College (A): 7-2 (L)
BCS Regional Tournament (Pool Stages)

The college hockey team travelled to Esher college in early November to play in the first round of the British Colleges Cup. This was the first fixture for the hockey academy and despite the loss the team played well for long periods in the match and scored two great team goals.

On the 20th November, the Men`s Hockey team travelled to Surrey to compete in the British Colleges Tournament. SDC had five games within their pool against Worthing, Brockenhurst, Barton Peveril, Reigate and Chichester. Out of these games, SDC won their first game, drew two and lost two. This resulted in a third place position in the table for SDC who just missed out of a place in the play-offs. The man of the tournament was awarded to Patrick Alvgren for his consistent high performance throughout the game. Congratulations Pat!



SDC at Surrey Sports Park

Oliver Baxter is now in the final stages of his British Colleges trials. He has progressed through the regional stages and is now just one trial away from establishing himself into the National British Colleges Squad. I am sure you will join us in wishing Oliver luck in this final trial.

Women`s

Football

BCS Cup R1 vs Collyers (H): 3-2 (W)

In early November the Women`s Football Academy played hosts to Collyers College in their opening game of the British Colleges Cup. The team put in another great performance with some great phase play from the midfield players. The score line finished 3-2 to SDC. Player of the match goes to Kerri Forshaw who showed a mature display of possession football. Well done Kerri. The team will now face Strodes College in the next round of this competition. I am sure you will join us in wishing the team good luck in this fixture.