

PE & SPORT @ LEWES

Fortnight Round-up



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04/10/2012
Edition: 9

Introduction Welcome back to the ninth edition of the 'PE & Sport @ Lewes Fortnight Round-up'. We hope that you all had a great summer! The London 2012 Olympics was both spectacular and successful and hopefully some of the inspirational performances and achievements we all witnessed can be used as motivation to create some of our own sporting moments to remember over the year ahead. The first two weeks of fixtures for our sport academies has been extremely successful with a **clean sweep** of victories for all of our teams. Read on to see how the teams have started the year.....

Men`s

Rugby

Hove 10`s Tournament Competition (A) - WINNERS
Daily Mail Cup vs BHASVIC (H) - 43-0 (W)

Both the men`s 1st & 2nd teams competed in the annual Hove 10`s competition on the 19th September, the start of the year for academy fixtures. This was the first time that the old and new academy players played together so it provided a good opportunity for players to find their feet. The first team cruised to victory with three 30+ victories over Worthing, Cardinal Newman and Beacon to win the competition. The second team also had a good day only losing one game in their tier of the competition. Congratulations to all of those players involved.



SDC 1st Team vs. BHASVIC

During the second week of fixtures, the Rugby Academy first team played BHASVIC at home in round one of the Daily Mail Cup fixtures. This was the initial 15-a-side fixture of the year for the academy and gave new students to represent the rugby academy for the first time at home. As it was the first full game of the season for the Rugby Academy, SDC did not play the most fluid form of rugby. This was partially down to BHASVIC`s style of play as they proved difficult for us to break down throughout the game. All of the tries from SDC came from counter attacks with hard running and support proving to be the successful components leading to such a high score. Despite some lack of discipline, the best thing to come from this game was the fact that SDC did not concede any points. Credit must go to the team for the effort they have put in over the first few training sessions of the year which have focused on the defensive aspect of the game. Their hard work paid off! The tries scorers were: Henry Shiell (3), Judd Newell (2), Gareth Lloyd and Angus Taylor. Joe Terry kicked four successful conversions resulting in a final score of 43-0. A lot of hard work is needed to prepare for the next game in this competition against Worthing College on the 10th October.

Men`s

Football

ESFA Cup R1 vs SDC Eastbourne (A) - 1-2 (W)
League vs Cardinal Newman (H) - 4-1 (W)

On Wednesday 19th September the Men`s Football Academy had a fixture in the 1st round of the ESFA Cup against SDC Eastbourne away and they got off to a winning start with a hard fought victory. After going 1-0 down to a sloppy first half corner, SDC Lewes fought back and finished the first half 2-1 up with both goals coming from Charlie Duncan. SDC Lewes dominated the second half yet couldn't add to the score sheet. This game was an excellent start for the new Men`s Football Academy and the season is looking very promising. The Man of the Match performance went to Callum Ridley, congratulations Callum!

The second fixture for the newly formed Men`s Football Academy team was a home league match against Cardinal Newman. This game saw another strong performance by SDC in their first league game of the season. After withstanding early pressure by Cardinal Newman, Harry Millar took one of a few early chances to put SDC in the lead. There was no time to settle for the home side as Newman equalised after a well-worked goal levelling up the score. Moments before the end of the first period, SDC managed to take the lead once again courtesy of Harry Millar with superb finishing. The half-time score was 2-1. After the break SDC had a more attacking phase with a change of formation; this proved to be successful in exploiting Newman's defensive weaknesses with Harry adding two more goals to the score sheet to make the final score 4-1 and his tally to four. This was a superb victory for the team with some excellent defending throughout the game and a fantastic second half display all round. SDC remain undefeated so far this season. The next game is a tricky ESFA cup tie vs Richmond Upon Thames College from London.

Women`s

Football

ESFA Cup R1 vs Bexhill (H) - 15-0 (W)
League vs Bexhill (H) - 13-0 (W)

The Women`s Football team started off their season with a round one English School`s Football Association Cup fixture against Bexhill College at home. A victory was key to progress into the next round of this cup. It gave a good test early on in the season and provided a great opportunity to see how well the new players have integrated with the second year players. SDC started as the better side applying immediate pressure onto the opposition, linking up superbly and playing some great football for a side that has played little football as a team up until now. Within the first 10 minutes the first goal was conceded by Bexhill courtesy of Angharad Hills. Bexhill played some clever football of their own showing a threat just before the break and were unlucky not to get on the score sheet. At half time the score stood at 5-0 to SDC. The home side maintained their performance by quickly increasing the score line throughout the second period. At the final whistle the score was 15-0 to SDC. The visitors were the weaker side however they showed true determination with some fantastic saves by their goal keeper regardless of the score line. Well done to all the girls involved!



SDC Women's Football 1st Team

On the 26th September the women`s team played Bexhill again at home but this time it was a league fixture. SDC beat Bexhill 13-0. Woman of the Match could not be selected as all were brilliant! The 13 goals came from: Lauren Smith, Ellie Coade, Heather Bebb, Katie Franks, Charlotte Lloyd, Angharad Hills and Emma Johnson. See the blog to read more about this game (information below).

Women`s

Netball

1st Team League vs Moria House (A) - 18-30 (W)
2nd Team League vs Cardinal Newman (H) - 31-13 (W)

On Wednesday 26th September both the 1st and 2nd team started off their seasons with league fixtures. The 1st team faced Moria House away which was a big test early on in the league, with Moria House normally proving a hard team to beat. SDC started off with poorly showing some nerves, however in the second third the team took it up a notch. They built from the back with great defence, progressing up the court as a unit with great team work displaying a high level of performance. This defence put the shooters in a great position for increasing the score, which they did, with some confident shooting courtesy of Rosie Sharp and Nicola Young reflected in the score line. This was a great start to the season for the 1st team who gave an excellent team performance and demonstrated signs of real confidence ahead of the next match. The Woman of the Match award was given to Rosie Sharp; as captain she showed great leadership skills and involvement throughout the game. Well done Rosie! See the blog for the second team write up (information below).

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