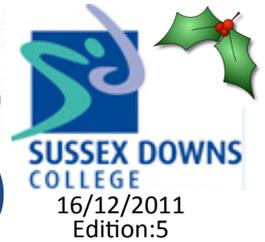


# PE & SPORT @ LEWES

## Fortnight Round-up

Sport Academy Co-ordinator: Chris Turner

Sports Apprentice: Dan Tibbles



**Introduction** The Christmas break is now upon us and the last of the academy fixtures have been played for the year. It is a well earned break for the staff and students after what has been a very busy and successful couple of terms for all our Sports Academies here at Lewes. A big thank you has to go to all the students, coaches and valued supporters of the academies for all of their hard-work and commitment since the start of this academic year. Remember to look out for our round-up in the new year. Please read on and enjoy the last round up of 2011 and have a great Christmas and a Happy New Year!

### Women`s Football

**Women`s Football vs Chichester (H): 4-2 ET (L)**

In the last week of term the Women`s football team played Chichester College in the second round of the Sussex knock-out cup. Throughout the match both teams were very even with a number of goal scoring opportunities. Chichester went two nil up playing some great football, with SDC Lewes on the back foot. Early on in the second half the girls grabbed themselves a goal making it 2-1 to Chichester. As this was a fixture in which the defeated team would be knocked out of the cup SDC maintained pressure throughout and in the dying moments of the game SDC Lewes scored a late equaliser with a smart delivery and finish to take the game into extra time. Going into extra time was tough for Lewes with no substitutes and fatigue kicking in. SDC Lewes unfortunately conceded two goals within extra time seeing them lose 4-2. SDC Lewes stuck together and showed great determination and team spirit narrowly missing out on the next round.

### Women`s Netball

**1st Team Sonic vs BHASVIC A (H): 35-24 (W)**  
**2nd Team Steel vs BHASVIC B (H): 15-27 (L)**

On Wednesday the 7th December both SDC first and second team played hosts to BHASVIC`s A and B team in the league. The women`s first team beat BHASVIC A comfortably 35-24. Gameplay was initially slow in the first quarter but after a motivational team talk SDC picked up the pace and pressure taking the lead throughout the rest of the game. The girls pulled together communicating brilliantly working hard as a team to secure the victory. The women of the match went to Chloe Ripley for her determination throughout playing her role as captain superbly, well done Chloe!

With stiff competition by BHASVIC B SDC stuck to there opponents and maintained pressure throughout the duration of the match. There was brilliant team play with fine shooting by the home side. This was a highly competitive match which unfortunately saw Lewes fall behind in the score to miss out on the victory. The women of the match goes to Amy Mansbridge for her overall performance, well done Amy! This was a great win respectively for both colleges with some great Netball being played on the day by all four teams.

### What is going on in the sport department.....

Our BTEC Sport Diploma second year students recently visited the Brighton and Hove Albion Amex stadium for a tour of the ground and a Q&A session with the head of operations at the stadium. This trip was arranged to support the students in completing an assignment for their Sport as a Business unit and proved to be an extremely relevant, informative and eye opening afternoon. Elsewhere in the department AS & A2 PE students have been completing mock exams in preparation for next years exams and HSLA students have continued there weekly session with our entry level students holding a Christmas party this week before the end of term.



BTEC Sport students at the Amex Stadium

### Men`s Rugby

**Men`s Rugby vs Barton-Peveril (H): 33-5 (W)**  
**BCS 10`s Tournament: Plate Semi-Finals**

Tuesday the 29th of November saw the rugby academy have the last and final attempt for all our academies at the BCS (British Colleges Sport) regional tournament. With the rugby academy loosing in the final of last years tournament this was a highly anticipated day for the squad and coaches. The day started brightly with a comfortable win over Chichester college. The team then faced Brockenhurst college in the second pool game which was a scoreless affair until right at the death where one mistake saw the SDC team loose, this resulted in them moving down into the plate competition as they ended up as second in the group after beating Strodes college in the last group game. Unfortunately the team faced an experienced and more physical Worthing side in the plate semi-final which they eventually lost seeing the squad return home with no silverware. The SDC player of the day has to go to Henry Shiell who produced good performances throughout the day in both attack and defence, well done Henry!

On Wednesday the 7th December the rugby academy first team played Barton-Peveril in the second round of the BCS Cup at home. The team produced an outstanding first half display scoring four un-answered tries. The team showed what they are capable of achieving on the pitch with the final score ending up as 33-5 to SDC Lewes. Tries came from Judd Newell, Henry Shiell, Tom Pashley and Ben Crossman with Pat Soan kicking four conversions. The man of the match performance has to go to Alex Wolfe for his hard-work around the pitch and dominance within the forwards, well done Alex!



First team about to score a try against Barton-Peveril

### Men`s Football

**Men`s Football vs SDC Eastbourne (A): 3-1 (L)**

On Wednesday the 14th December the football team played local rivals SDC Eastbourne at Eastbourne in a Sussex league fixture. This was a tough challenge for the Lewes team who have struggled for fixtures lately. Despite the weather SDC Eastbourne went 1—0 with a long range effort early in the first-half before Lewes equalised with a well taken penalty at the end of half. Although phases of the second half showed periods of great play by Lewes the team conceded a penalty and a player going down to 10 men with Eastbourne scoring the penalty to go 2-1 up. Under pressure with a man down the Lewes team dug in and still created some chances to try and equalise. The pressure took it`s toll with Eastbourne scoring another near the end with game finishing 3—1 to Eastbourne.

### Sport Academy: City & Guilds Coaching Qualification

All sport academy students have now started the City & Guilds level one award in the principles of coaching sport. This qualification is new to our academy provision this year and has been introduced to enhance what the students come away with on the academy courses and to give each student a step into sports coaching. For designated weeks throughout the year each academy student will be swapping the sports field for the classroom to learn the basic principles of coaching in sport. If you would like any further information on this qualification please contact Chris Turner (01273 402322) or follow this link to the course on the City and Guilds website: <http://www.cityandguilds.com/57248.html>.