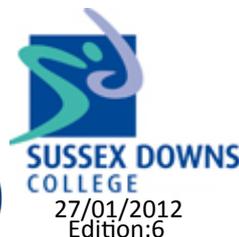


PE & SPORT @ LEWES

Fortnight Round-up



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Introduction Welcome back and a Happy New Year to all our readers. It has been a busy couple of weeks for all of our academy students and coaches. The students spent the first two weeks doing the city and guilds coaching qualification and since then have started to train again. There have been a number of matches since we returned at the start of January with some important cup games to report on. We are hoping that 2012 will be another successful year for all our academies and we will continue to write our fortnight round-up to keep you informed with the academy progress. Thank you for your continued support and enjoy the read!!!

Women`s Football

Women's Football vs Chichester (A) : 1-0 (L)

The women's football team travelled to Chichester in the second round of the plate cup. This was the third occasion in which the two teams had met over the season and the nature of the cup fixture added to the occasion. The girls played excellently applying much pressure on their opponents. SDC performed a very strong defensive display over the duration of the game. However, Chichester bagged a goal in the dying moments of the game to claim the victory. An unfortunate result for the SDC side conceding a goal three minutes from time. A special mention to Angharad Hills for playing out of position performing in goal. The women of the match performance went to Ellie Coade for her consistent performance over the 90 minutes.

Men`s Football

Men's Football vs Vardean (H): 8-3 (Win)
Men's Football vs William Parker (H) : 3-2 (L)
Men's Football vs Beacon (A) : 3-3 (D)

A busy schedule over the last few weeks for men's football at SDC. A return of one win, a draw and a narrow defeat to the league Champions is a good return. First up for SDC was a home fixture against Vardean College in the quarter finals of the Sussex Cup. The players went about the game with the right attitude and played some excellent football in the first half, dashing any hope of a Vardean come back. At the half time whistle the score stood at 4-1 to SDC. A man of the match performance is out of the question with all eleven men playing some great football working well as a team securing a fanatic win. The final result of 8-3 made for an entertaining game and a place in a tough Semi Final. Two league games followed the cup game and first up was a visit from William Parker College. After going in 3-0 down at half time SDC showed some grit and determination to ensure that they got back into the game. Unfortunately they couldn't do enough and went on to lose 3-2 despite a last minute attempt. Last week we faced a trip to Beacon Community College. After beating them 2-1 in a closely fought cup game earlier on in the season, SDC knew it would be a tough game. Which resulted in a thrilling 90 minutes ending up in a 3-3 draw with the lead changing hands 3 times. All in all this was a fair result on both behalves.

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

On Friday the 13th January the A2 students for PE attended a trip to the University of Brighton in Eastbourne. This trip was organised to support and enhance their knowledge and understanding of exercise & physiology. The trip was a great success with students able to put theory into a more practical hands on approach.



As a department we also have two new display boards. One is in regard to the new City and Guilds Coaching qualification that our Academy students are completing which is designated outside room 88 in Southover. We also have a London 2012 Olympic noticeboard which is at the entrance to the Southover building. This noticeboard includes fortnightly focuses and a countdown to the opening ceremony. We also have information on the Paralympics and information on what SDC events are happening in relation to Olympics and Paralympics.

Men`s Rugby

Men's Rugby vs Chichester (H): 68-7 (Win)

The rugby academy played their first fixture of 2012 on Wednesday 25th of January at home to Chichester Academy in the British Colleges Cup 3rd Round. This was always potentially going to be a tough fixture and going 7-0 down in the first couple of minutes supported this thought. However, the team put in a fantastic display throughout the match with tries coming from: Tom Pashley (2), George Dean (2), Judd Newell (2), Elliot Simmons, Pat Soan, Henry Shiell, Liam Olive, Gareth Lloyd & Jack Filmer. Pat Soan also converted four tries. The team showed the ruthlessness which will be required to go far in this competition. It is hard to pick a man of the match as everyone performed, a special mention has to go to the back row combination of Tom Pashley, Judd Newell and Henry Shiell who all had great games.



SDC competing against Chichester at home

Women`s Netball

1st Team vs Worthing (H) : 18-30 (L)

On Wednesday 18th January the 1st team played hosts at the Wave leisure centre to Worthing College in the British Colleges cup. This was a tough fixture for the SDC team with Worthing immediately showing a threat securing a number of points. However SDC fort back with good play of their own keeping the score line close between them both. With the final quarter becoming increasingly near to the end SDC could not catch the lead that Worthing had set. The women of the match performance went to Chloe Ripley for playing out of position and her high work rate leading to a great performance, well done Chloe!



SDC vs Worthing at Wave Leisure

Mixed Hockey

Men's Hockey vs Eastbourne (A) : 3-1 (Win)

The men's hockey team played away to Eastbourne College in the Sussex cup. With this being their first fixture since the end of November, this was a great opportunity for the team to demonstrate their excellent hockey skills once again, and they did not disappoint. The team played high tempo hockey throughout the game, catching their opponents out on the break on many occasions. The team defended magnificently as a unit, with Patrick Alvgren marshalling the defence with authority. After a blistering first half, the team were 3-1 up. The goals were expertly scored by Matt Hickman (2), and captain Nicholi Parrington-Berksi. In the second half, the team contained their opponents well, whilst always looking threatening on the attack. However, with fine play from the Eastbourne College goalkeeper, did not allow SDC Lewes to increase the score line. In the end, the game ended with a victory to SDC Lewes by 3-1. All members of the team were outstanding and should be proud of their performance. Men of the match were Patrick Alvgren and Matt Hickman.