

High Performance Academy

March issue.

Should women be able to compete against men?



For years and years our world has disapproved of men and women competing against each other because we still live in a society that thinks that men have an 'advantage' over women; however, this may not be true in all sports. For instance, in horse riding, men and women compete against each other at the same level across all disciplines such as horse racing and dressage. The other anomaly to this is in mixed doubles in tennis and badminton. Furthermore, Ye Shiwen, who won a gold medal in the 400 and 200 metres at the London Olympics, is a Chinese swimmer and she beat the world record that also beat the best male performances. Do you think that female performance is inferior to male in sports?

This month's top 5 attendees of Beyond 3pm clubs:

1. Gelilla Kassaye
2. Moaz Yusuf
3. Marlena Cridge
4. Jessica Roxas
5. Jasmine Frijters

Gelilla Kassaye



Fixtures and Saturday sports:

Saturday 2nd March: Cricket Nets with Mr Davison from 09:00-12:00.

Saturday 9nd March: Futsal (Indoor Football) with Miss Brown from 09:00-12:00.

Saturday 16nd March: Indoor Cricket with Mr Matthews from 09:00-12:00.

Saturday 23rd March: Tennis with Miss Davies from 09:00-12:00.

Saturday 30nd March: Hockey with Mr Knight from 09:00-12:00.

Wednesday 27th of March at 3:15 against Notting Hill prep for years 7 and 8 girls (Hockey).
Riga and Erlisa Sylejmani



School Results:

Eight year 7 girls travelled to Harrow to compete for a chance to secure a place at the London school games. Having won their borough qualifier, these 8 young ladies were representing the entire borough of Kensington and Chelsea against 8 other borough champions. The indoor athletics competition consists of track and field events in which each student competes in at least two events. The standard of other students was exceptionally high, but our students battled bravely and secured some solid results including fourth in the obstacle relay and fifth in the 2-lap sprint race. The field events procured a number of points, with excellent shot-putt throws from Riga Sylejmani and some carefully calculated speed bounce techniques from Lila Varona-Blakstad and Erlisa Sylejmani. The final result from the

day was that Holland Park had places in 6th place out of a very large field.

Throughout the day all students showed impeccable sportsmanship and manners to all other participants and not only this but the girls represented their school and borough with the upmost dedication and pride. A real thanks is due to the full squad: Erlisa and Riga Sylejmani, Norein Diejomaoh, Katerina Simakova, Clara Styrvoldt-Chaigneau, Valeria Lebedeva-Alexopoulou and Lila Varona-Blakstad for being stunning ambassadors throughout the competitions and training sessions.



Beyond 3pm experiences

Envisage this: catching a melon shaped ball and running as quickly as possible towards the try line on the opposite side of the rugby pitch. Someone comes into sight, it's a defender and he is coming straight towards you. Adrenaline is now pumping through your veins and you quickly react... you got away from the defender and are that one step closer to the try line. Just as you get to the last few yards of the pitch you suddenly feel the ground bellow you vibrate and hear overwhelmingly loud thumps coming ever closer to you followed shortly by a roar coming from behind you, and then...you get tapped by a player in the opposing team and you realise that this was the 'third time your team got touched and you have to give the opposing team the rugby ball'.

Would you like to join in and play some rugby too?

If yes then why not try rugby club on:

- Monday at 3 pm
- Thursday at 3pm
- Friday at 3pm

Zac Tramarin

Fourth out of 200 schools in London.

The girls may well be disappointed that they missed out on qualifying for the South England stage of the national cricket competition, but they should be thrilled in coming 4th out of 200 schools in London. Saskia Banham led the Under 13s in what was a challenging indoor cricket competition and the whole team put in a stunning performance to make such progress in this prestigious national event.

Basketball victory against Chelsea Academy.

On Monday 11th February our Year 9 boys won a basketball fixture against Chelsea Academy 32-23. With Hunter Kheller putting in a man of the match performance, sinking two three-pointers in the game, the team worked cohesively and with clarity to secure their convincing victory. A group of students who now have a strong history of victories behind them, this team is one to watch as the season continues after half term.

Football

victory.

Monday evening saw our Under 13 team and Under 15 football teams playing KAA at home. Our U/15 team brought home an honourable victory by winning the match 3 – 1. Iman El – Hannachi and Stacey Qosja were a force to be reckoned with, weaving through a tight defence and getting the ball in the back of the net. For the U/13 Tanya Tahan scored all three of their goals, giving the team much to be optimistic about. Rosie Redman achieved woman of the match status due to her incredible use of space and intricate footwork.

What's happening in sport around the world?

The Six Nations Championship is an annual international rugby union competition between the teams of England, France, Ireland, Italy, Scotland and Wales. The current champions are Ireland, who won the 2018 tournament.

This year England are hoping to win it for a 29th time, but to do this they must win their next few games against Italy and Scotland. They still have a chance after being



beaten by wales (Wales 21-13 England) which disrupted their unbeaten streak. I believe that wales is in fact going to win the Six Nations Championship, if they keep playing the way they are, but it could all change in a game.

Rafael Varona Blakstad

Meet the academy

Lila Varona Blakstad Year 7

Year 7

I love sports and I can't remember when this passion started!

Sports is what keeps me happy and to me it is a stress reliever

My favourite sports are:

- Netball
- Cricket
- Horse riding
- Basketball
- Archery
- Baseball
- Trampolining
- Ice skating
- Skateboarding
- Rounders

My favourite sportsman is Jesse Owens because he is a very inspirational character who entered the Olympics in Germany and broke 3 world records and matched another all in less than an hour. He has taught me resilience in sport and that no matter what, I should keep going and never give up!

Interview of the month.

Whilst Mr Robson is notorious for his musicality, in addition to leading our school choir, he also has an interest in sport.

Mr Robson first developed an enthusiasm in Cricket at a young age, when watching an England match against New Zealand. He had a particular admiration for the New Zealand player Danny Vettori and decided to give it a go himself! He played in school, making the second 11 in year 12, but in his final year managed to be selected for the first 11. Unfortunately, he didn't pursue this hobby later in life,

though cricket was the sport in which he had the upper hand over his twin brother, who always played football and was generally thought of as the more athletic, able, intelligent and personable sibling. Mr Robson's sporting background doesn't stop there. At 16, after partaking in hikes with his school cadets, he found himself enjoying high-endurance activity and began running!

So, even if your interests typically lay outside of the sports field, try a game or two or simply watch a match on TV; maybe that'll be enough to inspire you.

