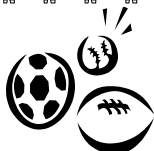




## SPORTS EXTRA



*With our new sports facilities in full use, our pupils are now benefiting from a wide range of sports activities and coaching. A brief outline of some of these is given below.*



### **Netball**

A full programme of netball activities have taken place during the autumn term. Girls from years 7, 8 & 9 have attended regular practices and have had fixtures against Clywedog, Darland, Bryn Alyn and Grango. Sarah Jayne Pritchard (Y9) and Lucy Jones (Y12) have been selected to represent area teams.



### **Rugby**

School rugby club continues to grow in numbers. Practices are held after school each week—Years 7 & 8 on Wednesdays and Years 9, 10 & 11 on Tuesdays. Any keen players should attend the practices in order to prepare for tournaments in the New Year.



### **Gymnastics**

Pupils in Years 7-9 are busy practising during lessons and Wednesday lunchtimes in an attempt to develop their gymnastic skills. The pupils are working hard to achieve British Gymnastic Awards. Many of them have nearly completed their awards but new members are always made welcome.



### **Football**

The school football teams played a full set of fixtures during the autumn term. After beating Penley in the 1st round of the Welsh Cup the school 1st XI lost to a very strong Ruthin team.

Gareth Partridge (Y7), Jamie Pugh (Y8), Michael Pugh (Y9) and Stefan Edwards (Y9) have all been selected to represent area teams. The inter form football competition is once again proving to be very popular with matches held every Friday lunchtime in the sports hall.



### **Self Defence**

Several pupils have benefited from self defence lessons led by Amanda Taylor. One of the Y12 students who has participated is Joanne Chalk. Joanne recently won the British Tae Kwon Do Championships. We wish Joanne well in all future events.

### **Cross Country**



The annual school cross country produced several excellent performances but all competitors should be congratulated for their efforts.

Winners were: Laura Bithell & Gareth Partridge (Y7), Natalie Jones & Nicky Bride (Y8), Lindsey Saffy & Daniel Lovell (Y9), Jessica Joseph & Michael Kirk (Y10), Dean Machin (Y 12&13)

### **Ruabon Sports Complex**

We are very lucky to have such an excellent sports facility on site and as well as the many activities organised by the school there is a wide range of activities on offer every evening and over the weekends. These include aerobics, badminton, basketball, cricket, football, gymnastics, tennis, circuit training and yoga to name a few! If you would like further details of these or any other activities contact the Sports Complex staff on 01978 822978.

