



# Sports Magazine

March 2008

Issue 6

## Outstanding Achievements

### Lee Manning (13Fw)

Lee is currently part of the Great Britain Team in the Great Britain Wheelchair Basketball Association and as such has recently visited Turkey for five days to compete in his first senior tournament in the Men's Team. Although Lee is still classed as a Junior and competes in the Under 22's Junior Team he was asked to join the Men's Team four years ahead of schedule.

In February Lee flew off to Israel with the Men's Team to compete in a mini tournament which enabled officials to spot potential team members for the 2008 Beijing Paralympic Games. The squad will be announced at the end of May and Lee is hopeful to get into the Great Britain Team.

Lee has a very rigorous training schedule which includes a weekly one to one training session with a Great Britain Coach arranged and held at Jack Hunt and attends regional training in Nottingham with the Men's Team.

As this article went to press, Lee had just flown off to Turkey to compete for the European Cup as part of a Superleague.

We wish Lee good luck and will report in future editions on Jack Hunt School's Beijing hopeful.



### Toni Leach (13Hv)

Toni is currently British Black Belt Tae Kwon Do Champion – U18. She currently trains four times a week for up to 10 hours. Toni currently competes at National and International levels. Her greatest achievement so far is "gaining my 2<sup>nd</sup> Dan black belt by the age of 16". Her future ambition is to achieve her 3<sup>rd</sup> Dan which should take two years and she hopes to compete and win European and World titles.

### Omar Afzal (8Kn)

Well done to Omar who was runner-up in the County Schools U13 Table Tennis Championships in February. The competition was held in St Neots and now means Omar is one of the best table tennis players in Cambridgeshire. This is an excellent achievement.



*Mr Game*

JACK HUNT  
SCHOOL

# NEWS AND RESULTS

## Anyone for Dance?

Dance is an area of the school that is rapidly developing and becoming increasingly popular with all students. As a school we now offer Dance as a GCSE course for students to study in Years 10 and 11. In addition to this there has been a great deal of other Dance based events happening over the last few weeks which have involved a great number of students.

## Dance Festival



For the first time ever Peterborough Schools have organised a local secondary schools Dance Festival as a showcase to celebrate dance in schools. This year, the Dance Festival has been based

around four main musicals; Grease, Dirty Dancing, Flashdance and West Side Story. Since January, 14 hardworking and enthusiastic Year 10 students have rehearsed and practiced a dance performance to 'Do you Love Me' taken from Dirty Dancing and 24 super Year 7 students are dancing to 'Hound Dog' from Grease. All dancers have shown commitment to several rehearsals and have been positive about all the time it has taken to rehearse. Well done to all the dancers.

## CROSS-COUNTRY UPDATE

Six students from Jack Hunt School represented Peterborough Schools at the Cambridgeshire Schools Cross-Country at St Neots.

Christopher Clarke	(12Gm)	2 <sup>nd</sup>
Sarah Caskey	(13Kr)	4 <sup>th</sup>
Jack Moore	(8Dn)	11 <sup>th</sup>
Ross Huskisson	(8Bd)	18 <sup>th</sup>
Callum Reid	(8Bd)	29 <sup>th</sup>
Emily Cook	(11Bs)	25 <sup>th</sup>

Christopher Clarke, Jack Moore and Sarah Caskey went on to compete at the Anglian Cross-Country and represent Cambridgeshire Schools. Sarah Caskey finished 12<sup>th</sup> Christopher Clarke finished 22<sup>nd</sup> and Jack Moore finished 49<sup>th</sup>. Sarah Caskey's successes has led to her being selected to compete at the English Schools Cross-Country Championships. Good Luck Sarah!

Excellent achievements by all these students. Continue to train hard ready for the track and field season.

*Mrs McCormack*

## Street Dance

Since January local dance instructor Joshua Sayers has been delivering Street Dance to Year 9, 10 & 11 students on a Tuesday afternoon from 3.15 - 4.15pm in the Dance Studio. It has proved very popular with over 20 students regularly attending every week. The dancers are working towards an outstanding street dance piece – well done to all those who have showed commitment and have attended regularly.



For more Dance information see Miss Wright, or keep looking at the extra-curricular PE posters to see when clubs are running.

*Miss Wright*



# INFORMATION

## PE KIT - Information

There have been some issues with students not having the correct PE Kit for some lessons. I would like to take this opportunity to remind you of the kit students should be wearing for their activities in the summer term.

### Rounders / Athletics / Tennis

Students should wear a plain white polo shirt, black shorts or black or dark blue tracksuit trousers. If the weather is cold then students should wear a plain black sweatshirt or training (drill) top. Trainers should also be worn.

### Cricket

Students should wear a plain white polo shirt, black shorts or black or dark blue tracksuit trousers. If the weather is cold then students should wear a plain black sweatshirt or training (drill) top. Trainers should also be worn. Students can also wear cricket whites if they wish.

All equipment is provided for lessons. However, should students wish to bring in their own tennis racket, or cricket bat and pads then this is great. Students can leave them in the PE office for safe keeping during the day.

I hope this helps to clear up any confusion. Can I also remind parents that hooded tops do not form any part of the Jack Hunt School uniform.

*Mr Game*

## Athlete Well Being - Eat for Excellence

Young athletes can have very unique nutritional needs and require a calorie intake that not only allows them to perform within sport to their optimum level, but also helps to fuel their own personal growth. Young athletes may need anywhere between 2000 and 5000 calories a day depending on how active they are.

So the key question is - **How can we do this?**

Eating a variety of foods is critical. Carbohydrates are an important source of fuel, but they are *only one* of many foods an athlete needs. It also takes vitamins, minerals, protein, and fats to stay in peak playing shape. Minerals such as calcium helps build the strong bones that athletes depend on, and iron carries oxygen to muscles. Eating a balanced diet, including lots of different fruits and veggies, should provide the vitamins and minerals needed for good health and sports performance.

Young athletes need slightly more protein than less-active teens, but they should be able to get this additional intake by eating a normal healthy diet. Protein providers include fish, lean meats and poultry, eggs, dairy, nuts and soy.

**Water** is just as important to unlocking your game power as food. When you sweat during exercise, it's easy to become overheated, headachy, and worn out - especially in hot or humid weather. Mild dehydration can affect an athlete's physical and mental performance. How much fluid each person needs depends on the individual's age, size and level of physical activity.

Experts recommend that athletes drink before and after exercise as well as every 15 to 20 minutes during exercise. In general, most athletes need 1-2 cups prior to exercise and ½ to 1 cup every 15 to 20 minutes throughout exercise. Don't wait until you feel thirsty, because thirst is a sign that your body has needed liquids for a while. But don't force yourself to drink more fluids. **Avoid** drinking carbonated drinks (e.g. coca-cola) or juice because they could give you a stomach-ache while you're competing.

This is just a snippet of the importance of diet to young athletes and there are other nutrients not discussed here. You

could conduct your own research to see how the correct fuel (diet) can play a significant role in

helping you to achieve your sporting but also academic goals. There is also some key information about diet rules for your day of competition and how these can help or, if not followed, inhibit your performance.

To get you started try:

<http://news.bbc.co.uk/sport1/hi/academy/default.stm> and click on Health and Fitness.



*Mr Game*

# SPORTS LEADERS

## Sports Leaders Prepare for Germany

Eleven Year 10 Sports Leaders are travelling to Germany after Easter to introduce 'Tag Rugby' to Year 5 students in Lip. Rugby coach, Steve Fox, has been assisting with this project and has coached our Sports Leaders developing their coaching and officiating skills. Our Sports Leaders will teach their lessons in German, so they have been preparing by increasing their vocabulary with sport related words. Before we go, our Leaders will practice their teaching with Year 5 students from Middleton Primary School.

This project will bring both school specialisms together, Language and Sports College. The trip is jointly led by Mrs Dingle, Sports Leader Organiser and Mr Hutchinson International Education Co-ordinator.

*Mrs Dingle*

Ostendorf Gymnasium



## Sports Leaders Teach Net Games



Year 12 Sports Leaders have been extending their leadership experience by teaching Year 4, four lessons of 'Net Games' short tennis, badminton and volley ball. The Sports Leaders have learned a great deal about organisation, communication and planning. Longthorpe Primary School students have enjoyed the experience of working in our new Sports Hall and having fun in a learning environment with our senior students. There are some excellent racket players in the making.

*Mrs Dingle*

## Summer Term Enrichment

### Students and Parents:

When you return for the start of the summer term please look on the noticeboards and check your emails for all the summer lunchtime and afterschool clubs that will be on offer to you.

They will include:



Rounders Club	All years
Athletics Club	All years
Cricket Club	All years
Tennis Club	All years
Elite Tennis Training	Selected Students
Rowing Club	Selected Students
Swimming Club	Mixed sex classes

*Mr Game*