In October last year the U14 Netball team won the Harrogate and Craven round to get into the Regional Finals, representing North Yorkshire.

The U14 netballers have had another successful year after making it through to the Regional Netball Finals.

The girls represented North Yorkshire and competed against schools from across Yorkshire and Humberside. They came up against some tough competition and unfortunately did not make it through to the National Finals. Getting to this stage was an achievement in itself; prior to this the girls had won the Harrogate and Craven Netball Tournament as well as the Regional North Yorkshire Tournament. They should be very proud of their medals!

“don’t practise until you get it right; practise until you can’t get it wrong”

Miss Jackson said: “I have coached this team since Year 7 and have watched them grow each year. They are a group of hard-working, determined netballers who commit themselves to training every week. Well done girls!”
Mr McIntyre’s team of U15 Rugby Boys got their attack underway in November last year on the Nat West Vase with a 3rd round 19 – 14 win against Gosforth Academy.

The 4th round saw the team at home against Wolfreton; what an exciting match! The boys worked hard and put into practice everything they had learned to achieve a fantastic victory 40 – 22.

Mr McIntyre was anxious for the next match against Grantham at home and with the support of the home crowd, the boys really got the team spirit, fighting hard, but losing a respectable 4-8 to a better side on the day.

Congratulations on getting that far in a tough tournament!

The U13 and U12 Girls’ Rugby teams donned the brand new strip at the beginning of February to take part in a seven-a-side tournament at Harrogate Rugby Club. The girls were delighted to be the first to wear this kit having been involved in raising the money for it. Huge thanks to the PTA for helping too.

The U12 & U13 Mixed 7 team took part in a new festival organised by the RFU and designed to help develop Girls Rugby in the area. Parents came to watch and cheer the girls on at Harrogate Rugby Club, and although ‘non-competitive’ we felt we came away a very successful side, learning new skills and definitely with a taste for more.

"Players win games; teams win championships"

RUGBY
Invented by men
perfected by women

Christening the NEW Rugby Strip

Girls’ Rugby

Trying out a new type of Mud Pack!
Cameron Osburn: Unsung Hero

In November last year, Cameron won the Yorkshire Young Acheiver Award for Unsung Hero and deservedly so. Cameron is an inspiration, not only to the young people he coaches, but to all of us in the PE Dept.

Cameron has not only set up his team ‘Adversity United’ and coaches them with the help of his family; he has also been playing football for N & E Yorkshire Cerebral Palsy Team. This week though, we got some very exciting news. At the end of January Cameron spent a full weekend training with the England Cerebral Palsy Team under the watchful eye of the England Coaches. On Monday night we found out he has been chosen for the England U21 CP Team.

Cameron, we are so proud of you. Congratulations!
HGS Netball

It was really good to see so many Year 7s turning up for Netball Training at the beginning of the year! We are looking forward to some great teams emerging with these players.

Condover Hall
Netball Tour 2018

Three Year 7 teams celebrated a great year of Netball and the Royal Wedding in glorious sunshine at our annual weekend at Condover Hall.

What a fantastic year the netball U13 A & B teams have had, with both teams winning all matches except for one. The girls have made huge developments in their skill, game play and tactical awareness, which has led to their superb success. Training has been every Wednesday where the girls have been giving 110% in all weather conditions, showing outstanding resilience and commitment to HGS. The U13s have had a range of netball-specific fitness sessions, skills and drills and many weeks finishing with a competitive math practice against the Year 9s. A special mention has to go to Abi Beecroft (Captain), Zoe Topping (Vice) and Kiera Ingham who have helped lead the teams to their fantastic achievements. A massive well done to Abi Beecroft, Zoe Topping, Molly Taylor and Alice Lashua for being selected for North Yorkshire this year.

All three teams played some excellent netball throughout the tournament, which came down to a nail-biting final. The match went to extra time and then Golden Goal, which was scored by Harrogate Grammar School Goal Shooter, Abi Beecroft!

A great finish to a fantastic weekend!

We look forward to attending again this coming May with a new cohort of Y7 netballers.
A great turn out to the Year 7 and 8 boys’ hockey practice at the start of the Spring Term saw nearly 70 boys braving the cold to practise. We were able to select a great U13 team. This week, on a clear sunny day for a change, this team played in the North Yorkshire Finals.

The first match against St Olaves was a very tense affair, with Olaves pressing strongly in the first ten minutes. However once nerves settled, HGS began to develop more fluid passing moves and although the final score was 0-0, it could have been a victory had we taken our chances. The next match was against Cundall Manor who had put us out of the U12 tournament and were an extremely competent side, however a much more energetic approach to the game saw us win 3-0 with the whole squad being used. The goal of the tournament was Harry Montague’s lofted pass controlled by Oscar Murray who dribbled on to beat the keeper.

The final match against Ashville, with all to play for, saw an end to end affair. HGS broke the deadlock with a finely taken goal, only for Ashville to come back and equalise two minutes later. However, with 7 minutes to go, the deciding goal was scored and victory was secured 2-1. HGS finished equal top with Olaves on 7 pts but a better goal difference of +6 to our +4 saw Olaves take the title. Despite this, HGS progresses to the North East round at Yarm on 11th March, where we start all over again.

“Behind every kick of the ball, there has to be a thought.”

Year 8 Football

The U13s took on the Area Cup, reaching the final against Boroughbridge. They lost an early goal in the first minute, but dominated the rest of the game, scoring an equalizer early in the second half. Thry continued to dominate right the way through extra time, only to lose on penalties. This team did really well, using a new formation for the first time. They have come on leaps and bounds since September. Mr McDonald
On the 19th-20th October last year a group of 33 Year 11 students spent the weekend ‘learning the ropes’ at High Adventure, Keighley.

An intense, jam-packed weekend of instruction and assessment for their GCSE course.

Students performed exceptionally well with some fantastic grades.

In 2018 the PE department began offering the Sports Leaders UK Level 1 qualification, enabling students to learn and demonstrate important life and employability skills, such as effective communication, team work and organisation, whilst learning to lead basic physical activities for younger people, their peers, older generations and within the community. The course involved both guided and peer-to-peer learning and supervised leadership to ensure that learners developed all the skills they needed to lead the activities.

With a lot of effort each week during the training session and many hours volunteering, last year 69 Year 10 students passed and achieved their Level 1 Sports Leader qualification. Due to the huge success of this course, this year we decided to deliver the Sports Leaders UK Level 2 qualification to current Year 10 students.

71 students have opted to complete this qualification, already showing super enthusiasm and desire to be brilliant leaders and role models. The commitment of the students on the course is exceptional, with students giving up many hours to help with extra-curricular clubs both inside and outside of school, and volunteering to support many primary school sports festivals. We are very proud of our sports leaders and look forward to the rest of the year.
The Harrogate Grammar U13 Team has just won the Regional Final and now goes through to the National Finals on 23rd March at Hinckley in Leicestershire. This is a first in HGS history.

The day consisted of 8 singles matches against each school with only the overall winner going through to the Nationals. The first match was against Rainhill, Mersyside with a 5-3 victory.

The final and deciding match was against Silverdale, Sheffield, who had also beaten Rainhill. The matches ebbed and flowed 1-1, 2-2, 3-3, with the final two matches to decide having an overall score of 4-4. The rules were matches won and lost against each other, so after some very nervous adding, checking and rechecking, Silverdale scored 16 and HGS 17. All the boys contributed to this victory/achievement and should justifiably be extremely proud of the outcome. The boys have only been playing table tennis this last year which makes their success all the more remarkable.

The Harrogate Grammar School's history for cross country.

For the first time we had a team reach the National Cross Country Finals. Our U15 girls’ team was successful in two rounds to gain a place at the Finals in Suffolk.

In addition to this we have had some more fantastic results throughout the year. Four of our athletes had success at the North Yorkshire Schools Championships and have been selected to represent NY at the National Finals and three more have been chosen to represent NY in the Northern Finals.

**Athletes and Results:**

Hazel Forrest 1st
Eve Whitaker 2nd
Rose Forrest 3rd
Jacques Maurice 3rd
Lexie Whitaker 8th
Amelie Aylesbury 10th
Louisa Ibberson 12th

(Top 8 qualify to represent county in Nationals; Top 12 in Northernns)
**Burns Night**

The skirl of pipes welcomed over 100 guests to the 26th Burns Night for an evening of fun and frolics. The school hall was transformed into a Scottish paradise, tartan decked tables with charming posies of flowers and candles greeted the guests while brightly lit tartan wreaths on the walls along with garlands on the doorway gave the room a homely feel.

A positive army of helpers, students and parents alike, ensured the host was fed and watered throughout. The traditional fare of cock-a-leekie, haggis and cranachan, expertly prepared by Dave Carrack and his team, was well received. The traditional welcome to the chief guest of honour, The Haggis, was piped in by Mr Ed Arnold and greeted by Mr Ken Weston, who, with a flourish, gave his usual faultless Address. Further entertainment was added by the truly beautiful voices of Miss Grace Brennan and Miss Phoebe Kyriakopoulus.

Following the meal, the Toast to the Lasses was given by inimitable Mr Mark Garrett, whilst The Reply given by Mrs Fiona Barker thoroughly entertained the gathering. The evening continued with dancing/skirmishing or hand to hand combat judging by the display of dance moves. Music was supplied by Knotted Chord who once again provided a lively, tuneful conclusion to the event. None of this would have been possible had it not been for the dedication and enthusiasm of parents who volunteered to help. Their hard work and enterprise was immeasurable when you saw the hall decked out in all its glory. The hours that went into the prep to the setting and tidying up cannot be thanked enough – you know who you all are!

The evening was to not only celebrate the Bard but to raise money for portable floodlights to enable more students to carry on with practices in the winter months. The fundraising was massively boosted by the very generous sponsorship of Myrings Estate Agents, who sponsored an excellent selection of whisky, WMG the red wine and Salesforce the white wine. All wines were supplied by Ake & Humphris. It is so nice to see local businesses supporting our school and through their generosity giving students the opportunity to develop their sporting potential.

The final amount is still to be accounted but judging by the evening a goodly sum was raised. If anyone is interested in assisting with our venture please contact the PE Dept. Here is to the 27th occasion and I look forward to welcoming you all next year. Roy Mackay

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**Before the final whistle goes…..**

Some of the HGS students have taken up Yoga as an extra curricular activity and have been developing their skill in balance and control, along with enjoying Savasana at the end of each session.

**Yoga is open to all HGS students,**

**Tuesday 3.30pm New Gym**

Yoga.

It’s not about touching your toes,
It’s what you learn on the way down.