

Elite Sports Review



**BISHOP
BARRINGTON**
SPORTS ACADEMY



Message From The Academy

**A message from Caroline Bibby
Lead member of staff for the Academy**

Thank you for taking the time to read this newsletter.

It is a celebration of our young sporting talent we have at Bishop Barrington. I feel very privileged working with these young people as they are inspiring their peers and staff alike.

The challenges and dedication these young people face, to get to where they are in their sport, is commendable. Along with friends, family and coaches, Bishop Barrington aims to be an additional support mechanism to the students in their sport.

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Elite Academy Talents



Bowled Over by Stones

Thomas played several matches for Durham County Cricket Club Under 12's team over the summer. The highlight of which was a week long residential inter-county cricket festival held at Ampleforth college in Yorkshire. Thomas took the most wickets for Durham during the festival and the team finished 4th overall.

Thomas has been awarded player of the year for Bishop Auckland cricket club Under 13 age group.

Ella is No 1

Year 8 pupil Ella took part in a tournament called the Sandee Contender Series on the 11th of November in Doncaster.

This was the first segment of the series where the contenders entered the tournament weeks or even months in advance to fight other fighters from around the UK that are within their age/weight category. Unfortunately for Ella, there was only one other girl in her category, which meant she only got to fight once. She took the win comfortably.

This was Ella's last fight before she goes back to Thailand in December for three weeks of extensive Muay Thai training in preparation for her next fight in Barnsley in February. Ella currently trains 4-5 times per week along with her younger brother Joseph, both of which are ranked No 1 in the UK.



When interviewed Ella said "Before the match I felt pretty confident, although I was also a little nervous".

Great British Advice

Chris Kirk, Former GB athlete was the first mentor in 2018 to come in and work with the Elite Sports Academy.

He discussed his life and career, his many ups and downs with the sport and how his experience can help others.

Chris, not only provided a motivational speech for the students, he allowed them to see challenges and hurdles differently.



The U16 netball team pick up a Silver Medal.

The U16 netball team competed in the North Durham schools tournament yesterday. A total of 12 teams took part, a great competition with some tough opposition, the girls played amazingly and represented the school impeccably getting through to the semi-finals and then the final, gaining a very respectable 2nd place with a silver medal.

Their position in the tournament means they gain a place in the North East Regional round to be played in January. A massive congratulations to all players!



Future Cricket Star in the making

Anissa won the trophy for Bishop Auckland Cricket Club most improved player of the year at the end of the season. It's only her 1st year of playing cricket but they have very high hopes of her hopefully going on to play for the county team next season .

Excellent achievement Anissa.



Keiras Netball Dream

Keira Jones played in a county netball tournament representing North Durham U'16s squad. Playing against teams from South Durham and Northumberland including U'19 squads. She was awarded player of the tournament of her team by the North Durham Performance coach. A young Talent to watch out for.



Olivias Dancing Dream

Year 11 Dancer Olivia has secured a place at the London college for Performing Arts to study after her exams!

Well done.



Star Profile

Name - Ellie Barker
Star Fact - Member of
The Durham Institute
for Sport

Ellie is a talent to watch out for in regards to future success as her results speak for

themselves: Ellie of Hanuman Thai Boxing in Darlington earned her 50th and 51st career win tonight as she battled her way through two tough decisions to win the Girls Empire tournament in Sweden.

The Yokkao Next Generation fighter was drawn against fellow Brit, Acacia of Thaitanium in Leicester, in the semi-final with the other two girls in the tournament from Sweden facing each other in the other semi-final. After the teams had spent most of the time in Sweden together, it was a shame they had to face each other in the first round, but Ellie did enough to take the decision in a tough contest and advance to the final.

Up against home-favourite Lisa Matsson, the Hanuman sensation took the decision victory in another hard fight against a strong opponent to win the Girls Empire tournament.



Emily Whitton goes to Wear Valley Swimming Gala

Emily Whitton (aged 12) participated in the Wear Valley swimming gala 2 weeks ago. She is a senior swimmer at Wear Valley swimming club.

Emily swam in 8 races and placed 4th in all of them considering how many people were there that are amazing swimmers as well. The 50m

race freestyle took her 31s and the 400m freestyle took her 5 minutes 32 seconds.

Emily said, "It was exciting at first when we were there and before a race I got a shot of adrenalin into my body."

The races she swam was a 50m freestyle, 50m

breaststroke, 50m backstroke and a 50m fly. She also swam a 400m freestyle, 100m IM and a 100m freestyle.

Emily has placed at a well spot of 4th place as she has been in the club for 6 years.

Year 7 Elite Sports Academy Students Top Trumps

When new students start at Barrington, we do a questionnaire and conversations with them to gauge if they fall into the Elite bracket and can access this academy.

In year 7 we have new students join, with a variety of specialisms:



Name: Alfie Jones
Sport: Stock Car Racing
Best accolade: Came first in his race last season
Star Fact: Competes all around the country.



Name: Jimmy Newton
Sport: Thai Boxing
Best accolade: Ranked UK number 1 for his age group
Star Fact: Won at the UK MF Championships



Name: Corey Williams
Sport: Athletics-Track
Best accolade: Voted male athlete of the year 2017 by club
Star Fact: Trains Mondays/Wednesday and Fridays!



Name: Ellie Sowerby
Sport: Swimming
Best accolade: 3rd Fastest 200m breaststroke for her age in the country
Star Fact: Trains x4 times a week and before school to be at her level.



Name: Leah Aldworth
Sport: Athletics-Track
Best accolade: Selected for Cross Country
Star Fact: Trains mid-week and weekends



Name: Grace Gill
Sport: Cheerleading
Best accolade: Competing in the championships at Blackpool
Star Fact: Competes for Nemesis All Stars



Name: Lexie Seymour
Sport: Gymnastics
Best accolade: Selected for the English Champs in March 2018
Star Fact: Trains at South Durham Gymnastics



Name: Finleigh Seagrave
Sport: Cheerleading
Best accolade: Cheerleading and Dance around the country in competitions
Star Fact: Trains at Nemesis Cheerleading



Name: Ashton Houlahan
Sport: Football
Best accolade: Currently on the books at Middlesbrough Football Club
Star Fact: Has day release from school to train

Get our Skates On!

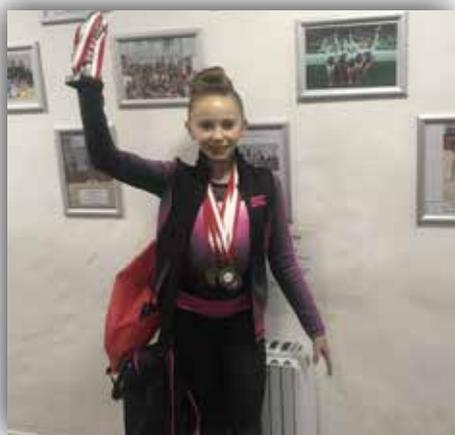
Niamh has been skating for nearly 4 years at Spectrum Roller Skating Club with coach Tracy Stevens. The club trains every weekend in each of the three disciplines in the sport, figures, free and dance. Niamh has taken part in sessions delivered at Spectrum by former world champion, Lee Taylor.

In April this year she competed at the Federation of Artistic Roller Skating Figures and Free competition and won the clubs first national title, Novice Free Skating Champion for her age group.

In July, Niamh competed at Cardiff City Rollers club competition where she won a bronze free skating medal and in November competed in the FARS Winter Solos Dance competition where she won two more bronze medals in the Quartet and in Novice Freedance 13-14 years.

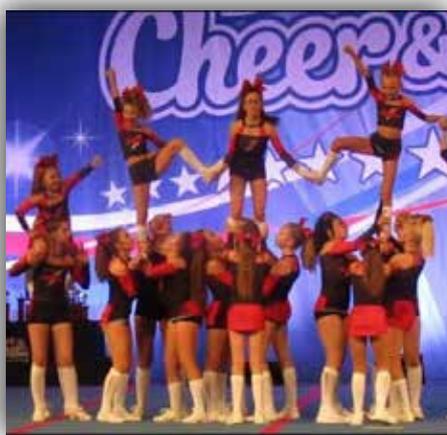
In December, Niamh travelled with Spectrum to Bolton to take part in an Exhibition of skating. She skated in the inter club duo dance event and picked up another bronze.

Niamh continues to train hard in preparation for exams in the new year where she is aiming to reach the standard required to compete in the British Championships in 2020.



Under 13 Gymnast winner- Lexie

Well done to our ESA member Lexie winning the overall champion title at the U13 gymnastics competition! Well done!



Finleigh- Anna is tumbling to success

ESA members Grace and Finleigh at a recent Cheerleading competition where they both picked up medals.



Dates for the diary

Some up and coming events to make note of for the Elite Sports Academy:

12th February- KS4 ESA trip to Durham University to do practical and theory workshops

26th March- Craig Heap- Olympic Gymnast coming in to work on 'Mental Toughness'

Kyles District Journey

Kyle Seymour, Esa member and footballer for Newcastle, has been in action on the field for his district side. Kyle has had a game against hartlepool district and they won 9-1.



Star Profile

Nell Aisbitt one of Bishop Barrington's star players in badminton and netball.

Training at least 2-5 times a week. Nell is a part of four teams "Bishop Auckland Netball Club," "Brays (Adults Team from Aycliffe)," "Under 16 County Academy Squad" and of course "Bishop Barrington's Netball Team."



She is a dedicated player and always communicates well with her teammates. Since September and the new term she has played in 23 matches (between September 10 - December 17) including a

national schools tournament on the 7th November in which the team qualified for regionals. On the 24th November Nell and the Bishop Auckland Netball Club participated in a match where they came 2nd in their league

On the 7th December Nell, alongside other students at Barrington school, played a charity match of students vs teachers, to raise money for Paul King's homeless charity.

For the County Schools games, Nell said it was a "hard round" and "had to really fight to get through" but despite this, they persevered and came 2nd. Alongside these recent and big achievements Nell was voted players' player for the third winter season in a row. The players' player is a total of the "player of the match or POM." A POM is chosen by the opposition at the end every match. Out of six matches she played for Bishop Auckland Netball Team Nell had 5 POMs.

Her teammates describe her as "competitive" and "hardworking

in all she does." Our school takes deep pride in our physical and mental education which is showcased through our students such as Nell who has been thriving these past few seasons. Academically Nell is taking GCSE PE and we all have high hopes for her achievements. The PE department does everything it can to support students no matter the circumstances and encourages extracurricular activities and exercise. Nell is a prime example of our schools RISE values, respect, inspiration, resilience and excellence.

Although I do wish to add congratulations to the Netball team as a whole on their recent win they are all excellent players individually and together, they all deserve recognition and applause



Workshop for Strength and Conditioning

As part of the bespoke ESA program, the students are offered a range of practical and theory workshops. This strength and conditioning workshop was lead by James Oldfield, PE teacher and GB duathlete.

Students were given excellent coaching on technique and a training program to take home to work on to develop within their sport.



Triathlete Star

Ethan has just made it into the North East development squad for Triathlon. The east triathlon squad which will test Ethan on 1 mile run in under 5.45 and a 200m swim in under 2.38!

Ethan has finished the Triathlon season with the following results:

Sat 29th Sept 2018 - Wrekenton (started off in the fast pack because of last years position which means you give all the other runners a 2 minute head start and then you need to go and catch them. I finished 25th on the day but had the 7th fastest time in total.)

Sun 7th Oct 2018 - Druridge Bay (once again in the fast pack and this was a hilly course and was also the longest, I finished 23rd but had the 9th fastest time!

After the Christmas Break the triathlon season is finished and cross country season starts.

Sat 5th Jan 2019 - Sherman Cup, Temple Park

Sat 9th Feb 2019 - Thornley Hall Farm, Peterlee

Sat 2nd Mar 2019 - Alnwick Castle



Twin Ambition

Valued members of the Elite Sport Academy, Joshua and Thomas Wraith are cross country runners competing at national level. They run for Durham City Harriers, a County based athletics club, and train four days a week rain or shine. Competitions are Saturdays and Sundays, and can range from running for the club, competing in the country, or simply trying to beat their own times in Park Runs.

Across the year they have competed in numerous events, with the main championship being the club based Harrier League - a northern championship for clubs and individuals who compete to earn a place on the elusive podium. As of December 2018, Joshua and Thomas are ranked 4th and 7th respectively.

Recently (8th December), they ran at Wrekenton, Gateshead in a 4K run. Thomas placed 26th with a time of 14:11. Josh placed 10th with a time of 13:15. He said about the result 'This was a very successful run and I was pleased with this event'

Everyone at home and at the BB PE department is very proud of Joshua and Thomas' many successes as they continue their cross-country careers

