

Elite Sports Review



Star Profile

Chloe Wymer

Journalists welcomed by the Elite Academy

As the Academy goes from strength to strength, the interviews, reports and reviews are all carried out by 4 Sports Journalists. We have two representing the younger year groups, and 2 representing the upper year groups.

The roles of the journalists are to meet with the academy members, find out what they are currently doing within their sport and report back on this.

Harley, a Year 8 journalist, was quoted as saying *“This is an insight into what a real journalist would do. I enjoy finding out about the sports and the successes the students are having.”*

Mrs Bibby is thrilled to open up another journalist role, in support of the Leadership Academy, and anyone interested should see Mrs Bibby in the PE department for further information.



The Paris Saint-Germain Academy England

Really exciting news that Bishop Barrington has secured Paris Saint-Germain Coaching Academy!

This bespoke and specialist academy is open to all Bishop Barrington pupils.

The programme is designed to give each player Paris Saint-Germain techniques, methods, mentality and overall philosophy of the Parisian Club.

The aim is to ensure that all pupils develop, integrate and train like their Paris Saint-Germain idols but, most importantly, have an unforgettable soccer experience!

The academy opened its doors after Easter with 46 pupils on roll. These pupils have received PSG training kit and have loved the sessions so far.



Antony Bibby, Head of Physical Education at Bishop Barrington, said

“ We are thrilled and honoured to work with some giants of the football industry. Our pupils will learn a great deal from this, and we will as staff”.

These photos were taken at the first training session, where the students were developing the top class coaching.

Amazing opportunities provided by Bishop Barrington PE Department.



Cricket Success

On Wednesday 15th May, our Year 8 cricket teams played other schools in the county at Bishop Auckland Cricket Ground.

They made an amazing effort, with the boys winning the competition and the girls coming 4th.



Tri Golf Festival

Over 3 days, 35 of the Leadership academy students worked alongside Lewis Marr and the team at Education Enterprise to lead a Series of Tri Golf Festivals, held at Bishop Auckland Golf Club. Amazing to see the primary pupils develop their skills, and the Barrington leaders helping out.



Emily's winning weekend

Over the last weekend in May, Emily was involved a swimming Gala where she managed to pick up 5 medals!

She picked up the gold medal in the 200 metres backstroke medley, silver medals in 100 backstroke, 100 freestyle and 50 fly, and a bronze medal in the 200 individual medley.

Amazing achievement Emily!



Oliver is the Crossfit King



Oliver in the ESA, has turned his hand at Crossfit. He has recently taken part in a competition, where Elite Sports Journalist, Kyle, has created this review.

The competition had 6 workouts over a period of 3 days. Crossfit is a mix of weightlifting, cardio vascular fitness, and gymnastics.

The workouts are put into categories and in the WOI Oliver came 4th overall, whereas in the WO2 he came in second place overall.

Considering this isn't Oliver's first sport he competes in, it shows what a talented sportsman he is.

It's Coming Home!

Where to begin with the game. Bishop Barrington played against St John's. We have never taken points from this team, in fact we lost 2-1 to them earlier in the season.

We knew from this what we were going to be up against. Throughout the whole game, we showed the spirit of the school, we never gave up. We raced in to a 2-0 lead with two 30 yard screamers from Charlton before St John's pegged us back through a corner that curled straight in and a scramble in the box. We were 2-2 at half time. After half time, we went 3-2 down and the players were looking tired; they looked like they didn't believe we could come back after having the lead early on. However, that "never give up" attitude

came through again and, with 5 minutes to go, Seymour popped up from right back to score a scramble of our own. Full time score was 3-3. After a bit of confusion, it was decided we would play 10 minutes each way extra time. St John's scored again in the first half. We needed something special. Players were becoming increasingly tired. Miraculously it came with 5 minutes of the second half to go, with Drew Dunn equalising 4-4 at full time, after extra time. PENALTIES.

Having played 90 minutes of football the players were tired but we were looking in better shape than St John's for penalties. One player stood up and said "I'll take one sir" Marquis, a Year 8 pupil stepped up to take the first penalty of the shootout for us. St John's had won the toss and decided to take first. Their player stepped up and hit his first shot over the crossbar, still 0-0. Jake then

stepped up and calmly scored in to the corner beyond the keeper, 1-0 Barrington! We needed hero and it came from Sayer. 2nd St John's penalty SAVED! Still 1-0. Bradley stepped up next and hammered home his penalty, 2-0 Barrington! Third St John's penalty SAVED AGAIN BY KODY! IF WE SCORE THE NEXT ONE WE WIN THE CUP! Ballan, the Captain of the team, stepped up and rolled the ball in to the corner and, for the first time since the very first Bishop's Cup, on the exact date we had previously won the competition, Barrington had won the Cup Final.

As I am sure you can tell from this report by the Football Coach, Mr Knowles, we were so proud and impressed at the standard our boys showed on the pitch! It's coming home!!



Leadership Academy Goes From Strength To Strength

Bishop Barrington hosts a very successful leadership academy, which sees the pupils traveling around the county, supporting Lewis Marr with Education Enterprise and James Oldfield the Schools Games Organiser.

So far, the pupils have run the cross country festival, swimming, gymnastics and athletics. Their latest venture is the Tri Golf Festival, which is hosted at Bishop Auckland Golf Club, over three days.

Mrs Bibby, who runs the Academy, has praised the pupils on their professionalism and leadership qualities. "They are real role models and ambassadors of the school".

As a part of the Academy, the pupils receive training to allow them to feel confident in the delivery of the sessions.



Netball's player of the year

A massive well done to Year 9 Keira. Her Netball club, North Durham Performance Squad, have nominated her Player of the Year!

Watch out England - future star in the making.



Skating to Success

Elite Sports Academy member, Niamh has just taken on her first British Championships of 2019. Niamh skates for Spectrum Skaters.



Fundraising for children's charity.

Emily in Year 8 has taken time out of her busy schedule in order to give back to charity.

She has just completed a gruelling 33 mile walk in aid of Children's Cancer, helping to raise a massive £5000 total! Well done Emily!

Emily not only has excellence attendance at school, she trains both before and after school in order to be the best at her sport.



Jimmy is the British Champion.



We have another champion within our Academy. Jimmy from Year 7 has been competing in Thai Boxing for 6 years now, training 5-6 times a week at the Phoenix Gym in Newton Aycliffe. Recently Jimmy has been really successful in all his fights, with the most important one being held in Birmingham. Jimmy had to leave school early on the Friday to weigh in for his fight which was on the Saturday. Jimmy was faced with one defeat on the Friday, leading up to the main fight on Saturday. Jimmy was to take on the Belgium International Champion, weighing in slightly heavier than him, giving him the slight advantage. Undeterred, Jimmy went into the ring and won the fight, bagging him the title of Junior British Champion.

This is an amazing achievement for the Bishop lad, however the training and the time and dedication Jimmy puts in is admirable.

Star Profile - Jimmy is a champ!

Our Elite Sports Academy is proud to announce that one of the members, Jimmy, has fought and won the British title in Thai Boxing for his age category.

The fight took place last month in Barnsley. Jimmy has won the belt, and the title. A quote from the report reads: "By round four, Jimmy is showing some matrix style timing and lands strong counters."

Jimmy is tipped for a bright future in the sport, starting when he was 7 he is now the champion at 36kg.

When Journalist Kate interviewed Jimmy he said, "I do get nervous before a fight, but once I am in the ring I am excited to fight".

This is a fantastic achievement and one that comes at a cost, as Jimmy trains 6 times per week.



Craig Heap

In an exciting Academy workshop, Olympic and Commonwealth gold medallist Craig Heap came into work with the pupils. Craig Heap shared his life story and how if he hadn't gone to his sister's gym to watch her in a competition he wouldn't be doing gymnastics. Craig Heap is a retired Commonwealth Games Gold medal winning gymnast, who has represented England over 100 times in various international gymnastic competitions, including at the 2000 Summer Olympics. He has been the English and British champion, as well as the Captain on many occasions.

The session involved a one hour talk, where Craig explained how he became a gymnast. Craig explained the personal difficulties he faced for being a male gymnast in an all boys school. He explained he has six key things that keep him going, in the hope that pupils would take them on board. These were: mental toughness, hunger to achieve, people skills, sports and life knowledge, breaking barriers and planning for success. Craig asked the pupils to fill out a questionnaire to see how these key things may already fit into their standard of training.

He explained how people may react when in a competition and he explained it in three stages:

- Fight-to toughen up and do the competition and see what happens
- Flight-to run away from the competition
- Freeze-to freeze up and show yourself up

On the second half of the afternoon, the pupils had an hour of practical work. They started with a warm up that consisted of teamwork and precision. They worked on their speed and agility by doing tasks like who can pick up the cone first. Also they participated in playing volleyball as if they were paralysed. Additionally, they also played a memory game where they had to remember which cards were where, as if they were remembering their routine in a competition, the Commonwealth Games or even the Olympics.



Star Profile- Chloe Wymer

Chloe Wymer, one of our school's star athletes has succumbed to a severe injury. Chloe is a star football player who plays for Durham RTC. Towards the end of November last year, during a match, Chloe's knee popped. She did go to hospital but everything seemed fine at the time. So she kept on training, saying she felt even better than before. This was short lived as the knee repeated the pop the next day, causing extreme amounts of pain. Chloe described it as the worst pain she'd ever felt.

Obviously, this amount of pain led to another doctor's appointment which, this time, included scans showing she had torn her ACL, anterior cruciate ligament. This is a crucial ligament in the knee that connects the thighbone to your shinbone. Chloe also has torn cartilage, which means she will have to have surgery. Of course, this can feel like a huge setback for many people, especially people with aspirations in physical fitness.

Her operation date was 4th April and needs 9 months of recovery time, meaning the next time she will be able to play football is December. Chloe stated "It felt like my life was falling apart as my life revolves around football and sports".

However, this didn't stop her altogether. Chloe still works within her limits at the gym in the hope of decreasing her recovery time and, although she is taking it carefully, she has shown true determination. An injury on this scale is a hard thing to go through and it's even worse when it puts your goals on the line. But everyone has full confidence that Chloe will be back to play even better than before. Chloe is a model student for the PE Department and works well with other students, still encouraging others even when she can't play. It's important for us to show her support which is why it is also important for us to give her recognition for her hard work and resilience during this hard time.

She has said it has given her a new appreciation for football and she plans on working harder than she ever has before. She has hopes to one day become a football player for England and the PE Department wants to help her achieve this goal. She has always strived for excellence and has built up great connections within the Department.

Lexie's made the North East Regional Squad.

Year 7, Lexie Seymour has recently been transferred into a new squad in gymnastics. This was because of the remarkable victory she had last year.

Lexie attended a gymnastics competition last year and had flawlessly earned herself a 1st place overall. She took part in the second half of the competition and participated in 4 different rounds.

She competed and settled with a comfortable first place on both the bar and the vault, second place on the floor and third on the beam.

The gymnast stated 'Before it started, I felt nervous but once I was in the spotlight, I felt better than ever! You just have to go for it!'

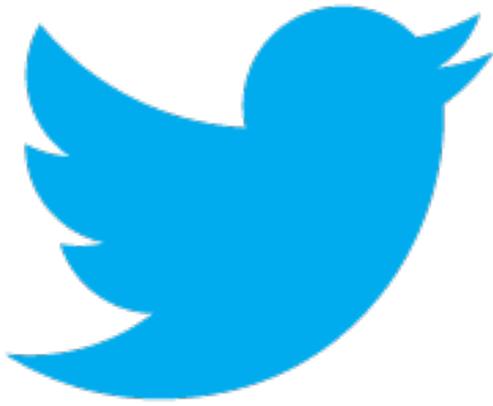
You sure do Lexie!



The level 3 school games

The Level 3 school games were held in March, and Bishop Barrington were holding their own against other schools in the region. We had success with silver medals in Sports Hall Athletics and Basketball, and a bronze medal in Basketball.





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what's happening with the
PE Department, Leadership
Academy and Elite Sports
Academy.



**BISHOP
BARRINGTON**

SPORTS ACADEMY

**Bishop Barrington's Sports Awards Evening is
on Tuesday 9th July at 6pm.**

**Look out for invitation in post if you have been
nominated.**