



## INTRODUCTION

It has been a great term for sport at Woldingham, with more students getting involved and once again taking part in the sports they love with their teammates and friends. The many sporting achievements by students across all year groups are showcased in this newsletter, reflecting the wide range of sporting talent, not to mention dedication and commitment, of Woldingham students.

India H, Sport Ribbon

## INDIVIDUAL SPORTING ACHIEVEMENTS

**Olivia R (Year 11)** was a member of the 2021 U18 Girls National Touch Rugby Champion winning team playing for Southeast England Touch Taipans team. She has since been selected for the England Touch Rugby girls squad for 2021-22 and is currently training with the squad ahead of the European Championships in summer 2022.



Olivia R - front row, third from left

**Lea G (Year 9)** achieved World No.1 in U14 and U16 karate competitions, some live and others online, as well as qualifying for the world championships in Florida in July 2022.



Lea G

**Alex S (Lower Sixth)** took part in an England hockey trial earlier in the year, as well as attending a Stanford hockey camp where she achieved the 'most consistent' player award two years in a row. She has been selected for the England hockey Performance Centre

**Rosie J (Year 11)** played in the Futures Cup for hockey with her team and has also been selected for the England hockey Performance Centre

**Lily O (Year 9), Anna M (Year 10), Immy D (Year 11)** and **Cara W (Year 11)** have been selected for the Surrey county hockey squad.

**Livvy B (Year 9)** has been selected for the U15s Surrey netball academy for the third year running. She was also awarded 'athlete of the month' in October and November for her netball club, though the youngest player.

**Flo B, Molly C and Harriet A (Upper Sixth)** have applied to run in the 2022 London Marathon.



Senior netball 1st team



### TEAM SPORTING ACHIEVEMENTS

✓ The senior netball 1st team won the district tournament.

✓ The U16A XIs are through to the county finals for hockey.

✓ The U14A Vlls finished 4th in their group at the National Schools County round in netball.

✓ The juniors (Years 8 & 9) won the first District Swim Gala of the season.

✓ The cross country squad was in good form at the district event, with **Chloe R (Year 7)**, **Mia C (Year 8)**, **Amie G (Year 10)** and **Maddie L (Lower Sixth)** going through to the county round.



Cross country squad

### MEETING EMMA RADUCANU



I was lucky enough to be invited to Emma Raducanu's homecoming evening through my tennis club, Bromley Tennis Centre, which is where Emma trained from the age of 10. The evening was held at Nike Town, London on Friday 24 September and I and the rest of the Bromley players travelled there on a Nike tour bus. The ground floor

consisted of mini tennis courts and service games that we played on with Emma. The first floor held an exhibition of the different outfits that Emma has worn. Here, we were given merchandise, personalised to our club. On the third floor there was a press stage and tables, which is where we spent most of the evening doing a Q&A session. I was lucky enough to be chosen to meet Emma herself. She was so kind and humble and all in all a really genuine person. The whole event really did inspire me that I can achieve great things - and that anyone at any age can too.

**Jemima S, Upper Sixth**

### MY FIRST SPORTING TERM AT WOLDINGHAM

*I love making new friends through sport at Woldingham. There is great team spirit and everyone is always positive. All the sports teachers are really encouraging, and make sure all our PE lessons are fun.*

**Isabelle G, Year 7**

### WHOO! FITNESS



Students from Year 11 to Upper Sixth have enjoyed taking part in Whoop Fitness this term. Whoop combines the fun of dance and Zumba, while still making sure we all have a good stretch and a sweat! Our instructor, Emily, is funny and kind, encouraging all of us to dance away the stresses of the week in her classes. Whoop encourages us to focus on our mental wellbeing as well as our fitness, and we all leave full of endorphins after releasing all negativity through our favourite new high energy dance classes. Whoop is great for everyone and is about having fun and boosting confidence.

**Abi T, Upper Sixth**

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