

Gazetta Del Carre's

Issue 3 July 2007

Carre's Grammar School Sports College Sporting Newsletter



Year 10 Cricket: Oli Guilliat

This 20/20 cup game was supposed to be a home tie for us, but due to timings of other games we sacrificed this advantage and travelled to Lincoln. We arrived on time only to be informed that we had to be off the pitch in two hours, so the game was reduced to twelve overs per side.

Things started shakily for us. After Guilliat had bowled the first over and conceded 3 runs, Monson came on and bowled one over going for 12. The bowling didn't get any tighter, as Guilliat bowled his next two overs taking a couple of wickets but at the expense of 14 runs. Tom Shorhouse came on for his spell at the City end and did well, taking 3 wickets for 11 runs off 3 overs. One of which was their quickest scoring batsman thanks to an excellent diving catch in the covers by Oli Guilliat., Mason then replaced Shorhouse's medium pace with spin. After a few looseners, Sam found his line and length taking 2 for 5 off his 1.1. overs. At the close of their innings, Minster had scored 65 all out with 5 balls still remaining.

Monson and Shorhouse opened the batting for Carre's and things started badly as Monson was out for 1 in the first over to a good catch. Guilliat was still in the changing rooms putting his pads on as the call came for him to bat. Oli and Tom set about rebuilding the innings before Shorhouse gloved a short one behind for 1. This brought Harding to the crease and along with Guilliat they dragged Carre's nearer the total. Guilliat cut loose as the innings went on, hitting three 4's off one over which eventually went for 16 runs. After only 7 overs Carre's reached their 50 meaning they only needed 16 for victory. The batsman's eyes lit up when they saw a young lad come on to bowl. Guilliat launched into his second and third deliveries hitting huge fours which only just fell short of the boundary rope. With only 6 needed to win, captain Oli had a rush of blood to the head and ran down the strip with the intent of finishing with a flourish. The inevitable happened and he heard the thump of leather on his stumps as his arms arced over his head – a swing and a miss, clean bowled. Ben Pollard came into bat, ignored Mr. Pickard's instructions to take his time and hit consecutive 4's to seal victory.

Although there were some problems to be resolved at the end of the game, everything went smoothly as we progressed into the next round – the Southern final. All in all it was a good game which saw us play well even with a few key players missing.

Right: Man of the match Blake Harding delivers another accurate ball to the Minster batsman. He took 3 wickets for 11 runs from his 3 overs and scored unbeaten runs. Below left: Oli Guilliat. Below right: Chris Fullerton

Batting Statistics YEAR 10

Name	Innings	Total runs	Outs	Average
Monson	4	82	3	27.33
Shorhouse	3	85	2	42.5
Guilliat	3	74	2	37
Pollard	2	23	1	23
Burrows	1	7	1	7
Steele	1	20	0	
Beaumont	1	22	1	22
Nichols	1	4	0	
Harding	2	25	0	

Bowling Statistics YEAR 10

Name	Overs	Maiden	Runs	Wickets	Ave
Shorhouse	6	1	13	7	1.86
Guilliat	9	2	38	2	19
Mason	7.1	0	45	7	6.42
Burrows	6	0	38	2	19
Monson	9	1	39	6	6.5
Harding	3	0	44	7	6.29
Brooke	2	0	16	1	16
Tupholme	3	0	11	3	3.66
Mapletoft	2	0	6	1	6



Oliver Guilliat (Year 10) and Chris Fullerton (Year 13) recently represented South Kesteven School Sports Federation in the County Athletics Championships, held at Grantham Athletics Stadium. Oli competed in the Inter boys 100m, coming third in a time of 11.9 seconds. This achievement is made all the more impressive when it is taken into account that he was running against boys who are a school year older than him. If all goes well he stands an excellent chance of being crowned County Champion next year. He misses out on a chance to progress through to the Anglian Event, but fellow student, Chris Fullerton, who came second in the Senior boys 800m (2:02) will be travelling to the University of East Anglia as a Lincolnshire competitor.



In the spotlight.....



I'm Joe Pell, I'm currently studying a Foundation Degree in Sport Development and Exercise. In order to get my place on this course, I managed to get enough UCAS points and of course, BTEC Sport. I was a Carre's Student, starting in 1999 and left last year to go to Lincoln College to study the University's Foundation Degree. At this moment in time, I'm working here at Carre's on a work experience to get a taste of the jobs I could get in the future. Also it gives me experience to build on when I get a job like this one for the long term.

By doing sport, I hope to get involved with the community and work with a team to help others. Coaching and PE teaching seem to be on the same pathway for me to be part of a team which will help others. This course I'm doing at the moment is purely sport, but with a wider opportunity to different areas. There is plenty of Science on the human body, physics in Biomechanics and communication skills with Coaching.

At the end of this course, I won't just have a degree in Sport Development and Exercise; I'll also have better communication skills, better teamwork skills and many more. This in my opinion can open up more doors to careers in different areas which are not even sport related, and this can help you land a different career if you fail to find something sport related.

Joe Pell

Recently, two old boys have returned to Carre's Grammar School. Above is Joe Pell, currently studying at Lincoln College and opposite is Danny O'Rourke, one of the most able students ever to have been taught Sports Studies at the school.

Until two years ago I attended Carre's completing A-levels in Geography, Biology and most importantly Sports Studies! Achieving BAA respectively, I earned a place at Bath University, undertaking the top Sport and Exercise Science course in the Country. I have just completed my second year and I'm aiming to obtain scholarship to study for a clinical psychology PhD position in the U.S.A. beginning in 2009. Achieving these qualifications would open various doors in the future. For example, I am hoping to be able to specialise and market myself as a golf physiologist, or help the rising obesity epidemic through both psychology and exercise depending on which seems more interesting and relevant to myself.

I'm in Carre's at the moment to view the school from the teacher's perspective, whilst gaining invaluable experience. I will hopefully be helping in the delivery of, not only practical lessons, but also some of the post sixteen courses.

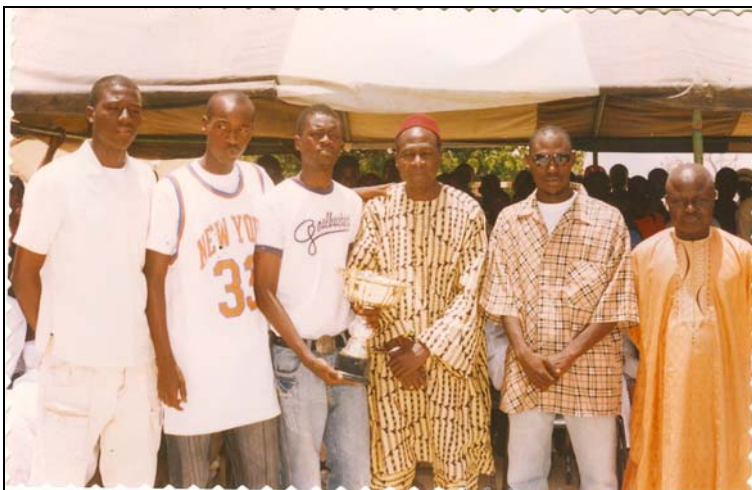
Danny O'Rourke



International News

Over the past twelve months, Carre's Grammar school has been forging links with a school in Thies, Senegal, as part of a British Council initiative to increase cultural awareness, largely through sports leadership.. The school, L.A.N.S., is a fairly new school in the Country's second largest city. News came in that they had won the regional football competition and the picture opposite shows three of the students involved being presented the cup alongside Headmaster Ndiaye (middle) and the Deputy Headmaster, far right.

More news about this venture will be given in the near future, either in *Gazzetta*, or in the school's newsletter. The 'Dreams and Teams' project currently has a website under construction (thanks to Luke Thatcher and Stephen Carey) and can be found at www.lans-lincs.co.uk.



Year 8 Cricket Game: Carre's Grammar v Robert Manning

By Jack Alexander

We left school at 2 o'clock and we headed for Robert Manning. All the boys were really up for this game as it was a quarter final of the cup. On the way, it started to tip down on us and we feared that the game might have been called off. None of the boys wanted this to happen and luckily for us it stopped just before we got there.

Our Captain Alex Hales went for the toss. The news came back that we were going to bat first so the two openers, Alex Hales and Jack Alexander, went and got padded up. Jack was the first to face a ball and straight away he was dropped in the slips, after that the two openers settled down for a bit until Alexander chipped one right up in the air and he was the first to go, soon after his captain followed him. Next to come in was Tom Thacker. He also followed both the openers off when he went for just 3 to a brilliant straight ball. It wasn't the best of starts.

Just before Thacker went, Jonathan Arthur came in and he and Frazer Cobb, the wicket keeper, put on a nice partnership of about 50 runs with Cobb finishing with a great innings of 32 runs and Arthur 20 runs. Carre's posted a defendable score of 99 runs.

Hales got everyone relaxed so that we had the right mind set of what we had to do.

The two opening batsman, were also the same pair who were going to open the bowling to. We got off to a great start by getting an early wicket.

Robert Manning looking for the sneaky singles but with some excellent fielding by the likes of Britten and Arthur and some excellent keeping from behind the stumps by Cobb stopped them from doing so.

The two opening bowlers were a little expensive with between them taking four wickets. It was now the time for Arthur to come into the attack and bowled brilliantly by taking 5 wickets for 29 runs. It was this bowling spell that saved the game.

In the end, it got right down to the wire with Manning needing 10 runs with one wicket in hand. They looked set to win this when they hit a four and a wide was bowled. Now they only needed 3 runs to win. Thankfully Arthur came up with the winning wicket which took Carre's into the semi-final.

In the end it was a great match to watch and play in.

Man of the Match: - Jonathan Arthur



Jonathan 'J.J.' Arthur after his match winning six wicket haul.

Sports Nutrition for Kids - Healthy Diets For Sports Performance

Teaching our children proper nutrition is key in keeping them healthy. This is especially true for kids who participate in sports. It is important for all kids to be physically active; the national guidelines recommend an hour of activity every day. For kids and teens involved in athletic activities beyond that daily hour of activity, good nutrition is crucial for appropriate growth, development, and sports performance

A basic understanding of good nutrition will build a foundation for healthy kids and athletes. Balance is the main idea. It is important for all kids to eat foods from all of the food groups. The grain group - bread, cereal, rice, pasta, etc. - provides carbohydrates needed for energy. Whole grains like wheat and bran also provide vitamins, minerals, and fibre. Fruits and vegetables are high in vitamins and minerals to ensure proper growth, development, and overall body functioning. Fruits also provide carbohydrates for energy. Dairy foods - milk, cheese, and yogurt - provide carbohydrates, protein, and important vitamins and minerals. Calcium and vitamin D are very important for athletes because they build strong bones and are involved in muscle contraction. Protein foods - the meat, poultry, fish, eggs, dry beans, and legumes group - provide protein needed for energy and healthy muscles. Individual recommendations for intake vary, but good nutrition can generally be achieved by consuming a variety of foods from different food groups throughout the day. Added fats, oils, and sweets contribute calories but very little vitamins and minerals. It is okay to add a little flavour to your foods. Be careful, though, about consuming foods and drinks that contribute only fats, oils, and sweets. These foods and drinks, such as cakes, candies, and soft drinks, will not help you prepare for your sport. For kids involved in sports, there are additional nutrition issues to consider. Timing of intake, appropriate hydration, and refuelling are three significant issues in sports nutrition.

Timing intake appropriately ensures that an athlete has the right amount of energy and nutrients to participate in his or her activity. It is often recommended that athletes, particularly kids, have five to six small meals per day - or three meals plus two to three snacks - instead of three bigger meals. This helps the body keep energy levels adequate for activity. Each meal and snack should contain foods and drinks that contain both carbohydrates and protein. Timing also plays a role in preparing for competition. The "pre-game meal" should meet the following guidelines:

- Provide sufficient fluid to maintain hydration (see below)
- High in carbohydrates for energy and blood glucose maintenance
- Moderate in protein
- Low in fat/fibre to promote digestive processing and decrease digestive stress
- Composed of foods/drinks familiar to the athlete and well-tolerated

Hydration is ensuring that your body has enough fluids. Because fluids are lost when we sweat, this is particularly important for athletes. It is also especially important in hot and humid climates. Proper hydration does not only involve drinking the right fluids during physical activity; it means drinking fluids properly throughout the day to ensure adequate hydration when activity begins. Drink plenty of water throughout the day, especially if you are thirsty. During sport practices or competitions, drink a little bit of water whenever you have a break. If it is a long competition or a lot of fluid is being lost in sweat, sport drinks are good sources of fluids and electrolytes. However, kids generally do not need to drink sports drinks every time they practice or compete. These drinks can become a source of "empty calories," giving a sense of fullness with little nutrients. When kids drink sports drinks, 8 to 12 ounces is plenty. A 16- or 20-ounce bottle is unnecessary and can interfere with proper refuelling.

Refuelling is giving back to your body what it has used during activity. To refuel properly, a meal or snack should be consumed within thirty minutes of ending athletic activity. The best refuelling meals and snacks contain both carbohydrates and protein. If it is time for a meal after a sports practice or competition, refuelling is usually simple. However, if it is not a normal meal time, it is important to add at least a "light" snack. Some good examples are peanut butter and crackers, string cheese and a piece of fruit, or a cup of yogurt. Each time you refuel properly, you are preparing your body better for future activities.

There are also a few nutrients that are particularly important for athletes to monitor. Iron is important for carrying oxygen in the blood. Low iron will cause fatigue and decreased performance. Iron can be increased with high-iron foods, such as red meats and fortified grains. Calcium is important for bones and muscle contraction. Low calcium can increase risk of stress fractures because the body will use calcium from the bones for muscle contraction. Three to four servings of dairy foods per day will help ensure adequate calcium. It can be helpful to take a multivitamin daily. Be sure to choose a vitamin appropriate for age. Children should never take an adult vitamin.

For all kids, listening to the body's hunger and fullness cues will help ensure adequate nutrition. Choose healthy foods, eat when you're hungry, and stop when you're full!

Rugby News

With the rugby tour to South Africa getting ever closer, training has already started for next season. In a bid to harden the boys to the challenges they will face, Mr Offer has entered the team into *The Daily Mail* cup. This National competition sees the best schools in the country battle to have the chance to play at Twickenham in the final. Previous winners have included the likes of Oakham School and Bedford School, so all are well aware of the stiffness of the competition.



Carre's Grammar School's All Weather pitch holds its first Primary School Festival

Carre's Grammar School hosted the Sleaford and District Primary School Athletics championships on Wednesday 20th June. Over 300 pupils from nine primary schools from within the Lincolnshire Central School Partnership took part in the event which was organised by Mary Johnson and Katy Johnson as part of their roles as Community Sports Coaches.

Pupils from Carre's Grammar School and the Cotelands School helped run the championships taking on supervisory and officiating roles. Most of these students are following either the Junior Sports Leader Course or the newly introduced Young Leaders award.

The pupils took part in a variety of sports hall athletic events including; Standing Long Jump, Speed bounce, Sitting throw, Chest push, Javelin, Vertical Jump, 50m sprint, 4 * 1lap relay and hurdles. Over the past year Mary Johnson and Katy Johnson have been working with pupils from 21 primary schools on sports hall athletics, Multi-skills and orienteering through their roles as Community Sports Coaches and as part of two Big Lottery Funded Projects.

This was the first primary school event to be held on Carre's Grammar School's new All Weather Pitch Facility. A large number of parents from the 9 participating schools watched the event. Staff from all schools commented on how good the facility was for watching the children and how it helped to create a superb atmosphere. Comments were also made about how well the pupils from both Carre's Grammar School and Cotelands conducted themselves and how well they worked with the primary school pupils.

The standard of competition was excellent and the results from each event were very close with only 95 points separating the top and the bottom placed scores.

Congratulations to all the schools who took part including St Botolph's, Our Lady of Good Counsel, Church Lane, Raucby and Chestnut Street Primary School. The competition was won by Cranwell Primary School with 295 points, second place went to Helpringham Primary School with 277 points and third place went to both Kirkby La Thorpe and The William Alvey School with 261 points.



Above left: Catherine Williamson representing **The William Alvey School** prepares to throw the javelin watched by fellow competitor, Olivia Cowell

Above right: Eleanor Collins from **Our Lady of Good Counsel** turns for home in the Year 6 relay race

District Athletics:

The annual district athletics competition saw the schools athletics season brought to a close in Grantham, on Wednesday 27th June. With a poor weather forecast threatening to dampen spirits, the Carre's bus rolled out of the school just after nine o'clock with plenty of talented athletes on board. The day saw some fantastic performances from the Carre's lads, particularly Oli Guilliat and Oli Watts who broke the long standing Year 10 200m and the Year 8 1500m records respectively. Alex Bevan (1st in Triple Jump Yr 9 and 400m) won the district 'Victor Ladorum', given to the leading athlete of each year. Julian Bicknell also won a gold medal for his performance in the Year 10 400m, contributing to his team achieving 2nd place overall.

Year 7 overall- 5th Year 8 overall- 2nd
 Year 9 overall – 3rd Year 10 overall – 2nd

Name	Place	Year Group	Event
A. Bevan	1 st	Yr 9	400m
A. Bevan	1 st	Yr 9	Triple Jump
O. Watts	1 st	Yr 8	800m
O. Guilliat	1 st	Yr 10	200m
M. Bee	1 st	Yr 8	1500m
A. McPherson	1 st	Yr 8	Javelin
S. Wright	1 st	Yr 10	1500m
O. Watts	2 nd	Yr 8	400m
J. Wathen	2 nd	Yr 9	Javelin
J. Wathen	2 nd	Yr 9	High Jump
S. Parr	2 nd	Yr 9	800m
A. Aguinaldo	2 nd	Yr 8	Shot Putt
T. Monson	2 nd	Yr 10	Triple Jump
A. Maddy	3 rd	Yr 9	Shot Putt
A. Aguinaldo	3 rd	Yr 8	100m
J. Dunderdale	3 rd	Yr 9	Hurdles
A. Loadman	3 rd	Yr 8	Triple Jump
J. Cheung	3 rd	Yr 7	Triple Jump
S. Wright	3 rd	Yr 10	800m
C. McConchie	3 rd	Yr 7	Shot Putt
G. Bruton	3 rd	Yr 7	Discus





Previous page: Luke Tupholme lets one fly in the Year 9 discus (2nd) and Julian Bicknell makes victory look easy winning the Year 10 400m with a personal best time of 56 seconds.

This page, above left: Benny Pollard explodes into action in the year 10 hurdles and Adam Maddy prepares to take his third throw in the Year 9 shot putt (3rd)

Staff Football

Below: The Carre's Staff Team who took on the mighty Robert Manning Technology College, Bourne. Carre's came through winning 4 – 2, with goals from Wilkinson (2) and Greenhill (2).



From cartridges to kit.....

Dear Parent/Guardian,

We have signed up for an innovative recycling programme called Recycool which turns old mobile phone and PDA handsets and used printer cartridges into cash for the school.

Recycool develops the pupils' enterprise skills as well as teaching them about recycling and the importance of protecting the environment. The programme also allows us to raise funds – the more mobile phones, PDAs and cartridges we collect, the more money we will receive in exchange for these products.

You can support our Recycool initiative by donating your own empty printer cartridges, mobile phones and PDAs. We have a collection box for these items. So if you normally put empty cartridges in the bin or have an old mobile gathering dust in a drawer please drop them into the box. The funds we raise can be used for vital resources and equipment.

Not only can collecting these items normally considered as rubbish raise funds for the school, it can also help the environment. Handsets and cartridges contain toxic substances which, if they are dumped in landfill, can leak into the surrounding soil and pollute the earth. When they are Recycooled they will be passed to recycling experts Redeem Plc who refurbish the products for reuse.

Getting your workplace involved in the programme can generate even more funds for the school as well as benefiting the business - log on to www.recycool.org to find out how. To sign up, all your employer has to do is to quote our account number (insert number) on the website or call 08451 30 20 50 and they will be sent a collection box which will be uplifted FREE from the premises when full.

I look forward to receiving your support for this fantastic fundraising initiative.

Yours sincerely

James Young.

The All weather Pitch is now available for community bookings. For further details please contact Mrs Charlotte Williamson on 01529 308741 or pitch@carres.lincs.sch.uk

Pricing per hour excluding VAT for eligible block bookings

	Autumn and Winter		Summer and Holidays		Classroom		
	1/3	Full	1/3	Full	0-2 hrs	2 -4 hrs	4+ hrs
Junior Club Rate	14	42	9	28	12	15	21
Adult Club Rate	18	54	12	36	16	20	27
Schools Rate	10	30	8	25	8	11	15
Coach Education (off peak)	10	30	10	30	8	11	15
Business rate	20	60	15	45	18	22	30
5-a-side rate (3 games per hour)	25	75	18	54			
5-a-side rate youth, junior (3 games per hour)	20	60	15	15			
5-a-side rate girls (3 games per hour)	20	60	12	12			
Junior Match use 70 mins		38		25			
Adult Match use 105 mins		50		33			

Pricing per hour including VAT

	Autumn and Winter		Summer and Holidays		Classroom		
	1/3	Full	1/3	Full	0-2 hrs	2 -4 hrs	4+ hrs
Junior Club Rate	16.45	49.35	10.58	32.9	14.10	17.63	24.68
Adult Club Rate	21.15	63.45	14.10	42.30	18.80	23.50	31.73
Schools Rate	11.75	35.25	9.40	29.38	9.40	12.93	17.63
Coach Education (off peak)	11.75	35.25	11.75	35.25	9.40	12.93	17.63
Business rate	23.50	70.50	17.63	52.88	21.15	25.85	35.25
5-a-side rate (3 games per hour)	29.38	88.13	21.15	63.45			
5-a-side rate youth, junior (3 games per hour)	23.50	70.50	17.63	17.63			
5-a-side rate girls (3 games per hour)	23.50	70.50	14.10	14.10			
Junior Match use 70 mins		44.65		29.38			
Adult Match use 105 mins		58.75		38.78			

Carre's Grammar School's Golf Challenge.

In aid of the 2009 rugby tour to South Africa.

Carre's will be hosting a fundraising golf event that will involve teams of four in
October 2007.

There will be holes to win prizes on and team prizes for the most successful.

The format will be a stableford.
Further details to follow.

For further information contact Paul Mawditt on 01529 302181 or Email

Paul.Mawditt@carres.lincs.sch.uk.



Supported by

