

Gazetta Dello Carre's



Issue 15 October 2009 Carre's Grammar School Sports College Sporting Newsletter

Dominant Carre's Ease Past De Aston Carre's 1st XV Secure 52-0 Victory

It was Carre's first home game of the season and Carre's were ready for it. Even in the pre-match warm up you could tell the anticipation was rising and supporting crowd was gathering. We kicked off, and straight away we put pressure on De Aston, with Russell-Webster putting in a big tackle, eventually leading to a turn over. The Carre's lads built the phases, sucking in defenders, which was eventually capitalized on by Smith who showed great awareness whilst supporting Stobart, to crash over the line to score, Tupholme converted.



De Aston could not cope with the pace of Ade Aguinaldo

Carre's continued to show dominance throughout the half, with strong counter rucking, and slick hands from the backs, setting up Russell-Webster, who came on a brilliant J-line, to smash through two defenders and score. Tupholme missed the conversion. Directly from the restart, our backline showed great vision and finesse, with the great lines being ran by all, with the ball eventually finding its way to the safe hands of Goacher, who sprinted from the half way line, to score beneath the posts, for one of the best try's of the day, Tupholme converted.

Again, from the restart, our forwards showed great strength, being in fours and fives to secure safe ball. We then began our onslaught of "fireball" after "fireball" up the pitch. Finally Russell Webster appeared to get over the line for his second try of the game, but the referee deemed it to be just short. However, Maddy was there to pick and go to finish the Jjb off for a simple try. Tupholme converted. Tupholme showed great vision for the fifth try of the evening. A well placed cross kick from him, found Goacher running onto it, who would have been in for another try, had it not been for a last ditch tackle, however he managed to get a great offload away to Smith to score his second of the night, Tupholme converted.

Carre's next attacking venture into the oppositions half was a brilliant team effort, going through nearly the full XV hands, everyone had an input, whether it be the forwards rucking over effectively to give quick ball to the backs, or making effective passes and lines of running. For the eventual try scorer Aguinaldo to sidestep two players and dive over the line, Tupholme converted. Carre's defence and scrum remained strong, making it impossible for De Aston to capitalize on any mistakes.



Carre's Rugby XV receive an inspirational half time team talk.

Carre's started the second half knowing ten more points would finish the game off and we would be safely into the 3rd round. Carre's won a scrum thanks too Chambers and Maddy's strong drive from Second row, as well Sherlock's hook. Ingleton cheekily darted round the side of the scrum making vital yards, before producing a wonderful long, lofted pass into the hands of Parr. We then proceeded with straight hands down the line into the hands of Aguinaldo who finished of the try well under the posts after sidestepping two people. Hales converted.

At this point Carre's were under some pressure defending on our own twenty two, putting in many great tackles. However, a massive tackle put in by Weston, was deemed by the referee to be unsafe, and gave him ten minutes in the sin-bin for his troubles. A strong performance from Carre's who will take their confidence into the third round.

Match report written by Adam Maddy

Year 8 Rugby

Spalding Grammar 26 – 36 Carre's Grammar

It was a hot, sweaty Saturday morning at Sleaford Rugby Club, and both teams were high on morale. When the first whistle blew, both teams tried their very hardest to score that first, crucial try. However, Carre's Year 8's prevailed during the first five minutes when Tom Wright staggered towards the try line with three Spalding forwards on his back. Even though Carre's had a lead, both teams had their moments of glory and gloom. Before the whistle blew to start the last half, Carre's were feeling down in the dumps. During scrums and tackles, both teams decided to get dirty, so it was a very competitive half. With Mr Pickard urging Carre's to score, Josh Allen made a strong run at the Spalding line of defence. Josh was then tackled seven metres away from the try line and was winded. The fact that Carre's were moments away from glory gave them an incentive to try harder. So then Jack Ketch grabbed the ball and scored Carre's the winning try. With five seconds left and the ball in our hands, Nick Hill decided to kick the ball out to ensure a victory for Carre's. Both teams shook hands and congratulated each other on their play.

Match report written by Matthew Orme

Carre's Humbled at Kings School

Year 10 Football



Kings School (5) – (1) Carre's

The Year 10 Football team travelled to King's School for their first fixture of the season in the District League. It turned out to be a day best forgotten, as the team slumped to a 5-1 defeat and also lost the services of George Brunton for the foreseeable future through injury.

Carre's simply could not cope with the pace, power and skill of the King's team, which contained several County Athletes, and star midfielder 'Minty', who ran the show in the middle of the park. At half-time King's led 3-0, with all the goals being created by the left boot of 'Minty'.

Mr Wilson made some changes to the formation at half-time, and Carre's gave a better account of themselves in the second half. Despite conceding two more goals, they kept their heads up and managed to pull a goal back near the end through George Shores. Unfortunately, Mr Wilson missed the Carre's consolation as he was on his way to Grantham Hospital with George Brunton, who managed to break his wrist and dislocate his elbow after landing awkwardly shortly after coming on as a substitute. Everyone at Carre's wishes you a speedy recovery George.

PE BASE LAYERS

Carre's Grammar School PE Department is committed to optimising the enjoyment and playing conditions for our pupils

A 'Base Layer' is an under layer garment that our boys can wear underneath their current sports kit during games. The primary function being that it **will keep our boys warm** in cold conditions increasing their sporting enjoyment and overall experience.

If you are interested in purchasing one (or more) of these garments, please visit the web link below:
<http://www.playerlayer.com/schools/carres-grammar-school>

The price of this premium quality baselayer is just £22 for junior sizes and £22 +VAT for adult sizes.



Year 9 Football



King's School (6) – (1) Carre's

Carre's travelled to Grantham to face King's with high expectations and a fresh squad. With new manager Mr. Smith, things are looking good for Carre's. However, the first game of the new season didn't go to plan.

With the wind behind them, King's started the game. Immediately they used their physical superiority and won a number of early corners and throw-ins. They had a couple of strong strikers that pressurised the defence. King's took the lead after 10 minutes. The ball was whipped in from a corner and the King's striker showed more desire to win the ball as he bulleted his header into the net from 6 yards, 1-0.

Carre's took the game to King's with McIntyre winning the second balls in midfield and Hemsall holding the ball well up front. But it was King's who got the decisive second goal. With a long ball over the top of the defence, the King's striker looked suspiciously offside. Unfortunately for Carre's, there was a lack of linesmen. Orley raced out of his goal to try to claim the ball but the striker arrived just before he had a chance to clear the ball. The King's striker finished coolly. It got worse for Carre's a couple of minutes later, as King's made it 3-0 with a well taken one-on-one. Shortly afterwards, the half time whistle came.

Mr. Smith gave Carre's a good team talk and the boys in white came out looking a different side. Carre's passed the ball well and sent a few lovely passes for the strikers to run on to. It was looking like Carre's would get the next goal, but it wasn't to be. King's found space in midfield and sent a ball over the top. Wiles couldn't quite clear and a King's striker found the space needed to finish a one-on-one with substitute keeper Mark Craig.

Carre's did get a consolation goal though and what a goal it was. The defence cleared the ball and Tailor pounced on the second ball. He sent a great through pass for Peacock, who lobbed the onrushing keeper from a tight angle. The goal sparked new life into Carre's and they pressed for a second goal. The game finished moments later but despite the score line, Carre's can take positives out of the game and shouldn't be too disheartened. Man of the Match was Matthew Hemsall for his unselfish running, strength and determination.

Match report written by Patrick Devlin

Emphatic Win for Sleaford U18 Girls

With just two training sessions under their belts Sleaford Joint Sixth Form Under 18 girls were to play the first round of the National Cup away at Welbeck Defense College from Leicester, who have won the cup prior to this for the past three years.

A team of 17 made the trip on the luxurious team coach along with team coach Matt Evans. Once the team arrived, the students' remarked that the opposition school's pitch was one of the best they had ever played on. Inside the dressing rooms everything was done properly and kit was laid out with chewing gum to chew to help with the nerves.

Sleaford won the toss and elected to kick off and straightaway attacked the Welbeck goal but lacked clinical finishing that was required to settle the pre-game nerves and boost confidence levels. Sleaford we soon 'off the mark' and from that point forward, the goals just kept coming. The team played some great football and, despite poor finishing initially, scored many of there efforts after this point. Midway through the first half, there was some uncertainty in defense when Welbeck had their first attack on goal, however, this was eventually dealt with and a clean sheet looked promising. The half time whistle went and Sleaford were high on confidence leading 9-0.

The second half began with Sleaford gaining control of the game in the early minutes, despite a number of substitutes being made. Welbeck were much more organised and now competed in midfield but to no avail, with Carre's finishing the game at 13-0.

After the game, Welbeck's hospitality was superb. On the return to Carre's, the students' spirits were high and they all thoroughly enjoyed the experience. 'Player of the Game' was awarded to Ashleigh Mackenzie for her tireless efforts and two excellent finishes. The team can now prepare for their second round match against Warwickshire and Hinckley College.

Carre's U18's Storm to Victory

Carre's 1st XI (4) – (0) Skegness Grammar 1st XI

Carre's 1st X1 took to the field against Skegness Grammar in the National Cup and marched into round two with a convincing 5-0 victory. When the visiting contingent arrived, the Carre's 1st XI were determined to have an explosive start to the game.

As the game kicked off, last year's finalists set the early pace as Greenwood crashed a thunderous drive against the crossbar. Shucklar whipped in a delightful ball with Harding giving Carre's the lead. Carre's then piled on the pressure on a lacklustre and disorganised Skegness team. With Carre's defence standing strong, we pressed forward with Greenwood curling a goal into the bottom corner. A delightful bit of interchange between Marlow and Smith ended with a 'booming' strike from Smith narrowly missing the target. Some neat play from Marlow resulted in him slotting the ball past the static keeper.

With some words of wisdom from the gaffer, Carre's continued to press. A delightful ball from Chambers sent Ward over the top, outpacing the defenders and slotting an ice cold finish to make it 4-0. As Mr. Wilkinson rung the changes McMillan and Guillatt entered the fray closely followed by Bates and Lambert. As the game wore on there were tired legs as the hard work had been done, but there was still time for Smith to bend a delightful free kick into the area and Ward found the back of the net. This convincing victory set up a second round home tie with King's School (Peterborough) where we will be looking to recreate this form on the way, going one better than last year and lifting the National cup.



Match Report Written by Adam Smith

Carre's 2nd XI (9) – (0) Skegness Grammar 2nd XI

The match had been highly anticipated by our team, the first fixture of the season and we wanted to make an impact on the league. As we arrived in the changing rooms, it became obvious we would have competition for positions with a squad of 21 players.

Kick off was at 2pm, and by 2.10pm we were already 3-0 up. Gobolt, Wattam and Newstead giving us the early dominance and control over the game. Tom Coghill scoring a crisp strike to make it 4, with Jonty Senior adding another before half time.

Mr Smith then made some promising changes which resulted in Jonathan Swift goal poaching his first competitive goal for Carre's. A change in keepers gave Mapletoft a run out as a striker, with Starbuck dropping back to tend the untested Carre's goal. The Skegness defence was then finished off with 3 more goals from Wood, Kitchen and Elkington.

A 9-0 victory was the perfect result, giving us an emphatic win to begin our league campaign.



Match Report Written by Stewart Anderson

Carre's Strong in National Cup

Carre's Y10 (3) – (2) Becket School

On 23rd September, Carre's played Becket from Nottingham in the first round of the National Cup. Everyone was really fired up for the 4.30pm kick off on the Governor's Field and only a win was good enough to go through to the next round.

It was Becket who looked the stronger in the opening few minutes, however early dominance failed to provide them with any early scoring opportunities. This proved to be costly for them, as Carre's soon got into the game and started creating chances. After a few missed chances for Carre's, Charlie Rossington opened the scoring after a beautifully floated free kick towards the penalty spot from Ben Broome was not cleared by Becket. The ball eventually fell to Rossington to make it 1-0. The goal delighted the players, the substitutes and coaching staff but the lead did not last long. Carre's concentration slipped when a corner failed to be cleared and Becket took advantage of this and scored from close range, 1-1. Again, a few minutes later from the other side, a corner was not cleared and Becket scored from close range, 1-2. The goal was controversial as some Carre's players claimed the ball had not crossed the line, which brings up the question, should goal line technology be introduced? The score line finished 1-2 at half time.

Mr Wilson had some strong words for the team at half time and we were told to believe in ourselves and that is exactly what we did. All the way through the second half we dominated and it showed when the great movement and quick feet of George Menzies in the box gave him the chance to cross the ball to George Shores to make it 2-2. Carre's weren't done yet and again the skill of George Menzies in the box opened up some space for him to slide the ball past the advancing Becket goalkeeper. The score was now 3-2 to Carre's. Shortly afterwards, George Menzies was substituted with a nasty knee injury giving Joe Mayfield the chance to shine. The later the game went on the more Carre's opened up the Becket defence but the score line remained 3-2.

Match Report Written by Jarrad Johnson

Carre's Y9 (5) – (2) Central Tech. College

Carre's arrived at this game knowing that a win was vital to give their season a lift. Following a defeat only a week ago against King's and with big players missing such as captain Liam Griffiths, things would not be easy.

In the opening minutes of the match, Carre's pressed Central deep into their own half and threatened through the in-form Peacock and Hemsall. Carre's soon got their reward. After Devlin won the ball from defence, the ball looped high into the air. After a misjudgement from the Central defence, Yates snuck between the two centre backs and beautifully controlled the ball on his chest, coolly striking with his weaker foot.

Carre's pushed for a second before the interval but were restricted to long range efforts. Carelessness from the Carre's defence allowed Central a couple of openings from set-plays following needless fouls. On two occasions, the ball skimmed the woodwork. However, Carre's saw the game out to half time with a slender lead.

Central came out in the second half rejuvenated and immediately attacked Carre's, getting an equaliser from a long throw in. A nasty bounce deceived Wiles and the striker capitalised, placing the ball past Orley. But Carre's soon regained their advantage and kept their heads up (much better than in Y8) following the Central goal. Following good work from Warriner and McIntyre, Hemsall found space from 25 yards.

Unfortunately for Carre's, Central scored a surprise equaliser, after the defence failed to clear the bouncing ball. Central looked the more threatening side for the next 5 minutes. Thankfully, Thomas Swan got the crucial 3rd goal of the game. Carre's finished the game with 2 quick fire goals in the last minute. Following a poor kick from the keeper, Hemsall saw that the keeper was off his line and from volleyed from 40 yards into the net. The Carre's players and subs went mental!!! Man of the match was given to Tom Swan. The tall defender barely put a foot wrong.

Match Report Written by Patrick Devlin

Year 7's Narrowly Miss Out in National Cup Thriller

The year 7 football team played their first game for Carre's against Beckett School from Nottingham. A thriller for a game had parents and teachers in a state of disbelief as Carre's mounted a fine comeback from 5-3 down at half-time, to draw the game 6-6 and force extra time. Dominic Kelly scored four goals on his debut for the school and was very unfortunate to finish on the losing after a freak ricochet ended up in the Carre's net for the winning goal.

Mr Newell was delighted with the spirit shown by the team, who now have some work to do on their defending!

Carre's 1st XV Earn Deserved Win

Carre's 1st XV (46) – (13) The Priory LSST

Carre's 1st XV prepared for the game with LSST with a clear sense of determination and hunger to compete and eventually conclude the game with an expected victory. LSST players were clearly confident and were heard to be muttering under their breath that they should be winning this game comfortably, which unsettled some of the team. Carre's were slow to get into the game with LSST starting on top and attacking at every opportunity. The 1st XV lacked a little organisation and belief, leading to a lack of concentration and a penalty being awarded to LSST, who converted comfortably and took an early three point lead. This seemed to kick start Carre's who needed to regroup and pull together to get back to level terms and, with some constructive feedback from Mr Offer on the sidelines, the team instantly looked more organised and confident.

Pressure applied by Maddy, Aguinaldo, Weston and Tupholme, amongst others, resulted in Copley delivering a delightful pass to Ogden, who drove to the line scoring the first try of the game at a vital moment. Tupholme converted with ease.



Soon after, a well weighted lofted pass from Maddy set up Seabrooke who darted to the try line and scored under the posts making it simple for Tupholme to convert and give Carre's a comfortable lead for the first time in the game. It was not long before Carre's scored their third try of the game, with Wheeler demonstrating a composed run to score under the posts. Carre's now were beginning to establish themselves as the dominant team and applied continuous pressure to the LSST backs, who could not handle the blistering pace of Aguinaldo. However, a lack of concentration midway through the second half resulted in LSST scoring a converted try and this seemed to bolster their confidence and determination to get back on level terms. This was followed by a brave tackle by Greenwood who experienced an eye injury from the shoulder of the opposition, forcing Mr Offer to make a substitution and reorganise the team.



With LSST starting to gain the ascendancy, Carre's needed to finish the game off, and Weston stepped up to score twice in quick succession. Carre's confidence was dramatically enhanced and they concluded the game as much the superior team. Mr Offer was impressed with the team spirit and determination and Carre's 1st XV remain undefeated.

Top Right: Ade Aguinaldo makes an explosive surge for the try line.

Above: Sam Ogden out jumps LSST to win the lineout.

Right: Will Britain gains 15 metres with a dynamic run towards the line.



King's Dethroned by Carre's 1st XI

Carre's 1st XI (6) Vs (0) King's Peterborough

The pre-match warm up and routine commenced as normal until we found out that King's were going to be late. So straight away we had the advantage that they would not get the warm up they needed.

Immediately, Carre's kept possession with Mason and Marlow working well on the wings, attacking King's full backs. The first goal came from a superb cross from Greenwood and was met by Ward who headed home. The second goal did not take long to come, with Mason finding Greenwood who converted a side foot shot into the net. Soon after, a 'whipped' corner from Smith found Bicknell who guided it in for Carre's third.

King's didn't seem to be getting any ball thanks to the back four of Pollard, Harding, Bicknell and Vertigan. Carre's pushed for more and when they received a free kick 20 yards from the penalty area Bicknell and Harding bombed forward. The ball was whipped in by Mason and there was Bicknell to meet it sweetly to find out his header glanced off the post when the keeper was truly beaten. Carre's still didn't seem to be happy with three even though Greenwood and Ward came close but they didn't have to wait long as for the next corner that came saw the ball land on top of the keeper, who parried it straight to Bicknell who coolly slotted home for the fourth.

King's seemed to be picking up their game but still Carre's were denying them of any space to play. Carre's play was summed up in the fifth goal as a succession of two touch passing and a good cross saw Ward score his second of the match. The two touch system in training does seem to be working in the team as most of the match was at a quick pace through quick controlling and passing. The last of the goals of the match came in the first half when the ball was played into the run of Marlow who skipped past his marker and slotted calmly into the bottom corner. The first half ended 6 – 0 to Carre's.

The second half remains a mystery as nothing seemed to go for Carre's, the passing and intent was there but nothing seemed to be finished by the whole team. Some credit has to be given to King's for their effort to keep Carre's at bay for the whole of the second half even after a crushing first half.

Match Report Written Martin Chambers



Strong Performance from Carre's 2nd XI

Carre's 2nd XI (4) Vs (1) Lincoln College

A dominant performance from Carre's 2nd XI saw the team erase the disappointing result against Gainsborough the previous week. An excellent start to the game saw Carre's almost take the lead via Adam Cook however we could have been behind had it not been for the safe hands of Mapletoft in goal. The first half was a tightly contested game with neither team able to break the deadlock.

Carre's 2nd XI regrouped at half time which led to the introduction of Elkington, Bower, Petch and Norris. Norris immediately struck a good relationship with Godbolt in central midfield with impressive dominance in the air, allowing Godbolt to roam and support MacMillian and Pullen up front. Within minutes of the restart, Godbolt fed Pullen, who weaved past four defenders and curled a delightful ball into the bottom right hand corner of the net. From this point on, Carre's 2nd XI didn't look back and further goals from Pullen, Godbolt and Peat (own-goal) resulted in a dominant victory.

At the end of the game, the team were pleased with their dominant display but remained cautious not to become complacent following the over-confident attitude as a result of beating Skegness 9-0 on the first game of the season.

Next week sees the Carre's 2nd XI travel for the return leg at Skegness Grammar. With a display like that against Lincoln College, the team can be expected to produce regular committed performances in the future from Mr Smith.



Above: A Ben Light free kick puts Lincoln College under pressure.



Left: Centre back Oliver Starbuck exploits Carre's 2nd XI long throw 'secret weapon'.

Extra-Curricular Sport Opportunities

The start of the 2009-2010 academic year has seen an array of opportunities for students to become involved in, and enthused about, sport and physical activity. The Carre's Physical Education Department advocate the importance of extra-curricular sport on the development of students' appreciation of sportsmanship, dedication and team work as well as the promotion of healthy lifestyles.

During the first seven school weeks during September and October 2009, Carre's extra-curricular teams have been involved in 70 competitive sporting fixtures in a variety of sporting activities. These activities have predominantly been in rugby and football as a result of the number of cup and leagues Carre's remain committed towards. However, we intend to extend the extra-curricular programme through involvement in basketball, hockey, volleyball, table tennis and indoor rowing to name a few additional sports students' will experience.

Having recently joined the Carre's PE Department, I have been impressed by students' desire to aspire toward personal progress and excel as a competitive team. This competitive stance is supported by the PE Department, with key concepts such as sportsmanship and fair play promoted through 'healthy competition' and students' have responded well to this notion. Current extra-curricular team performances are attached below in football and rugby.

Carre's have been involved in 37 football fixtures this year to date, with more than 120 boys participating in these teams. Carre's still have four teams competing in the National Cup third round in Years 8, 9, 11 and 1st XI. Carre's also participated in 28 rugby fixtures this year to date, with more than 140 boys participating in these teams. Still representing Carre's in the National Cup Football we have Years 9, 11 and 1st XI.

Students involved in competitive sport and physical activity clearly appreciate the widespread benefits associated with representing the school. This competitiveness is further reinforced by staff within the Physical Education Department. Current school team success in competitive activities are highlighted below (see tables) and students' views of the importance of competitive sport included below.

FOOTBALL							
	Team	Manager	P	W	D	L	Win %
1	1 st XI	Mr Wilkinson	5	5	0	0	100
2	Year 11	Mr Wilson	2	2	0	0	100
3	2 nd XI	Mr Smith	4	3	0	1	75
4	Year 9	Mr Smith	6	4	1	1	67
5	Year 8	Mr Wilkinson	6	3	0	3	50
6	Year 7	Mr Newell	5	2	0	3	40
7	Year 10	Mr Wilson	6	2	1	3	33

RUGBY							
	Team	Manager	P	W	D	L	Win %
1	1 st XV	Mr Offer	5	4	0	1	80
2	Year 7	Mr Pickard	5	4	0	1	80
3	Year 11	Mr Offer	4	3	0	1	75
4	Year 8	Mr Pickard	11	8	2	1	73
5	Year 10	Mr Rooney	2	1	0	1	50
6	Year 9	Mr Rooney	1	0	0	1	0

The inherent benefits of sport and physical activity are widespread and, as a department, we are committed to providing widespread opportunities for young people to engage in sport; but what are the main benefits of competitive sport fixtures and extra-curricular sport?

"The health benefits from staying active are obvious, but these alone do not do justice to the potential that sport has to impact positively on the lives of young people. At Carre's, we see competitive sport as a vehicle for promoting values such as teamwork, perseverance, commitment and pride in the school. Sport also offers the opportunity for our students to meet new friends, develop their confidence and, above all, have fun" **Mr Wilson, Head of Physical Education**

"The benefits of extra-curricular sport revolve around the degree to which sport improves you as a player and the experience you gain. You learn things that you will not normally learn in normal Physical Education lessons or training sessions. If you are good at hockey, for example, you only learn the basic skills. In extra-curricular sport, you learn how to improve and become a better player. Extra-curricular sport takes you to another level" **Patrick Devlin 9B**

"Extra-curricular sport helps to get students involved actively by enjoying and participating as well as competing to win and to be the best they possibly can. Extra-curricular activities give students the chance to enjoy sport and competing in competitive fixtures provides opportunities to take pride in representing the school". **Adam Smith, 1st XI Captain**

The dedication shown by students engaging in extra-curricular sport to date has been phenomenal. A huge well done to everyone who has been involved!



Tom Richards

What sport are you involved in?

Downhill and free ride mountain biking.

How long have you been riding for?

I have been riding seriously for about 4 years.

How did you get into your sport?

I've always enjoyed cycling, and then I learnt to bunny hop my old bike. My riding went from there.

How often do you train?

I got out riding at least 3 times a week at my local trail, and the Lake District whenever possible.

What aspect of fitness is most important to focus on when training?

My downhill bike is very heavy, so I have to be physically fit to pedal it. I also need to be concentrating from the second I point downhill. On a proper downhill trail there will be huge roots and rocks/drops that you need to be able to react to in a split second, so concentration/focus is a key aspect.

What is your greatest achievement?

Learning to drift round corners, as this is faster than just turning normally, and more fun!

What has been the lowest point in your riding?

I have had a few bad crashes. My worst crash was when I landed wrong off a jump and slid out, landing face first in a tree stump.

What is your advice to youngsters interested in undertaking the sport?

Start off with a basic bike on an easy trail and ride it over and over, building up speed each time. Once you have mastered that trail move onto something harder or build jumps on the existing trail

Do you have a motto?

Weight over the back, fingers on the brakes, eyes down the trail.

Is turning professional and making a career out of riding your ultimate goal?

It would be but I doubt I would ever be good enough for professional racing. Maybe semi-pro.....

What are your future plans in the short term?

Over the winter I will work on the mental side of the sport, trying to overcome my fear of big drops. I know I am good enough to do it, I just I have to persuade myself that I can!

In the long term, how realistic do the London 2012 Olympics sound?

There are no downhill/free ride events at the Olympics, but at university next year I will enter the University downhill championships.

Reporter Patrick Devlin

IN THE SPOTLIGHT.....

New to Carre's PE Department is Russell Smith.

I'm Russell Smith and I have recently joined the staff at Carre's Grammar School from the Gartree Community School, Tattershall. My role includes delivering high-quality PE lessons to Key Stage Three and Four as well as BTEC National in Sport and A Level to Key Stage Five students. I am actively contributing to extra-curricular sport and am looking forward to working with the Year 9 and 2nd XI football teams and hopefully achieving some success in the Year 9 National Cup.

Despite originating from Watford, I have lived in Lincoln for most of my life and attended University in Lincoln, gaining First Class Honours and the Dean's Prize for Sports Science for 'top student'. I later attended Loughborough University achieving academic recognition from course tutors. Alongside my work at Carre's, I am now completing a part-time Masters with Loughborough University.

My sporting interests include swimming, football and racquet sports predominantly, however I enjoy viewing and participating in any sporting activities. I enjoy volunteering and have become involved in coaching Ruston Sports Under 15B Football Team. I support Watford Football Club and my sporting role model is Michael Phelps.



I am hopeful that I can build on the good work of my predecessor and see the Carre's PE Department maintain its status as an excellent and high achieving sports department.



Tom Richards demonstrates his expertise in 'Free Ride Mountain Biking' (above).

Summary of Results

(September 2009 – October 2009)

Football

Year 7 (Team Manager: Mr Newell)

Carre's (6) Vs Becket School (7) *A.E.T*
Gartree School (0) Vs (6) Carre's
Boston Grammar (3) Vs (2) Carre's
Boston Grammar B (2) Vs (7) Carre's B
St George's (6) Vs (4) Carre's

Year 8 (Team Manager: Mr Wilkinson)

Queen Elizabeth Stamford (1) – (4) Carre's
Boston Grammar (2) Vs (3) Carre's
Boston Grammar B (5) Vs (0) Carre's B
St George's (2) Vs (1) Carre's
South Axholme (9) Vs (0) Carre's
Carre's (2) Vs (0) St Georges

Year 9 (Team Manager: Mr Smith)

King's School (6) Vs (1) Carre's
Carre's (5) Vs (2) Central Tech. College
Gartree School (1) Vs (3) Carre's
Boston Grammar (1) Vs (1) Carre's
St Ivo School (2) Vs (3) Carre's
Boston Grammar B (2) Vs (5) Carre's B

Year 10 (Team Manager: Mr Wilson)

King's School (5) Vs (1) Carre's
Carre's (3) Vs (2) Becket School
Boston Grammar (4) Vs (1) Carre's
Bluecoat (2) Vs (3) Carre's
Carre's (3) Vs (4) Central Tech. College
Boston Grammar B (4) Vs (4) Carre's B

Year 11 (Team Manager: Mr Wilson)

Carre's (2) Vs (1) Gartree School
Kings School (0) Vs (2) Carre's

1st XI (Team Manager: Mr Wilkinson)

Carre's (4) Vs (0) St Georges School
Carre's (4) Vs (0) Skegness Grammar
St George's School (0) – (5) Carre's
Carre's (6) Vs (0) Kings Peterborough
Boston Grammar (1) Vs (2) Carre's

2nd XI (Team Manager: Mr Smith)

Carre's (9) Vs (0) Skegness Grammar
Carre's (1) Vs (4) Gainsborough
Carre's (4) Vs (1) Lincoln College
Boston Grammar (2) Vs (4) Carre's

Rugby

Year 7 (Team Manager: Mr Pickard)

Carre's (5) Vs (0) Spalding Grammar
Stamford (25) – (0) Carre's
Spalding (0) – (5) Carre's
Carre's (40) Vs (0) Central Tech. College
Carre's (25) – (0) Robert Manning School

Year 8 (Team Manager: Mr Pickard)

Carre's (25) Vs (22) Spalding Grammar
Stamford School (30) Vs (0) Carre's
King's Peterborough (14) Vs (12) Carre's
Spalding Grammar (5) Vs (19) Carre's
Bourne Grammar (0) – (29) Carre's
District Festival: Won 4, Drew 1
George Farmer School (0) Vs (3) Carre's
Bourne Grammar School (0) Vs (1) Carre's
Robert Manning (0) Vs (4) Carre's
Kirkstone House (0) Vs (4) Carre's
St George's (0) Vs (3) Carre's
Central Tech. College (1) Vs (1) Carre's

Year 9 (Team Manager: Mr Rooney)

Carre's (26) Vs (36) Spalding Grammar

Year 10 (Team Manager: Mr Rooney)

Spalding Grammar (48) Vs (5) Carre's
Lincoln Minster (F) Vs (F) Carre's
Lincoln Minster Forfeit Game (Daily Mail Cup)

Year 11 (Team Manager: Mr Offer)

Spalding Grammar (3) Vs (78) Carre's
Stamford School (10) Vs (0) Carre's
Trent College (5) Vs (19) Carre's
Carre's (7) Vs (5) MFAC

1st XV (Team Manager: Mr Offer)

Stamford School (22) Vs (10) Carre's
Trent College (5) Vs (61) Carre's
De Aston (0) – (52) Carre's
King's Grantham (5) Vs (17) Carre's
Carre's (46) Vs (13) LSST

Staff XI (Team Manager: Mr Allen)

Cherry Willingham (1) Vs (5) Carre's

Sleaford Joint Sixth Form Girls Football

Welbeck Defence College (0) – (13) SJSFG
SJSFG (6) – (3) North Hinkley & Warrickshire

Other Sporting Activities

Basketball U14 (Away): Queen Eleanor School, Stamford (20) Vs (20) Carre's

Volleyball U15 District Tournament (Grantham Meres): Tournament Winners

(Carre's A (23) – (20) Carre's B; Cotelands (22) – (20) Carre's A; Carre's A (22) – (21) Central Technology College A; Carre's A (27) – (19) Cotelands B; Carre's A (25) – (19) Central Technology College B)

Forthcoming Fixtures

(November 2009 – December 2009)

Football

1st XI (*Team Manager: Mr Wilkinson*)

Spalding Grammar (Away): 04/11/09

QEGS Horncastle (Away): 11/11/09

Giles School (Away): 18/11/09

Boston College (Home): 25/11/09

King's Lynn (Home): 02/12/2009

Skegness Grammar (Away): 09/12/09

2nd XI (*Team Manager: Mr Smith*)

Spalding Grammar (Away): 04/11/09

QEGS Horncastle (Away): 11/11/09

Boston United (Away): 18/11/09

Boston College (Home): 25/11/09

King's Lynn (Home): 02/12/2009

Skegness Grammar (Away): 09/12/09

Year 9 (*Team Manager: Mr Smith*)

Spalding Grammar (Away): 12/11/09 *(TBC)*

Years 7 – 11

Fixtures to be arranged depending on progress in National and District Cups.

Sleaford Joint Sixth Form Girls

South Nottingham College (Away): 05/11/09

Rugby

Year 7 (*Team Manager: Mr Pickard*)

King's (SRFC): 07/11/09

Year 8 (*Team Manager: Mr Pickard*)

King's (SRFC): 07/11/09

Lincoln Minster (Away): 12/12/09

King's (Home): 07/11/09

Year 9 (*Team Manager: Mr Rooney*)

King's (SRFC): 07/11/09

King's (Home): 07/11/09

Leicester Grammar (Home): 09/11/09

Year 10 (*Team Manager: Mr Rooney*)

King's (SRFC): 07/11/09

Lincoln Minster (Away): 12/12/09

Year 11 (*Team Manager: Mr Offer*)

Lincoln Minster (Away): 12/12/09

Stowe (Away): 04/11/09

King's (Home): 25/11/09

1st XV (*Team Manager: Mr Offer*)

Stowe (Away): 04/11/09

King's Grantham (Home): 25/11/09

Other Sporting Activities

Badminton (7, 8 & 9 combined; 10 & 11 combined): 12/11/09

Cross Country (7-13) at William Robertson School: 19/11/09

Indoor Football (Grantham Meres Year 7): 25/11/09

Basketball (Grantham Meres Year 9): 03/12/09

Table Tennis U13: 07/12/09

Indoor Rowing Team Cup: 10/12/09

Year 11 Hockey Vs St George's: 09/11/09 *TBC*

Please note that fixtures may be altered and further fixtures may be added as teams' progress in cup competitions and leagues. Additional fixtures or re-arranged fixtures will be posted on the school website: www.carres.lincs.sch.uk