



## Leah Bushell - Swimming to success

I was standing. It was just me and the swimming pool. Me vs. the swimming pool and my body which is telling me to back down. Who was going to win? The deep, cool blue water was just staring up at me while the light waves echoed. All the time and training had helped me get to this one particular point in competition which depends on the future of my whole swimming career. This race was important and I had to think positive thoughts and focus.

All the healthy meals and no junk food all goes down to this race; if I don't do well, all of that would have been for nothing and everything you have worked for all your life has to be accomplished some time; today's that day for me.

Suddenly the three whistles I had been waiting for had arrived. The whole crowd went silent. Then there was one longer whistle and we stepped onto the rough, dark blue surface of what we call a diving block. Then the speaker said "TAKE YOUR MARKS.....GO"

I swam like mad, with good technique and I completed everything my coach had told me to try and do during my race. I rammed hard into the wall!!!! I looked up at the score board and.....WOW!!! I had got to regionals!!! I was so happy it was unbelievable!!!

Written by Leah Bushell 7ORE

Leah won 7 Gold medals, 2 Silver medals and 1 Bronze at the Norfolk County ASA Championships. Also winning the BAGCATS Championship 2018 (British Age Groups Category) for the Top 12 Year Old Girl in Norfolk for the second year running. Leah has also qualified for the Regional Championships to take place in May at the International Inspire Swimming Pool in Luton.

## Netball at it's brilliant best!

On 20th January, a group of year nine netballers received the opportunity to see a live England netball match at the Copper Box Arena in London. We set off at 10:30am, and after a longer journey than anticipated, we arrived. The first match was South Africa vs Australia- with an Australian win. But the next match was the one we really came for: England vs New Zealand. The number of English fans was a lot larger than the number of fans supporting New Zealand. Therefore when the English fans erupted (including us) when England scored a goal and intercepted a ball, it drowned out the support for the New Zealand team! It was a very tense game as both teams scored some great goals and make some amazing interceptions and the final score at the end of the four quarters was 47-47. However, as the game had to end with a winner the two teams battled for an extra quarter but, even after a bad start, England managed to pull the back the win by 7 goals. Thank you to Mrs Masdin and Miss Cunliffe for taking us on this brilliant trip and being amazing!



Written by Lucy Carlisle 9HWL



## U15 County Cup Campaign

The Year 10s have a very strong rugby team and we showed it last year by winning the Norfolk County Cup. This year we made it to the quarter final but lost to a very strong CNS team. We had a great run of games beating some good teams along the way.

We played Springwood High School and destroyed them with the result of 80-5. We then played Fakenham Academy and smashed them with the result being 55-15 with a great team performance.

We then moved on playing Alderman Peel High School which we thought was going to be an easy game based on previous games against them, but they showed us that we weren't just going to turn up and beat them easily so we had to fight for each other and get the win which would take us to the quarter final. This was Sam Ellis' last game for Reepham High School because he has moved to Gresham's.

Then the quarter final was played here at Reepham on a freezing cold afternoon with a scrappy game of rugby CNS scrapped the win against us which knocked us out of the cup. We showed great character through the cup and played some outstanding rugby.

Written by Arly Bassham 10FUL

## Smashing Stuff from the Year 9

### Rugby Team

This season we put in a good fight getting in the quarter finals. Our first game was against Aylsham High School where we started off with a hard-attacking line pushing them back to their 22 yard line, but Alysham's defence got stronger and pushed us back beating us 37-35 in the end. Mr Easton said "This was the game of the season and we were very unfortunate to lose, especially when it was only by 2 points! It was a game that could have gone either way." In all our games this season we worked as a team with some crunching tackles and blistering runs. Our last game was against Framingham Earl in the Plate Quarter-Final. In the second half we picked up our game and defended with great strength however they came out the stronger team and finished our cup run.



Written by Sam Randell 9HWL



## County 7s Challenge

On the 15th of March, on a rainy miserable day. The Reepham High School rugby team travelled to the Langley School to compete in a 7s tournament. 7s is very different to 15 a side, it's on a smaller pitch and requires pace and agility and the halves are only 7 minutes each way. There were 8 teams in total and we took a strong team of 14 players. There were two pools of teams, with four teams in

each pool. In the tournament, the top two qualifiers go into a competition called the cup, whereas the bottom two go into the plate. Normally the best two go to the cup and the weaker go into the plate. Reepham won our first and last pool games but lost to a very strong Langley team. We finished second in our pool meaning we were in the cup and into the semi-finals. The other teams in the cup were Langley, The Norwich School and Wymondham College. All these schools are very keen on their sport and will be practicing rugby numerous times a week. We battled hard but were convincingly beaten by a great Wymondham College side. In fact we were the only school in the cup that doesn't have boarding facilities and isn't private. So for the amount of rugby we play we did exceptionally well. We played some very good rugby from start to finish and deserved to get into the cup. My player of the tournament would have to be Logan Santi, he played well throughout and was our biggest threat going forward.

Written by Archie Gibbs 9HWL

## Handball at RHSC

Handball is an emerging sport that is now becoming quite popular. It involves skills from numerous other sports such as basketball, netball and football (mainly if you are a goalkeeper). However handball also has its own throwing and shooting technique where the ball starts slightly behind and above your head so that you can easily direct the throw and choose whether to pass or shoot. Most of you will have been able to try this sport in your PE lessons because this year it has been added into the schools PE curriculum. It is a fast paced sport requiring constant concentration and lots of energy. The school entered four teams into the Handball Regional Qualifiers and three of the teams got to the semi-finals. Well Done to everyone who participated in those teams. Handball is an Olympic sport so look out for it in the next Olympics.



Written by Bryony Brierley 9HWL

## An Interview with Mr Gibbs

**What age did you start loving sport?** My Dad was a PE teacher therefore I don't remember a time where sport was not in my life.

**What was the first important team you were in?** Both my primary (Falcon Road Junior School) and high school (Sproston High School) football teams were really good. I also was captain for Norwich Boys Football Team from Year 8 to 11.

**What age do you think is the limit for being able to succeed in sport?** It depends on the sport. I retired from being a professional rugby player at 31 after 15 years of non stop rugby. It is definitely not an old mans game!

**What sport do you believe you are best at?** I believe I was best at rugby. I played in Leeds third team. However, I went to the European Championships four times in sailing in my sharpie boat. Also, I am a good skier. My top speed down a mountain was 95.7kmh and that felt fast!

**Being a busy Headmaster, do you still have time to do sports out of school?** Yes. At weekends I do golf every Saturday morning and go sailing when I can. In the summer I like to bike as it is a great way to get some fresh air.

**Who is your sporting hero?** I have three; Lawrence Dallaglio (professional rugby player for Wasps), Ben Ainslie (professional sailor) and, lastly, my dad. No matter what sport it was, my dad could do it and he would always be better at it than anyone else. He was definitely the best sportsman I know.

**What are your top three favourite sports?** Rugby is undoubtedly the greatest game on Earth. No matter what team or where, if there is a match on TV, I will record it and watch it. Next, football. I go and see Norwich play all the time. Then... it is very hard to pick between skiing and sailing. I can only go skiing once a year but I can sail all the time. So my third favourite sport is... skiing and sailing. I can't choose.

**Have you ever had any sporting injuries and if so, did it knock your confidence?** I have had a few which have resulted in completely smashed up shoulders from rugby and skiing. I also have an on going back problem but apart from that I have been quite lucky!

**Do you support any football or rugby teams?** Yes, for football I support Norwich City and for rugby I support Wasps.

**Lastly, do you believe anyone can reach their goals in sport?** I absolutely do. You have to have a little bit of talent but with lots and lots of hard work you can get to your goal. **Written by May MacLennan 8TEI**

