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Autumn Term 2017

Competition

U15 Western Area Rugby 7's 1) County Upper 2) St Benedicts 3) King Eds 4) Thurston 5) Newmarket 6) Stouwpland



U16 Western area Rugby - 15 aside - King eds 33 v Thurston 22 - King eds qualify for final on 6 dec

7's- 1) Stouwpland- 8pts 2) county upper- 6pts 3) Newmarket -4pts 4) St Benedicts - 2pts 5) Mildenhall -0 pts



Competitions coming up

- Volleyball Finals on 5 and 7 December
- U13 dodgeball competition at Thurston

Spring term

- U13 Sportshall - 9 January at Thurston
- U15 Sportshall – 25 January at Stowmarket

U16 Dodgeball Results (1) Stowmarket 3 (2) Stowmarket 2 (3) Thurston



U14 Badminton Competiton – Stowmarket high and Thurston



Suffolk round of the National Badminton Junior League 2018

I am pleased to confirm that the Suffolk round of the National Junior League (NJL) will take place at the Skyliner Sports Centre, Bury St Edmunds from 10:00 until 17:00 on the following dates:

U12 March 4th 2018, U14 January 21st 2018, U16 February 11th 2018

League overview- The National Junior League is designed to provide starter, developing and recreational players with the opportunity to gain additional competition experience. The NJL supports players' development, enable them to gain competitive experience and starts their competition pathway by gaining Badminton England competition grading points.

How to enter a team

The junior league is £20 for a team to enter and this must be paid prior to attending.

If you would like to enter a team, please sign up and pay through the below links:

U12 <https://www.suffolksport.com/events/2018/03/u12-suffolk-junior-league>

U14 <https://www.suffolksport.com/events/2018/01/u14-suffolk-junior-league>

U16 <https://www.suffolksport.com/events/2018/02/u16-suffolk-junior-league>



VIRTUAL CYCLING COMPETITION

OVERVIEW

An informal 5 week challenge for schools to compete virtually against one another in a static cycling competition.

RULES

- The competition will take place from 8th January – 9th February 2018.
- Teams will consist of four members per team. Pupils can be from years 7-10 and teams can be either single sex or mixed gender. There can be more than one entry per school.
- A static bike with the facility to measure distance must be used.
- Every team member shall be given the opportunity to cycle for one continuous 20 minute period per week during the five weeks of the challenge. The time at which this happens is at the discretion of the member of staff overseeing the competition.
- The staff member responsible for the team should send the name and the distance of each competitor to info@suffolkpesn.com each week during the competition, a weekly league table will be shared each Monday.

The winning team will be calculated by the total cumulative distance covered by all team members across the five weeks. There will also be some other awards made

TopYa Programme

The Gipping valley and Thurston sports partnership has been selected to use the Get Going, Get Active contest as part of the School Games programme administered by the Youth Sport Trust

Get Going, Get Active is a contest that encourages students to get and keep physically active, regardless of their initial level of activity.

The contest uses the [TopYa!](#) Active app to deliver video challenges to students who can then complete them and get entered to win great prizes.

This programme will run from November 2017 until 31 July 2018. After that students will continue to have access to use all the free features of TopYa! Active as well as purchase any paths that they want on their own, but the contest will not be available to them.

Please contact me if you would like to take part in the programme



CPD

Rugby Union in Secondary Schools' courses This course will support secondary school staff to develop an understanding of how to teach rugby union in a fully inclusive, engaging and enjoyable manner. It will help them to develop confidence in teaching and officiating the contact elements of rugby union in a safe and effective manner, and how to build the game progressively to enable students to play competitive rugby.

Venue: Beccles Free School, Castle Hill, Beccles, Suffolk NR34 7BQ	Venue: East Bergholt High School, Heath Road, East Bergholt, Colchester CO7 6RJ
Date: Wednesday 3 rd January 2018	Date: Wednesday 3 rd January 2018
Time: 09.00 – 17.00	Time: 09.00 – 17.00
Cost: £40pp	Cost: £40pp
Booking URL: http://www.englandrugby.com/my-rugby/courses/search/#/search?id=&c=&eventid=226337519	Booking URL: http://www.englandrugby.com/my-rugby/courses/search/#/search?id=&c=&eventid=226337520

Please use the URLs to book directly, as well as disseminating this email to relevant colleagues/schools.

If you are part of the RFU's All Schools Programme or have targeted delivery through your local Rugby Club, there may be funding available to support you in attending the course, please contact your Rugby Development Officer to clarify.

(chloemcmorran@rfu.com 07715 856728)

If not Eastern Counties Schools will cover the cost of the course, please contact Andrew Wilesmith for more information

(07886019198 andrew.wilesmith@yahoo.co.uk)