

## Weekly Bulletin for GSAL Whole School Sport

### Message from Lorcan O'Brien - Whole School Director of Sport

My role is new to the school, I'm new to the school and already I feel at home! The pupils in both primary and senior school have been so welcoming, as have the staff. It's a hugely exciting time for GSAL sport and I'm delighted to be in the role, moving GSAL sport forward over the coming years. It was wonderful to meet some parents last Saturday and over the coming term, I hope to meet many more. The purpose of this new weekly bulletin for sport is simple: *Provide accurate, reliable and helpful sporting information to parents.*

As we go through the term, the sports team and I will make provision to ensure we communicate our vision, ethos and the roadmap for GSAL sport over the coming years. Until then, I very much look forward to meeting you in school (primary and senior) or on the sidelines every Saturday. In the meantime, please feel free to touch base if needed. My email address is [lwo@gsal.org.uk](mailto:lwo@gsal.org.uk).

### Saturday sport/fixtures

Our sports staff and pupils have made a wonderful start to Saturday sport this term. The pupils' enthusiasm is infectious and long may it last. All details for rugby and hockey fixtures this coming Saturday are on SOCS, the link for which is [here](#). Please use SOCS as your first port of call for all fixtures details and team sheets. Please make note of the rugby information below to avoid any confusion this coming Saturday:

- U12 (3G), U13 (Harrogate Road), U14 (Track pitch) – 9:00am-10:30am
- U15 (Harrogate Road), U16 (Track pitch), Seniors (3G) – 10:30-12:00noon
- Drinks and biscuits will be provided for the players afterwards
- Please arrive in kit, and not uniform (for this weekend only).

### Sports clubs

We have a wonderful co-curricular programme for sport at GSAL. In a busy start of term, thank you for your patience and cooperation in getting pupils 'up and running' this week. Going forward, to check your child's sport clubs (primary or senior school) please check SOCS, the link to this is [here](#). We will ensure the information for sports clubs (venues, meet times and notes) is accurate and correct. Please use SOCS as your first port of call for sports club information.

### Primary school sport notice

Both lessons and clubs have started very well this week in primary, and the children are excited and delighted to be back playing all their sport and being active again. A few helpful tips for you:

- Gum shields are required for hockey from Year 4 and above
- Football boots are not essential at the start of term as the grass pitches are firm. As the weather turns and whenever we use the 3G for football or rugby, boot with studs will be required

- Sports Clubs are open to everyone in a given age group so please contact Mrs Hemsley ([jeh@gsal.org.uk](mailto:jeh@gsal.org.uk)) or Mr Whish ([caw@gsal.org.uk](mailto:caw@gsal.org.uk)) if you wish to be added to the register.

### **Senior school sport notices**

We were delighted to welcome back the senior pupils to games this week. Mr Harding, Mr Morris and I are delighted to announce the 6th form games options will extend in the coming weeks. We are planning to add climbing, golf, fitness classes, dance and more off-site activities to engage our pupils in the very purpose of games – to build a lifelong love of physical activity and/or sport.

### **Pupil highlight**

With such a wonderful pupil cohort, it's impossible to list the success of all our pupils. However, each week we'll shine the spotlight on some great sporting success, in and out of school. This week:

- *Abigail K (Year 8)* - after a lengthy lay off with injury over the past 8 months, Abigail has worked extremely hard over the summer months in her local club. As a result, she is currently ranked number 1 in Yorkshire, and in the top 30 in the whole UK, in high jump, shot put and javelin.
- *Kouros K (Year 10)* has recently been promoted to the National Swimming Squad, an incredible achievement. A number of other GSAL pupils who swim in the City of Leeds Swimming Club have also been promoted to that squad.

### **Sports book of the week**

We love to read at GSAL. If you haven't already done so, I'd highly recommending the book, *Belonging* by Owen Eastwood. It's a wonderful read.

### **Meet the sports staff**

Each week for this term, we'll shine the spotlight on a member of the sports team at GSAL. This week, it's our wonderful Sports Graduate and Coach, Miss Ebony Greatorex. Miss G, as she is affectionately known by the pupils, has been with us for 3 years. She works with pupils across the school, and has a passion for netball and football. She was raised in Yorkshire, plays and coaches netball to a high standard outside school, loves Mexican food and has a dog called Ralph. Interesting fact; she once umpired a game for England Netball on Sky Sports!