

## **Spring Term Sports Newsletter: January - March 2024**

### **Football**

#### **Boys Year 7**

The first half of the school year has been eventful, packed with lots of football games. Most of them ending with a victory.

Our games against Sandringham School and Enfield Grammar School both ended with a great win although it was Richard Hale who ended our streak. We grabbed an early goal and played well to hold them off until Richard Hale scored 2 late goals ending in an unfortunate 2-1 loss.

Even so, having played 15 games in total we've come away with 9 wins and managed to score a whopping 55 goals! However, our team is just getting going and we are looking to improve in the future.

Written by Luke J

#### **Boys Year 8**

The improvements made by the Year 8 boys football team in the Autumn Term continued into the Spring Term. A 2-2 draw against Enfield Grammar, and a narrow 4-3 loss against a strong Richard Hale team, showed how much more competitive the squad was becoming against strong Saturday opposition, and gave the likes of Jude B, James B and Ed S the chance to shine in the 'A' team. With an improving squad and increasing competition for places, the team went on to win back-to-back District Cup for the first time, beating Hertswood 5-2 (a game in which Harry S excelled) and Mount Grace 5-3. With Eli A and Tommy F scoring regularly, Faris H, Chris L and Joe T providing width and attacking threat, and Charlie W and Stanley M offering stability and cool heads in the middle of midfield, the team was now playing its best football of the season. When called upon, Max Laws in goal produced some excellent saves in these games. Qualifying for its first District Cup semi-final was an achievement in itself, and losing to the eventual cup winners (Ridgeway School) was no disgrace, with the scoreline flattering our opponents, thanks to 3 late goals conceded in the last 10 minutes of the game. The squad made huge progress this year and have to be congratulated for their hard work and efforts this season.....we are already looking forward to the start of the new season! Huge thanks to everyone involved.

#### **Boys Year 9**

The year 9 team found it hard in the first half term to find a win but the boys have worked hard and battled well in their matches. This half term they played Ridgeway in the district semi final and won 5-3. In the final they played against Onslow, the

game was a very tight affair with the score 2-2 at half time. In the second half the boys pushed on and won the game 4-3, big congratulations to all the boys involved in the squad this year. Real team effort.



### **First XI**

After a slow start to the season, the team began the new year with a good 4-1 win against John F Kennedy Catholic School in a friendly match. Following our Round of 16 win on penalties we were knocked out after a tough game in the quarter finals. Since then, the team has been on excellent form, scoring 17 goals in 3 games and winning all our matches. Thanks to the good run of games, we found ourselves at the top of the county league table with one game to spare; it was to be against second placed in the league standings, however the match was unfortunately cancelled. Despite being a difficult season, we've finished unbeaten at the top of the county league, awaiting to play the final as our last match.

### **Girls Under 12**



The U12 girls played their second District league game of the season against Queenswood School. The team were leading 6-2 at half time and despite making several positional changes in the second half they still ran out 8-3 winners. The goals were scored by Zara x 5, Amy x 2 and Anashe. Zara was voted as player of the match.

The team's third encounter in the District league was against Chancellor's School. With a hat trick from Emily, 2 goals a piece from Izzy and Zara and 1 goal from Betsy the side won convincingly 9-0 to remain undefeated so far this season. Zara again scooped the player of the match accolade.

In the quarter finals of the County Cup the U12s faced Marlborough School. A 4-0 victory thanks to goals from Zara x2, Izzy and captain Amy, who was also voted player of the match, saw them proceed into the semi finals of the competition.

The team next faced Mount Grace School in their fourth District league match and came away with a comfortable 8-0 victory with 2 goals each from Amy, Zara and Emily and 1 each for Gabriella and Izzy. Vice captain Oattie was awarded player of the game.

The team's final District league game was against Yavneh College and despite dominating possession and leading until late on, thanks to a goal from Emily, the girls were held to a 1-1 draw. Zara received the player of the match award for this fixture. The team now awaits news of who they will face in the semi finals of this competition.

The semi final of the County Cup saw the girls drawn away to Beaumont School. The team started slowly and quickly found themselves 2 goals down to a physically superior side. Pulling a goal back through Anashe just before half time gave the girls confidence going into the second half but the strength of the opposition proved too much and the game finished 5-1 with captain Amy voted player of the match.

The team should be very proud of everything they have achieved so far in their first season together at Owen's.

## Girls Under 14



In their second District league match of the season the U14s faced Queenswood School. Trailing 4-0 at half time the girls rallied in the second half and the game ended 5-2. Freya and Annie scored the goals and Freya was voted as player of the match.

Next up the U14s faced Chancellor's School in the same competition. With four goals from player of the match Freya and two from captain Lilly the girls ran out 6-1 winners.

In their final District league group game the U14s played Yavneh College and finished their season in style with a 9-1 victory. Goals came from Lilly x 4, Freya x3, Riya and Rhiannon. Once again Freya was chosen as player of the game.

## Hockey

### Girls U13

The U13 hockey team played Parmiter's School in the County league competition. The game was a very tight affair. Losing 1-0 at half time the girls levelled early in the second half courtesy of a goal from Adaugo. Unfortunately two late goals from the opposition lead to a 3-1 defeat. Mahdi was picked by Parmiter's School as player of the game.

In the same competition the girls faced extremely tough opposition in Queenswood School. The girls defended resolutely and were only trailing 1-0 at the interval. Unfortunately tiredness became a factor in the second half and they ended up being

defeated 5-0. The girls should all be very proud of the way they played and the determination and resilience they showed. Mahdi was once again player of the match.

## **Rugby**

### **Year 7**

September marked a slow and challenging start to the year 7 rugby season, we encountered difficulty in gathering sufficient players for training, but thanks to the hard work and encouragement by Mr Festa and Mr McGill the rugby season gained momentum and broke through in January 2024. With an increasing number of students turning up for training, the opportunity to learn the great game of rugby, flourished.

Our first competitive fixture was against a strong Stanborough side, who had clearly been playing competitive rugby as a team long before September. They were clearly the better side and the score in the end reflected their superiority, 9 tries to one or 45-5. But nevertheless, we kept our heads, we worked hard in training and eagerly awaited our next challenge as a team. We were rewarded against Chauncy. It was clear how much we had improved, we were getting to the rucks quicker, making our tackles and due to some individual brilliance and teamwork we came out victorious 8 tries to 6 or 40-30.

We came into our stride in games 3 and 4 of the season against Keble Prep, winning 8 tries to 6 and Longdean School, winning 6-4. These were two great performance from our side. Both games were tight right up to the final whistle. In the match against Longdean, our team delivered an exceptional team performance as well as some individual brilliance by Seb, who scored 3 tries and for Charlie outstanding defensive efforts.

Our next feat was the Saracens Tournament. We played a total of 3 games. Drawing the first, 5-5 against Wren Enfield, and 2 wins against Saracens 8-6 and xxxx 6-4.

At the time of writing we still have 1 tournament and 1 match left, but overall Year 7 rugby can be very proud of all the hard work and the continued improvement throughout the season and we can't wait for next year.

Stats of the season so far are:

Games won: 6

Games Lost: 1

Games Drew: 1

Tries scored: 36

Tries against: 34

Report by George B and Noah O'S

## **Year 8**

Rugby at Daos is incredibly enjoyable. The coaches are very supportive and fantastic at helping you improve your rugby skills.

During this rugby season we have played weekly matches against several local schools. We have won a few matches and lost a few. My favourite event was in February when we went to an inter-school tournament at Saracens. We won three matches before finally losing against Wrens in the final and finishing second overall. During that tournament Kanyi and Xavier scored some incredible trys against Wrens.

For year 8 we have rugby training every Friday lunchtime where we practise tackling and passing. It's great fun and I recommend you come along and have a try.

Edward S

## **Year 10**

The U15 Boys Rugby competed in the Camelot Tournament hosted at Hemel Rugby Club. The team performed really well, winning 4 out of 5 groups stage matches, with notable performances from Morgan J and Isaac B. The team lost to Hemel in the final but finished as very credible runners up. Honourable mention to Mattias M who unfortunately sustained an injury during the tournament

Firstly, thank you to the coaches, Mr Festa and Mr McGill, for their passion for our team, and coaching.

Although we did not have a long season, we had a few great games. Even with a new team, with only a few experienced players, we worked together, to win our first game which was in a tournament where we won 4 games, and drew 1 to make it to the final. Throughout the games, we developed as a team and adapted to challenges on the field. Unfortunately, the final was cut short due to an injury, however, we played well in the tournament and it was a good start to the season. There were a few players who played exceptionally, Morgan J (our number 8) and Isaac B (our outside centre). We went on to play another game, against John Warner school, where we drew 3-3. It was a challenging game of rugby with lots of intensity and determination. We ended the season with a fantastic win, against Longdean school. We won 12-0, and really came together as a team. Everyone made a good contribution in the game, which shows how far we have come as a team.

## **1st XV**

After the matches against Aylesbury Grammar and Hitchin Boys' in the Winter Term, the senior squad's season continued into the Spring Term, with games against Samuel Ryder and Parmiter's, as well as an appearance in the Herts 7s Tournament, hosted by St Albans School. The game against Samuel Ryder was a very open one, in which both sides showed spells of good attacking rugby, which was reflected in the 34-43 scoreline. Although the team lost this game, there was plenty to take forward for the rest of the season. Our appearance at the Herts 7s was a real highlight of the season, and while the team lost to schools who had clearly played considerably more 7s than ourselves, we performed extremely well at times and recorded our 1st competitive win of the season against Tring School. Unfortunately, the final game of the season against Parmiters didn't go as well hoped, due in part to a number key players being unavailable. Despite this, playing five competitive fixtures this season as a senior squad represented great progress and a starting point for what hopefully will be an ever improving rugby programme at DAOS. Huge thanks to everyone involved in training and matches, during what has been an enjoyable season.

## Netball

Year 7

7A



Congratulations to the Year 7A netball team, who beat Stanborough very convincingly on 15th January 17-1. The team showed great versatility with constant positional rotations throughout. Well done to player of the match, Zara, who made a record number of interceptions. Other comprehensive wins against Monks Walk 23-0 and Bishop Hatfield ensured the 7As were crowned District league champions. They remained undefeated in all league matches this season. Special mention to Oattie who has captained a huge amount of the games and also to Sasha, Evie and Emily who have played almost every match.

On Monday 25th March, the team competed in the District Netball Tournament against 4 other schools (Chancellors, Stanborough, Bishop Hatfield and Monks Walk). The girls played incredibly well with key interceptions from Evie, Amy K, Zara and Anashe in defence. Sasha and Izzy worked relentlessly in the mid court and

Ottie and Emily shot brilliantly. The team were undefeated winning 8-0, 7-0, 7-2 and 8-2. Special mention to Sasha and Ottie who both bounced back from injury to play and raise the trophy.



## 7B team

The B Team have had a great season, with a really flexible and versatile squad. Thank you to Cara and Ruhi who have consistently played for both A team and B teams and have made huge improvements in their games. Cara has also frequently acted as captain and done a brilliant job. The B team remained unbeaten in the district and only lost one match all season, to Habs. The B team performance at the District Tournament was incredible. They played 8 matches and lost only once to Yavneh, the eventual winners 2-3. They finished as runners up and this is testament to the strength in depth of the Year 7 netball squad.



This was an incredibly successful first season for the Year 7 netball squad. The squad is extremely talented and hard working. I am incredibly proud of them all and it has been a pleasure to coach them. More again next season please.

## Year 8

### 8A



Well done to the Year 8A team who played Stanborough on 15th January. The girls were dominant in possession and secured a comfortable 14-3 win. Congratulations to player of the match Anaya. The girls played a great Saturday morning game vs Aldenham, they secured a 16-14 win and the player of the match was Jiselle. Next the girls faced Monks Walk winning comfortably 15-2, with great attacking and shooting from Anaya who was POM. In their next match they played a strong Chancellors team, who were leading throughout, but the score remained close. Florence has a fantastic second half as centre and Sienna's shooting accuracy was over 95%. The girls came out fighting in the final quarter and won 17-14. This was an incredible performance and I was so proud of the team's mental strength and resilience. On the 4th March the girls played their final district league match against Bishop Hatfield and it was yet again another really close match, this time losing 14-15. We are unsure if the outcome of the District league but this was a solid season for Year 8A, winning 8 out of 13 matches.



## 8B



Well done to the Year 8B team who won 11-7 against Aldenham, the team put out a fantastic performance and the player of the match was Jiselle They also had a tough match against HABS on the 5th of February. Congratulations to the player of the match Sophia! The girls also took part in the District Netball tournament on the 13th of March, they worked incredibly hard during their matches and narrowly missed out on 3rd place. Well done girls!

## Year 9

### 9A

The Year 9A team have had a very successful term, winning every single one of their games. They have beaten Queenswood on two separate occasions, once in the STAHS league and once in the District league, 33-7 and 26-4. Showing some fantastic defensive work with interceptions coming from all over the court. Well done to Freya and Hannah who were awarded PoM for those games. The team also played Aldenham on a Saturday morning in a very competitive game, coming out victorious due to a strong third quarter 35-30. Congratulations to Hannah who was

PoM. A big highlight was winning the District A league netball tournament with the girls finishing unbeaten all tournament, POT was Freya.



## 9B

The Year 9B team have similarly had a brilliant new year also winning all of their games. They have improved with every single game and are playing some very nice netball as a team. The B's, like the A's also played Queenswood twice, winning 14-6 and 16-9. Well done to the PoMs Sia and Arya. They also played Aldenham in a Saturday friendly fixture with a very impressive performance won comfortably 27-14, with some fantastic shooting from Ellie. Their game against Stanborough in the District league was in some very tough weather conditions but the girls adapted their game and came out victorious 15-4. A massive highlight was winning the District B league netball tournament with the girls finishing unbeaten all tournament only drawing one game, POT was Arya.



### **Year 10**

On Saturday 27th January the Year 10s played Aldenham. The match was closely contested for the first three quarters, but with several unforced errors in the final quarter, Aldenham secured a 10-18 win. Well done to Player of the Match Ellie B.



### **Year 11A**

The Year 11A team have only had a couple of games this term. Their first game was a friendly Saturday fixture against Aldenham where they won overall 44-25, with a very impressive defensive display from Alicia who was awarded POM. They also had their final game in the STAHS league against HABS which they won 24-12. A fantastic turn around from last year where they lost against the same team. Well done to Jenna who was deservedly awarded POM with a fantastic performance at Centre.



## Year 11B

The Year 11B team had a strong start to the term winning both of their District league games against Queenswood and Stanborough. The girls beat Queenswood 34-7 with a very strong performance from the team and an impressive shooting display, well done to Molly who was awarded PoM. The girls then played Stanborough winning overall 20-4, with some good attacking and defensive play.



## 1st VII

The 1st VII netball started off their term with a tough game in the STAHS league against a very strong Queenswood team. The girls battled hard throughout with some very strong defensive work but in the end narrowly lost 38-31. Well done to Kachi who was awarded PoM! The girls also had a friendly Saturday fixture against Aldenham where they won overall 44-25, with a very impressive defensive display from Dyllen who was awarded POM.



## **Basketball**

### **Boys**

#### **Year 7**

The year 7 team have started their basketball season off well with a win against Stanborough, 2nd place in the district rally and narrowly losing to Ridgeway by 1 point. They continued with winning ways after half term with a 18-8 win against Hertswood.



## Year 8

The year 8 team have started their season off well with wins against Ridgeway and Hertswood, with this game going into overtime and getting the win with one basket. In the district rally they came 4th. After half term they continued with winning ways with a comfortable 60-11 win over Stanborough. This means they have qualified for the district final against Onslow.



## Senior

The senior team have continued their winning streak this half term with a 74-62 win against a strong Sandringham team, with this win they progressed into the county league semi finals against Beaumont, where they lost 59-49 in a great game of basketball.



## Girls

### Years 7/8

The U13 girls basketball team have had a tough season in the County League this year against some very strong opponents in Beaumont and Queens. The majority of the



team however are made up of Year 7's who we are sure are going to be a very promising team come next year. The girls have improved game on game and are still very new to competitive basketball. A highlight was the game against Queens where the girls narrowly lost by 3 baskets, 30-24.

### **Years 9/10**

The U15 girls basketball team have had a very strong run in the County League winning all three of their games. The first game against JFK showed some real improvement in the girls offence and shooting with a big win of 52-8. Then came the game against Sandringham where the girls showed a very good defensive display and won overall this time 30-12. The next game was against a very strong Queens side with the score being very close throughout until the final quarter where the girls pulled away to win 42-30. This now means the girls progress through to the County League final against Beaumont. A brilliant achievement with the whole team being a year young! A shout out to Dominique and Clara with their very strong performances in every game.



### **U16 Girls Badminton**

Congratulations to the U16 girls badminton team who won their quarter-final match of the National School Sports competition. The girls



faced a very strong opposition in King Edward VI High School for Girls. They played very well with the overall score finishing 5 sets to 1! The girls then faced Tapton School in Sheffield for their semi-final game. They battled hard in their doubles game after the score being 2-2 after the singles and won overall 4 sets to 2. Most recently the girls went to the National badminton finals at Aylesbury HS facing their opposition Oxford HS. They played amazingly winning 5-1 overall, which meant they were crowned U16 girls National Champions! We are super proud of Aditi, Aayushi, Neha and Izzy for this unbelievable achievement!

### **U18 boys tennis**

The U18 boys tennis team played against Watford Grammar boys school in the County schools competition. The boys lost overall against a very strong opposition but improved with each point. Well done to Dylan and Santi who won their doubles match as well as Hayden and Gabriel who were also involved.



### **Cross Country**

On Saturday 3rd February some of our students took part in the annual Hertfordshire Cross Country Championships in St Albans.

Students involved were Ella, James, Luke, Zak, William, James, Lily, Niamh and George.

Luke, Niamh and George have been selected to represent Hertfordshire later this year.



### **Sportshall Athletics**

Our Year 7 boys and girls and year 8 girls teams competed in the Watford and Hertsmere partnership sportshall athletics competition on Thursday 7th March. All 3 teams won their competitions with both the year 7 teams qualifying for the County School Games Sportshall final in Ware.



## Other Announcements

TaoHai competed in the British Junior Squash Open held at the Commonwealth Arena in Birmingham in early January.



Congratulations to Aayushi, who won triple gold in the Hertfordshire U17 restricted tournament held at Hertfordshire Sports Village on Sunday 4th February. She played all the categories ie. WS, WD and XD.



Congratulations to Alex who had a fantastic weekend and came first place in the Boys U13 English Junior Squash Championships



Congratulations to Annabelle who competed at the London regional qualifiers for DMT and tumble and achieved an amazing gold medal in both. As a result of this, she has qualified for the English Silver Tumbling Championships for the third year in a row and in DMT she has qualified for the London Regional Finals. Good luck to Annabelle in these competitions!



We would like to congratulate Noah S (Y7) on his amazing achievement to be playing for an U14 water polo team in Year 7!

Noah has been playing water polo for about 4 years and for the last two years he has been playing competitively with his club team West London Penguin, playing U12, U13, U14 and even under U15 at the Nationals last December in Coventry. Noah travelled too Dublin on 2nd March to participate in a trial for the U14 academy team at the National Aquatic Centre where he was accepted. The academy team in international competitions regularly. Good luck Noah!



Congratulations to Freya who was selected to represent Hertfordshire at U14 football this season. The team reached the semi-finals of the National Cup where they faced Devon FA away. The team were trailing 2-0 and Freya scored 2 goals to take the tie to extra time. After extra time the scores were level at 3-3 and unfortunately the team lost on penalties. A great achievement nevertheless, well done Freya!



Congratulations to Rosie K (Y9) who took part at the Santa Skills National Diving Competition, Sheffield, on 9th December 2022



Big congratulations to George who won the 800m Indoor Herts Champs title at Lee Valley on Saturday 16th March, in a time of 1.56.63. Great effort George and now to focus on the summer season.

Congratulations to Hannah who has made the U15 pulse academy squad, an incredible achievement! It is brilliant that Hannah is continuing to strive within her netball and we wish her the best success moving forward.



Adaugo N (Y8) competed in the 16U Girls Regional Tennis competition at Shrewsbury Club in Shrewsbury and Nuffield Tennis Academy in Hull respectively over the period of 21-28 December 2023. She successfully won both tournaments after a hard-fought battle in the semis and finals.

Adaugo is also part of the Herts Tennis U14 team and has been representing Hertfordshire County in regional and county tennis competitions since the age of 8 and will be part of the team representing Hertfordshire in the U14 Girls Division 1 playoffs on 27<sup>th</sup> and 28<sup>th</sup> April 2024. Upwards and onwards!



Alfie (Y7) competed in the Hertfordshire County swimming Championships gala in February. He qualified for 11 events covering various distances and all 4 types of swimming strokes. Alfie won 5 medals in total :

Bronze - 200m backstroke;

Bronze - 1500m freestyle;

Bronze - 4 x 50m Medley relay team;

Silver - 400m Individual Medley (100m of each stroke);

Silver - 200m breaststroke.

He narrowly missed out on medals for 3 events but he achieved new Personal Best times for every event.

Well done Alfie! An amazing achievement!



Congratulations to Emily M (Y7) and Sienna (Y8) who both represented Highgate Crickey Cricket Club in the Middlesex Junior Cricket Association's Indoor Competition Final at Lords on Sunday 24<sup>th</sup> March. They both won the U14 and U17 age groups and Emily was awarded MVP for the U14 match. Well done girls!



## **Inter-House Sports Events**

Since the last newsletter there have been inter-house sports competitions held in Netball, Football and Basketball.

The final standings for each competition were as follows:

### **Netball**

#### **Year 7**

- 1st - Clerkenwell
- 2nd - Goswell
- 3rd - Heritage
- 4th - Isledon

#### **Year 8**

- 1st - Hermitage
- 2nd - Clerkenwell
- 3rd - Goswell
- 4th - Isledon

#### **Year 9**

- 1st - Goswell
- 2nd - Clerkenwell
- 3rd - Isledon

### **Boys Football**

#### **Year 7**

- 1st - Hermitage
- 2nd - Isledon
- 3rd - Clerkenwell and Goswell

### **Year 8**

1st - Clerkenwell

2nd - Isledon

3rd - Hermitage team 1

4th - Hermitage team 2

### **Year 9**

1st - Clerkenwell

2nd - Isledon

3rd - Goswell and Hermitage

### **Year 10**

1st - Clerkenwell

2nd - Goswell

3rd - Isledon

4th - Hermitage

### **Basketball**

#### **Year 7 Girls**

1st - Goswell

2nd - Hermitage

3rd - Clerkenwell

4th - Isledon

#### **Year 7 Boys**

1st - Hermitage

2nd - Clerkenwell

3rd - Isledon

4th - Goswell

#### **Year 8 Girls**

1st - Goswell

2nd - Hermitage

3rd - Clerkenwell

4th - Isledon

#### **Year 8 Boys**

1st - Isledon

2nd - Clerkenwell

3rd - Hermitage

4th - Goswell

**Year 9 Girls**

1st - Goswell

2nd - Clerkenwell

**Year 9 Boys**

1st - Clerkenwell

2nd - Isledon

3rd - Goswell

4th - Hermitage

Well done to everyone who has participated and gained house points towards their house total.