

# EXTRA TIME



# Summer 2014

**Lucy Allwood**  
**Jazz, Tap**  
**& Ballet**  
**Talent!**



**Evening of**  
**Sporting**  
**Excellence**



**Mr Upston**  
**wins**  
**Express &**  
**Echo**  
**Award**



**Sports Day**  
**News**

**Students**  
**Athletics**  
**Success**

# SUCCESS FOR ALL



As we come to the end of another fantastic year of sport at St. Luke's, it is an opportune moment to sit back and take stock of everything that both the staff and students have achieved.

We have seen some amazing successes this year from both individuals and teams; all of which were celebrated at our amazing Evening of Sporting Excellence. Our trophy cabinet is brimming with silverware and, more importantly, we have had a significant number of students represent us at various events, competitions and festivals.

It is so difficult to name every one of these students and teams but some highlights for me are:

The U14 Gymnastics squad that became Devon champions in the very first year of performing together. Much of this is down to the expertise and dedication of Mrs Antonello but also the fantastic partnership we have developed with Exeter Gymnastics Club. Our thanks and appreciation must go to Mike Euridge and Scarlet Reid who have taken our partnership from strength to strength this year.



The Yr7 Futsal team who secured the South West Championships after winning the County round. Even more special for me is that the fact that this is a mixed team of both boys and girls with all other schools just having boys teams entered.

The fantastic achievements of our Ability Games teams who represent us so fantastically in all that they do.



Special mention to Mrs Bolt and the team from Brunel who work so hard to provide the opportunities for this squad to compete.



Our two Ten Tors teams who had very different experiences but both learnt some essential skills for life; teamwork, determination and resilience was the key for these students.

Of course, this is coupled with the amazing successes of our individual students with Jack Moncur and Vimbai doing so well in athletics, Katie Townsend and James Walmsley achieving so much with their swimming clubs and of course Imogen Allen who passed her Black Belt in Taekwondo. Fantastic to also celebrate the achievements of Malcolm Taylor as he continues to aspire for national success in Kayak.



I am also pleased to highlight the success of our School Sport Partnership which continues to grow and develop. We have over 25 schools partnered with us and all are benefiting from the expertise of Mr Upston in terms of PE curriculum and also participating widely in events organised by Miss Skinner. Of course, it would be re-miss of us not to also congratulate Mr Upston who was the proud recipient of the Express and Echo Sports Teacher of the Year Award –much deserved Mr Upston and well done from us all.



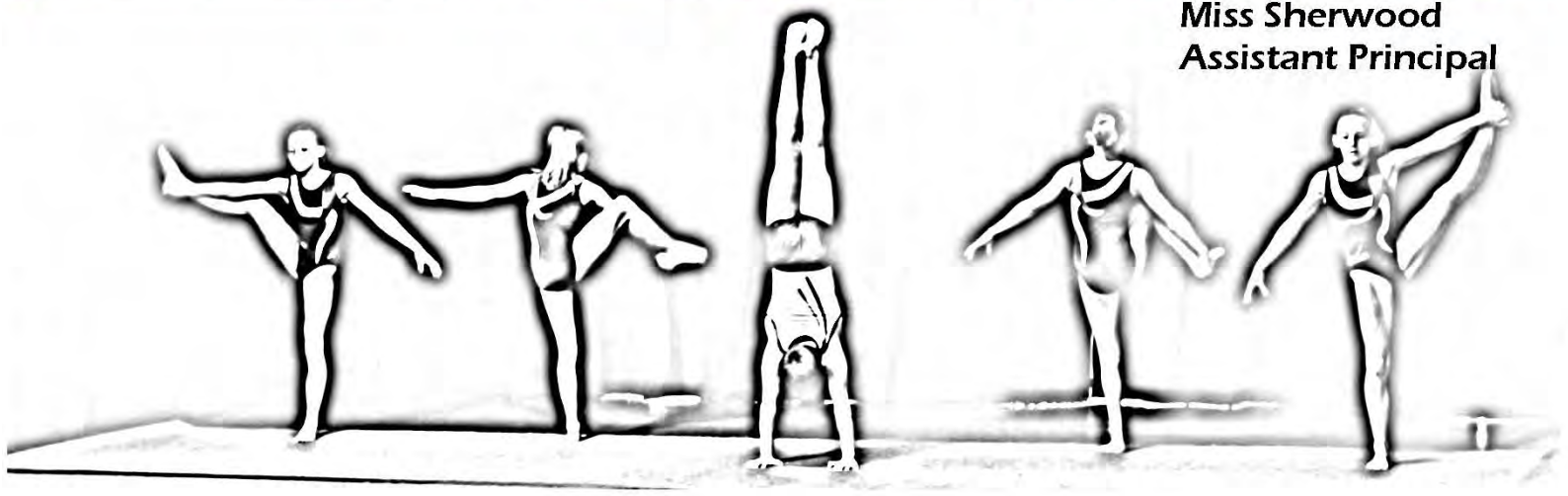
It goes without saying that we will not rest on our laurels as we progress in to the next academic year. We have some new partnerships which are hugely exciting and of course will continue to develop upon our work with Exeter Gymnastics Club, Exeter City FC and Exercise Science Consult Ltd. Our newest partner to come on board are colleagues at Ocean Physio who will be on site regularly during next year to support our athletes with the rigours of training and performance.



Finally, my thanks must go to the PE team and our coaching staff. It comes as no surprise to me that St. Luke's was awarded the national honour of best Secondary School for Sport at the Youth Sport Trust national conference this year. Again an honour that is richly deserved and recognition of the hard work and dedication of the team.



Miss Sherwood  
Assistant Principal



# Evening of Sporting Excellence



St. Luke's celebrate a fantastic year of sport.

St. Luke's celebrated another fine year of sporting achievements at the annual celebration of Sporting Excellence. Joined by double Olympic silver medallist, Joe Glanfield, the theme running through the evening was one of determination, desire and dedication.

Students from our Gymnastics Academy kicked off the evening with a stunning display of strength, control and balance which was then followed by a heart-felt keynote address by Yr11 Young Ambassador Daisy Macciocu.

Next came our first series of awards given to those students that have achieved success in PE, Dance and extra-curricular sport.





Our next student display was a fantastic dance from Lucy Allwood who was able to perform a routine which highlighted her amazing talent for the genres of Jazz, Tap and Ballet.

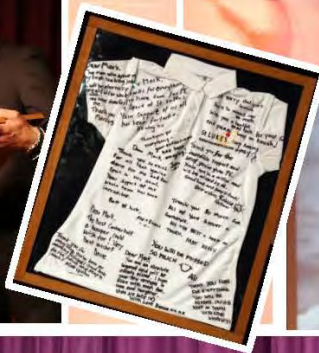
Our final set of awards saw the U14 Gymnastics Squad and 45 mile Ten Tors team receiving Team of the Year with the 35 mile Ten Tors team securing the Olympic Award for their sheer courage and determination in the face of adversity.

The Denford Trophies went to Laura Price and Seb Richards.



Well done to all of our nominated students and a particular thanks to Joe who shared his incredible journey from school boy to Olympic Sailing legend.

Miss Sherwood



Congratulations to all of our walkers who tackled the tough terrain of Dartmoor in some extremely challenging weather conditions. Walking any distance on Dartmoor can be tough but to attempt to walk 35-45 miles, carrying heavy packs and heading in to winds of up to 50 mph coupled with driving rain is simply brutal.

# TEN TORS 2014



Despite this our walkers set off at 7am on Saturday morning with a spring in their step and their St. Luke's flags held high. After 12 days of training, they were well prepared and fit for the challenge. The 35 mile team suffered a blow during day one when one team member had to be removed from the event due to medical issues. The team ensured that their team member was safe and well looked after prior to carrying on as a five. Unfortunately this event left them tight for time and despite putting in an amazing effort, they missed their Tor 9 crash time on Sunday and were pulled out by the Army. Such an amazing effort by an exceptional group of young people.



**35'ers**

**Bradley Down, Matt Jones, Ben Lake, PJ Doran, Juliet Sawyer, Naledi Moore, Gabby Mawson and Chloe Hosking** did themselves, their families and St. Luke's proud. Whilst you may not have reached the finish line, you proved to us all that you are fantastically determined, great team players and demonstrated a courage that impressed us. Well done to you all.

Our 45 mile team of **Lewis Hare, George Dyer, Henry Billingsley, Noah Hawkins, Nassim Souyad and Andrew Cox** romped home with a few hours to spare. An emotionally and physically drained team stomped over the finish line with beaming smiles and a few tears. This group of young men achieved an amazing adventure together that I am sure they will never forget. Well done boys; great job.



**45'ers**

To all who were part of the adventures that weekend; thank you for giving us such amazing memories and making us so very proud of you.

**Miss Sherwood, Mr Dolley, Miss Skinner, Mr Richards, Julia and Mark**

# FUTSAL CHAMPS!



**St Luke's Science & Sports College are the 2014 Under 12 South West Futsal Champions, after winning the south west regional competition held on Sunday 1st June at Paignton Sports Academy's indoor sports hub.**

St Luke's squad, consisting of 7 boys and 1 girl, attended the competition as Devon County Champions and impressed throughout, winning 3 matches and drawing the other in the round-robin format, to comfortably claim the title and progress to represent the South West at the National Futsal Finals in Birmingham on Saturday 28th June.

Their results were as follows:

- v Highworth Town Jnrs (won 2-1)
- v Plymouth Marjon (won 4-1)
- v Heathfield School (drew 1-1)
- v Tewkesbury Covie (won 4-1)

The squad now have the well earned, yet thrilling experience of playing in the national finals, against the best Futsal teams in their age group in the country.



Everybody at St Luke's is immensely proud of their achievements!

Come on St Luke's!!!

**St Luke's squad: Ben Bingham, Lewis Wilson, Kieran Burpitt, Tom Preece, Finley McLenaghan, Sam Ord, Kiara-Jade Robins, Harvey Roddick.**



# Devon Schools Athletics Trials 2014

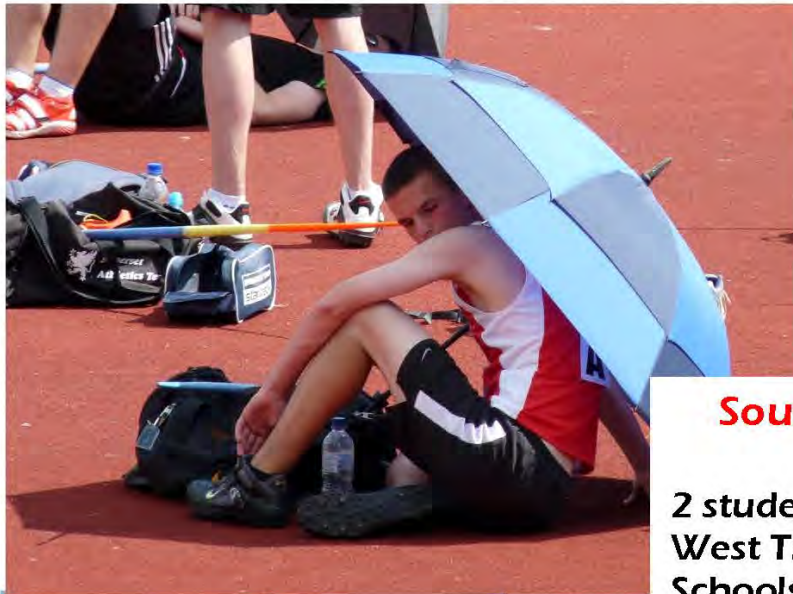
4 students from St Luke's Science & Sports College qualified for and competed in the Devon School's Athletics Championships at Braunton on Saturday 14th June, representing the East District in the team competition.

**Vimbai Mukonoweshuro** (shot put), **Harvey Newman** (800m), **Morgan Ballard** (long jump) and **Jack Moncur** (javelin) enjoyed the beautiful sunny weather and excellent atmosphere, as the very best young athletes in Devon competed for the honour to be selected to attend the National Schools Athletics Championships in Birmingham, later this month.



Morgan and Harvey found the competition a little too strong on this occasion, both Jack and Vimbai finished 3rd in their events. Jack battled challenging conditions, with a stiff, head-on breeze, yet still managing to launch his javelin an impressive 49.74 metres, (only a few metres away from his personal best). Vimbai did magnificently well, recording a new personal best shot put attempt of 10.22 metres.

Well done to all of the students for making it this far and competing against such talent, a real achievement!



## South West Schools Athletics Saturday June 21<sup>st</sup>

**2 students from St Luke's competed in the South West Trials hoping for selection into the English Schools Competition being held in July. Vimbai Mukonoweshuro and Jack Moncur did us proud!!**

Vimbai threw a personal best of 10.40m and came 9th in the shot. All three throws were 10m and she steadily increased to her 3rd and final throw of 10.40. Unfortunately she didn't make the cut for a further 6 throws, but she was the highest placed of the 3 Devon athletes. For her first serious competition she did really well!

Jack competed in the javelin event. He did well to make the final cut so got 6 throws. His best throw of 49.17m came in the last round and he came 5th.



Although Vimbai was not selected, we are proud to announce that Jack has been selected to take part in the English Schools Athletics championships in Birmingham on July 11<sup>th</sup> and 12<sup>th</sup>.

Good luck Jack and well done.



St Luke's School  
Sport Partnership

SCHOOL  
GAMES

# Devon School Games 2014



On Wednesday 25<sup>th</sup> June, St Luke's took 29 students to the Devon Summer Games held at The Life Centre in Plymouth. 700 students from all over Devon had come together to take part in and compete in a multi- sport festival.



The event is a legacy of the London 2012 Olympic and Paralympic games and a celebration of the talents and skills of young people across the county. The ideals of good sportsmanship and respect were integral to all the events together with the five other Olympic values of Teamwork, Honesty, Self-belief, passion and determination.



The table below highlights our competitors and the medals that they were awarded as a result of their amazing performances.

	Award
Brody Parker	
Ross Beswick	Spirit of the games medal- TEAMWORK (orienteering)
Dean Beswick	
Jamie Beswick	Spirit of the games medal TEAMWORK(orienteering)
Nathan Ellacott	Gold medal for the pairs tennis competition(boys)
Jack Ellacott	Gold medal for the pairs tennis competition(boys)
Dylan Vayle	
Rod Rosqeta	
Jack Suss	
Greg Morales	
Charles Harris	Silver medal for the pairs tennis competition(boys)
Dominic Hamrioui	Spirit of the games medal-RESPECT (orienteering)
Ethan Charlton	Silver medal for the pairs tennis competition(boys)
Harry Grummitt	
Tylor Goodman	
Kian Bowker	
Samuel Screech	Spirit of the games medal- SELF BELIEF (orienteering)
Eddie Fee	Spirit of the games medal- HONESTY (orienteering)
Thomas Giles	Silver medal for the pairs tennis competition(mixed pair)
Graham Vinelott	St Luke's award for ENDEAVOUR(tennis)
Tilly Robinson	Spirit of the games medal-(tennis)DETERMINATION
Ellie-Mae Bell	St Luke's award for ENDEAVOUR(tennis)
Jasmine Skinner	Silver medal for the pairs tennis competition(mixed pair)
Jordan Burns	
Rafed Uddin	Spirit of the games medal(rowing)DETERMINATION
Josh Steele	
George Jacks	
Alex Kingdom	
Nathan Leaman	



# Table Cricket 2014



**Congratulations to everyone who took part in the table cricket competition at Exeter University on May 15<sup>th</sup>. Organized by the Lord's Taverners, this competition saw teams from all over Devon, Somerset and Dorset compete in the game of table cricket.**

**Our two teams competed bravely and met other students in the spirit of happy competition and respect.**



**Team one: Brody Parker, Alex Kingdom, Ross Beswick, Dean Beswick, Jamie Beswick, Nathan Ellacott, Jack Ellacott**



**Team Two: Charles Harris,  
Dominic Hamrioui,  
Ethan Charlton, Harry Grummitt,  
Kian Bowker, Sam Screech**



# Football Fun in the Sun

On Friday 2<sup>nd</sup> May, a handful of lucky students were selected to represent St Luke's at a 7-a-side mixed football tournament at St. James' Park, home of Exeter City Football Club.



The students had the amazing opportunity to demonstrate their silky skills on the stadium pitch and really enjoyed the day, soaking up a brilliant atmosphere in glowing sunshine.

The A team did fantastically well to come away with a bronze medal, winning the 3<sup>rd</sup> and 4<sup>th</sup> place match on penalties.

The B team narrowly missed out on a medal, finishing 5<sup>th</sup> out of the 10 teams competing in their age-group.

Both teams had a fantastic day and really enjoyed the experience to play at a professional football ground. For many of them, it was the first time they had represented a school sports team! Well and done and congratulations to all of the players.



A huge thank you to Mr Pritchard for organising the trip and taking the teams to the competition!

The students involved were:

**Brandon Glover, Kyden Devereaux, Shaun Sarsfield, Josh Steele, Emily Hill, Marcus McCabe, Katie Ebbatson, Caitlin Riggs, Samuel Jackson, Kieran Tamlin, Holly Simpson, Hawa Nabizadeh, George Jacks and Katie Bates.**

# Beach Volleyball

On Monday 23rd June, a minibus full of excited St Luke's students attended the Devon Schools' Beach Volleyball Championships at Croyde Beach in North Devon.



A record-breaking 250+ students from schools all over Devon participated in the competition, run by Denise Austin of Devon Beach Sports Academy. The atmosphere was tremendous, the conditions scorching and the competition fierce, as the different age categories battled it out to qualify for the South West Championships at Sandbanks, Poole on Friday 4th July.

The students who attended were: **Sam Beer, Ethan Ampadu, Jack Smith, Alex Green, Taya Ronchetti, Holly Jewell, Lucy Ellis, Jemima Goulding, Harvey Newman, Morgan Ballard, Janis Hafer and Alex Berry.**

The competition was played in a 2v2 format, with the top 4 teams from each age group qualifying.

Our students held their own, with Alex Green and Jack Smith qualifying for the south-west championships in 4th place out of 18 teams in the under 14 boys' category and the other St Luke's teams playing really well and winning several matches, with 2 reaching the quarter finals and the others progressing from their groups into the latter knockout stages.

A huge thank you to Denise and her team for organising such a tremendous event and to our students for their impeccable attitude, behaviour and performances.

Well done St Luke's!



# Taekwondo Star



**Congratulations to Year 8 pupil Imogen Allen who achieved her Black Belt in Taekwondo recently.**

**This is an amazing achievement for Imogen and very well-deserved. We are all very proud of you, well done.**



# Kayak Champ Malcolm Taylor

I race and paddle for Exeter Canoe Club.

In the Summer months I spend about 20 – 25 hours a week on the water, this decreases to 10 – 15 hours in the winter, but I make up the time circuit training with Exeter Rowing Club. At the moment my distance is 4 miles but I train for 5-6 miles to increase my stamina. I hope complete the 8 mile course by the end of the season.

I race because I am a natural on the water in a canoe or kayak. I have done every discipline there is so I choose racing as it is fun.

What I gain from it is mental discipline , team work, sportsmanship, physical discipline and how to be competitive.

My aspirations are to be in the Olympics or the International Championships within 5-6 years. I want to try to get in to the Junior World Championships within 2 years.



Malcolm's many medals and certificates



National Award Medal



Totnes Winner's Medal



## Girls Cricket - St Luke's v St James

After receiving eight weeks of coaching from Chance to Shine coach Andy Baylis our girls were chomping at the bit to put their new found skills into practice. The girls looked super smart in our new cricket kit despite a few raised eyebrows at the white trousers! The U13s came away victorious with the U15s missing out narrowly after a collision between two of our players.

Well done to all involved, you did us proud. Big thanks to Andy for coaching and enthusing our girls, we're looking forward to welcoming him back next year to prepare us for the Indoor Lady Taverners competition.

### U13s

St. Luke's 269 beat St James 226

### U15s

St James 255 beat St Luke's 248

## Under 15 Cricket Result

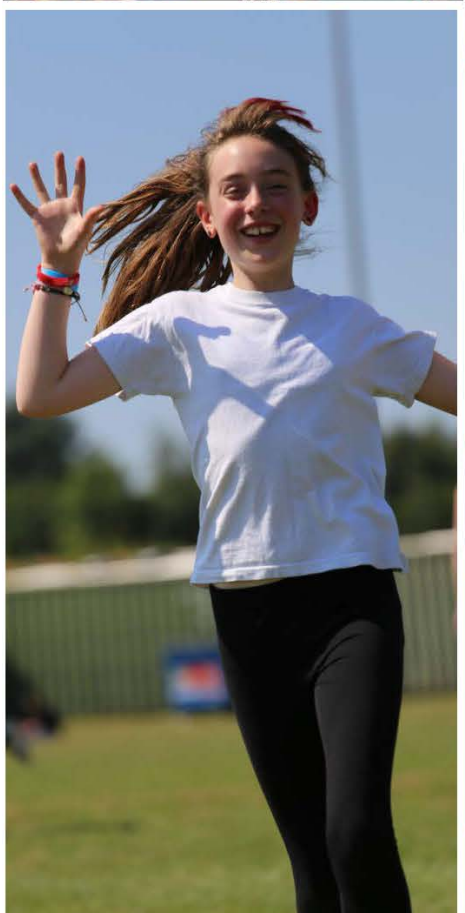
Westex 81-7 (15 overs)

St. Luke's 85- 3 (14.2 overs)

St. Luke's WON by 7 Wickets



# Primary Olympic Games





On Monday 14<sup>th</sup> July, St Luke's hosted its annual Primary Football Tournament, with a World Cup twist.

# Primary World Cup



Each team were allocated a World Cup football nation:

Willowbrook = England  
Ladysmith A = Germany  
Ladysmith B = Brazil  
St Leonards A = Argentina  
St Leonards B = Netherlands  
St Michael's A = Belgium  
St Michael's B = Chile  
Whipton Barton = Colombia

Teams played 7 matches in a league format, and were also scored against the Spirit of the Games values of respect, teamwork, self-belief, determination, honesty and passion.



Spirit of the Games = St Leonard's B (Netherlands)

The event was run by our fantastic Miss Skinner with the help of our brilliant young leaders who officiated – Kieran Burpitt, Ben Bingham, Lewis Wilson, Tom Preece, Lewis Macnamara, Alex Green, Kathryn Brown, Jack Kennedy and Ed McKenna.

The entire tournament was played in excellent spirit and the competition was fierce, with all teams vying for the top spot and the chance to lift the World Cup replica trophy!



The results were as follows:

Winners = Willowbrook (England)  
Runners Up = St Leonard's A (Argentina)  
3<sup>rd</sup> Place = St Michael's A (Belgium)  
Spirit of the Games Winners = St Leonard's B (Netherlands)



Well done to all of the players involved, to Miss Skinner and her young leaders and also a huge thank you to the primary staff who entered and brought their teams along and to the many parents who came to spectate and support!  
A great evening!

Robbie Hallam  
Head of PE



Runners Up = St Leonard's A (Argentina)



3<sup>rd</sup> Place = St Michael's A (Belgium)



Winners = Willowbrook (England)



# World Cup Frenzy!

Throughout the month of June and part of July, St. Luke's has been running its own version of one of the biggest sporting events on earth, the Football World Cup.



With the real version of the prestigious and historic competition that took place in Rio, Brazil, the students were more than enthused when presented with the opportunity to play in a St Luke's variation of the tournament!



- 16 year 10 captains were chosen to captain a country each
- They then selected a year 10 co-captain to join them
- Each captain then picked a country out of the hat and 4 groups of 4 countries were formed
- Captains then approached students in the lower years to join their countries (2 from each yr group) to complete a squad of 10 for the 8-a-side competition
- Over 1 month, every Wednesday lunchtime, each team played their matches against other countries, with staff refereeing the games and the successful sides progressed to the knockout stages, whilst the eliminated teams entered a plate competition.
- The final was played between England and Belgium, with England ending victorious with a 3-0 victory (if only this was the case in the real competition!) The plate final was contested by Argentina and Nigeria, with Nigeria triumphant on penalties!



The atmosphere throughout the competition was incredible, with over 180 students from all year groups and from both sexes competing against one another, with great focus and in the right spirit in an effort to claim the ultimate prize...the World Cup. (There was a world cup replica trophy which England held aloft following their victory in the final, as well as medals and certificates.)

Well done to the year 10 captains for stepping up and showing their leadership qualities by selecting and running their own teams and special thanks to Mr Pritchard, Mr Kelly, Mr Evans and Mr Goldman for assisting with the running of the competition.

Following the huge success and interest generated by this competition, students should look out for similar tournaments coming soon, such as the St Luke's Rugby World Cup 2015 and St. Luke's Football European Championships 2016!

**Robbie Hallam**  
Head of PE



# Walking in a Wimbledon Wonderland!

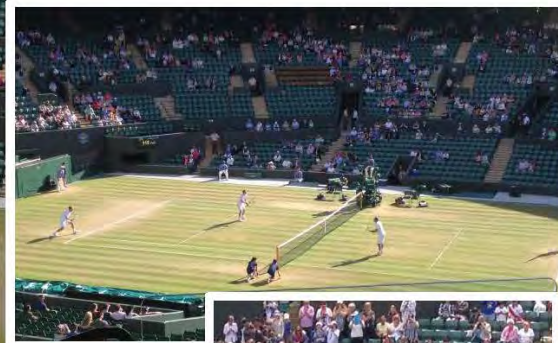
On Sunday 6<sup>th</sup> July 2014, Mr. Hallam and Mr. Evans travelled up to the Wimbledon Tennis Championships Finals Day with 8 lucky students who had been selected by their PE teachers for this special PE reward trip in recognition of outstanding commitment and contribution in their lessons this year.

WELCOME TO THE  
CHAMPIONSHIPS 2014



Despite the long journey, it was an incredible experience and a fantastic day for all involved, with a real buzz around the Wimbledon Arena on finals day and sunny weather all day with no delays in play.

We had tickets for Court Number 1 and watched the Boys' and Girls' finals, as well as the Men's Seniors Doubles Final, all of which were outstanding quality and really entertaining.



## LADIES' SINGLES



The students had the opportunity to wander around the grounds, watch the practice courts, empty their pockets in the extortionate club shop and also watch the men's singles final between Novak Djokovic and Roger Federer on the famous Murray Mound and also on the big screens in court 2.

A brilliant and memorable day was had by all.



## GENTLEMEN'S SINGLES



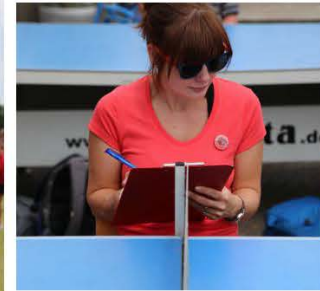
# Sports Day

# 2014



Last year's Winners ..... Rutherford House







**This year's Winners ..... Rutherford House**

### **Introducing...Miss Gregory**

**Hi! My Name is Miss Gregory and I am the new Sports Apprentice here at St Luke's. My first three weeks have been very rewarding, starting off with three major events during my first week! My role is to work with Miss Skinner to help organise and run events and competitions for St Luke's and for schools across Exeter and Mid Devon.**

**I am really looking forward to working and developing our young leaders here and working with the leadership academy to progress them further. I have just finished two years of Sport at Exeter College and look forward to developing the skills, knowledge and experience I need to enable me to work within Sports Development in the future.**

