

Stranraer Academy PE Department Newsletter



December 2022 - Issue 2



Regional Netball — Stranraer Juniors in Plate Victory

11 S2 and S3 girls travelled to King George V in Dumfries on 29th September to play in the opening festival for Regional Netball.

The girls played in Pool B and finished with 2 wins and 2 losses after the morning session. They narrowly missed out on qualifying for the Shield competition, due to goal difference.

The girls confidence was high after the 2 wins in the morning and this showed through the standard of their play in the afternoon. They won convincingly over Dumfries High School, Douglas Ewart B and Kirkcudbright Academy. The final game of the afternoon, against Dumfries Academy B started a little shakily, being 3:0 down at half time. The girls determination shone through in the second half and they were able to equalise by the end of the game.

It was a nail biting presentation of prizes..... but Stranraer Academy WON the Plate Competition!

Huge Congratulations to all the girls who played as part of the team today. What a superb start to the netball season!

Romy McCutcheon was awarded player of the tournament for our school. Well done Romy!





Sports News - Swimming



Scottish Schools Swimming Regional Qualifiers

In November, our swimmers represented the school at the Scottish Schools Regional Meet with great success, coming home with an impressive haul of 28 medals! Additionally, two new Regional records were set by Finlay Nelson (100m Breaststroke) and Molly Irvine-Watson (100m Freestyle). In the absence of a National Finals event for this year, swimmers who made consideration times have been able to select qualifying swims to go forward to a "virtual" National Final. The events and times they have selected will be ranked against all other swimmers in Scotland to decide the overall National results. Our swimmers scored many top 20 finishes, but a special well done to Molly Irvine-Watson for winning Silver in the 100m Frontcrawl! We will have an in-depth report on Molly's achievement once she receives her National medal.

Erin Lochery

Bronze 50m Freestyle, Bronze 50m Breaststroke, Bronze 50m Butterfly

Sophie Hardie

Gold 100m Freestyle, Gold 200m Freestyle, Silver 200m Backstroke, Bronze 400m Freestyle

Emma Barrowman

Gold 200m Individual Medley, Silver 100m Butterfly, Silver 200m Butterfly, Bronze 200m Backstroke

Finlay Nelson

Gold 100m Breaststroke (Regional Record), Gold 200m Freestyle, Gold 100m Butterfly, Gold 200m Individual Medley

Andrew Hannah

Bronze 100m Butterfly



George Zbiegniewski

Gold 100m Breaststroke, Gold 200m Breaststroke, Bronze 100m Freestyle, Bronze 200m Freestyle

Millie Colvin

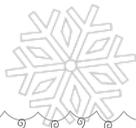
Gold 100m Butterfly, Gold 100m Breaststroke, Gold 200m Individual Medley, Silver 100m Freestyle

Molly Irvine-Watson

Gold 100m Freestyle (Regional Record), Gold 200m Freestyle, Gold 200m Breaststroke, Silver 100m Breaststroke

Stranraer Academy would like to thank Stranraer Stingrays coaching staff and parent helpers for their assistance in organising and helping at the event. It is greatly appreciated! Well done to all pupils involved!





Sports News - Football



Stranraer U18's Through to Semi's

Castle Douglas HS 2 - 4 Stranraer Academy

Stranraer U18 boys progressed into the semi finals of the JH Lorraine Senior Cup with a hard fought win over Castle Douglas High School.

Both teams struggled at times due to the rough, patchy and uneven surface - however it was the Stranraer boys who controlled the game from the start, enjoying large spells of possession. Many chances were created but the bobbly surface caused all sorts of problems when it came to striking the ball cleanly at goal. The breakthrough came from the ever-busy, ever-tenacious Leon Paton who finished smartly to put Stranraer in the lead from an Owen Sutherland assist. Stranraer built on the pressure with Shay Meagher and Jamie McCalmont dominating the midfield. More chances were being created by Man of the Match Owen Sutherland, from clever attacking wing play on the right. Linking up with the ever-busy Shay Meagher, Sutherland's dangerous drives towards the box came to fruition when he provided an inch perfect cross for Connor Duncan to finish, albeit in a very unconventional manner! Despite the obvious, lingering pain to the mid-section, Duncan shrugged it off to add a second (again assisted by Sutherland) shortly afterwards, enabling Stranraer to see out the first half with a 3-0 lead.

The second half saw a renewed threat from CDHS. With nothing to lose, CDHS picked up a stray ball in midfield and fired a speculative effort from range, which made it just inside the post to catch Stranraer unaware. CDHS did not trouble much after this, as Stranraer pressed on to create chances. Some good hold up play from Jamie McIntyre caused havoc around the box, but again the resulting Stranraer efforts were fired wide or high. Stranraer got closer with a spectacular 30 yard, left footed volley from Leon Paton, which caused the goalkeeper a lot of trouble, but ultimately did not cross the line. A foray forward from left by the impressive Ally Hilferty saw him score an absolute stunner from 25 yards, where he struck it cleanly into the top corner to go 4-1 up. With CDHS sitting deeper to soak up the pressure, the waves of Stranraer attacks still could not find the goal, despite shots from James Forbes, Alfie Whorlow and Shay Meagher going close. CDHS then made the most of a long ball breakaway against the run of play, taking advantage of defensive confusion to score their second goal with 5 minutes remaining. With the score line now 4-2 and full time near, Stranraer kept the ball and made sure to see the game out without any further mistakes to book their place in the semi-final of the Senior Cup where they will meet either Wallace Hall Academy or St Joseph's College. Well done boys!



Man of the Match
Owen Sutherland

Goal scorers: Connor Duncan (2), Leon Paton, Ally Hilferty.

Man of the Match: Owen Sutherland

Lineup: Danny Wither, Mark Thomson, Boyd McLean, Ally Hilferty, Jamie McCalmont, Kerr Lyon, Keir Halliday, Owen Sutherland, Shay Meagher, Jamie McIntyre, Leon Paton, Connor Duncan, James Forbes, Alfie Whorlow, Cameron Boyd, Callum Thomson, Cooper Walker.

U14 League Win at Lockerbie

Stranraer Academy U14'S travelled to Lockerbie Academy on 5th October to play in their first leagues matches of the season. The boys won comfortably 7-2 and set the ball rolling for their 2022/23 league campaign.

Well done to all boys involved.

Goalscorers: Owen McCalmont (3), Jake McColm (2), Fraser Lindsay, Niall Tilston

Man of the Match: Kerr Paterson



U16's Lose to Lockerbie in the League

It has been a slow start for the U16's who lost 3-0 to Lockerbie in their opening league fixture. Having beaten Lockerbie 10-0 in the Hunter Shield last year, the trip away on this occasion was one to forget.

Lockerbie had a point to prove and came away with a decisive victory. Better luck next time boys!

Man of the Match: Ally Hilferty





Sports News - Football



Stranraer Girls Qualify at Spar Future 7's

Stranraer Academy U14 and U16 girls Qualified for the next round of the Regional Spar Future 7's tournament at Dumfries High School 3G in November.

S3/S4 girls showed great strength and determination by winning every match. Our S1/S2 group also did well, winning 3 out of 5 matches which takes the whole group to the next stage: regionals!" We are looking forward to seeing how the girls get on in the next round. Well done to everyone involved!

Back Row L-R: Leah Mills, Zara McDowall, Carys Roberts, Kalyn Fox, Mollie McColm, Rhianna Bodle, Sophie Copeland, Carly McClorey, Chloe Wither

Front Row L-R: Maisie Sloan, Phoebe Sutherland, Kaitlyn Patton, Tegan Fox, Neve Maxwell, Ruby Rankin.



Upcoming Fixtures

In the New Year, all of our football teams will be resuming their football fixtures now that the 3G has been re-laid and certified for matches. Here are the remaining fixtures for each competition, where we hope to retain titles and cups!

Girls—Future Stars 7's Tournament—TBC

Boys—U13, U14 and U16 League

- St Joseph's College (Away)
- Dumfries Academy (Away)
- Dumfries High School (Home)
- Wallace Hall Academy (Home)
- Annan Academy (Home)



Boys U13—Gordon Cup Semi-Final

St Joseph's College (Away)

Boys U15 Hunter Shield Semi-Final

St Joseph's College OR Lockerbie Academy

Boys U18 — J.H. Lorraine Senior Cup Semi-Final

St Joseph's College (Away)





Sports News - Netball & Boccia



Regional Netball League Results

On 15th November 3 netball teams travelled to Wallace Hall Academy in Thornhill to play in the first round matches of the Regional Netball League.

The results were as follows:

Stranraer Academy Junior A 7 v Wallace Hall Academy Junior 9

Stranraer Academy Senior 9 v Wallace Hall Academy 10

Stranraer Academy Junior B 3 v Wallace Hall Academy 14.

This was the first time the Junior B team have ever played a match and the first time that many of the others have played together. The games were very close and the effort always superb.

Players of the match (nominated by Wallace Hall Academy) are:

Stranraer Junior A- Rosie Thompson (C)

Stranraer Junior B- Hollie Smith (GK)

Stranraer Senior- Laura Donnan (GA)



Thank you to Corrina Erskine for umpiring the matches and to Wallace Hall for hosting us.



Region (West) Disability Sport Boccia Tournament

Eight young people from S1 to S5 were selected to compete at this year's tournament held at the Ryan Centre: Logan Speirs, John Hughes, Kayla Henry, Donna McCutcheon, Miles Foster, Jasmine Young, Ruby Smellie & Tylor Alexander.

The initial round had the competitors split into 4 groups and played a round robin. After the initial round, five Academy pupils progressed to the quarter finals: Logan, Miles, Ruby, Jasmine and Kayla. From there two progressed to the semi-finals which saw the same two progress to the final: Jasmine and Miles. Both managed to contain their excitement and nerves and played a thrilling and very close final. It came down to the last end which saw Miles become champion and Jasmine runner up.

A fantastic effort from all competitors throughout the morning, well done everyone!





Fundraising News



Children In Need 2022



The Charities Committee would like to thank everyone who contributed to the fundraising for Children in Need. Whether it was buying the merchandise, taking part in the netball / football or being part of the great crowds of spectators who donated - it has all helped to contribute to the fantastic total of over **£125** from Stranraer Academy!

Netball Result: Pupils win 14-10. **Football Result:** Staff Win 4-0





PE Department Information



PE Department Expectations

Every changing area and working area within the PE Department has a copy of the PE Expectations on display. These serve as a reminder to pupils about what is expected of them when working within the PE Department. These expectations run in addition to the overall school expectations to ensure a safe, productive and enjoyable learning environment is created for all pupils.

In PE at Stranraer Academy



We:

- Bring appropriate kit and change quickly
- Leave mobile phones in changing rooms
- Try our best
- Listen well
- Follow instructions
- Manage equipment carefully
- Respect others in lessons and in changing Rooms



We do not:

- Arrive late
- Misuse equipment
- Talk over other people
- Disrupt the learning of others
- Leave the area without permission



Respect Wellbeing Resilience Responsibility

Cooperation Determination Problem Solving





PE Department Information



Changing Area Checklist

All changing rooms in the PE Department now have a Changing Area Checklist posted on every door. The checklist features important reminders that will ensure time is not wasted and that each lesson can get off to a positive start. This is especially important with the introduction of 45 minute single period classes for 2022/23, as there will be reduced working time in these lessons. It is important that pupils follow the expectations and use the checklist so that they can contribute to the smooth running of each lesson.




Physical Education Department






Have you got your kit?

Yes? - Great, get changed quickly

No? - Before you go in, speak to your teacher and go check spare kit.



Changing time - 5 Minutes

45 minute periods means pupils have **5 minutes** to get changed at the beginning and end of lessons.

This is necessary to get enough teaching time each lesson.



Mobile Phones

Also out of respect for others, **pupils should not use phones in changing rooms**, for any reason.

This ensures everyone feels safe within these areas.

Remember to leave your phone in the changing rooms during the lesson. They will be locked after everyone is changed quickly and out.



Be ready for the lesson - take everything you need

- Water
- Jacket (if outside)
- Inhaler (if needed), etc

PE Noticeboard

The PE Department has a large noticeboard on the street across from the PE Staff Base. The noticeboard contains valuable information for pupils regarding:

- Extra-Curricular Clubs
- Sports Fixtures
- Sports Results
- Department Notices

All pupils are encouraged to look at the noticeboard regularly for updated information.





PE Department Information



PE Department Uniform

Stranraer Academy is encouraging pupils to wear the following PE kit:

Tops: Plain black, white or blue top

Bottoms: black shorts/leggings/tracksuit bottoms

Stranraer Academy affiliated kit also available using the link below. Purchases of this kit from the link generates funds that will be used to support the PE Department for purchasing equipment, extra-curricular team strips as well as other things that the department needs.

https://www.directsoccer.co.uk/club-shops/s_-_v/stranraer-academy

Other items not listed in the club shop can also be ordered and customised with the Stranraer Academy school crest. To support the department and generate funds from an item not listed in the club shop, please add the Stranraer Academy Club Token to your order, which is free. The token can be found using the link below:

<https://www.directsoccer.co.uk/stranraer-academy-token-94820>



The screenshot shows the Direct Soccer website interface. At the top, there is a search bar and navigation links for Football Kits, Footballs, Football Equipment, Bags, Trophies, Club Shops, Club Tokens, and a Clearance Sale. The main content area is titled 'STRANRAER ACADEMY CLUB SHOP' and features a grid of products:

- Stranraer Academy #STR01 - T-Shirt:** £11.96 (2 colours)
- Stranraer Academy #STR03 - Shorts:** £8.21 (2 colours)
- Stranraer Academy #STR05 - Tracksuit Pants:** £14.96
- Stranraer Academy #STR07 - Girls Tracksuit Pants:** £26.21
- Stranraer Academy #STR08 - Training Top:** £17.96 (2 colours)
- Stranraer Academy #STR10 - Rain Jacket:** £19.46 (2 colours)





PE Department Information

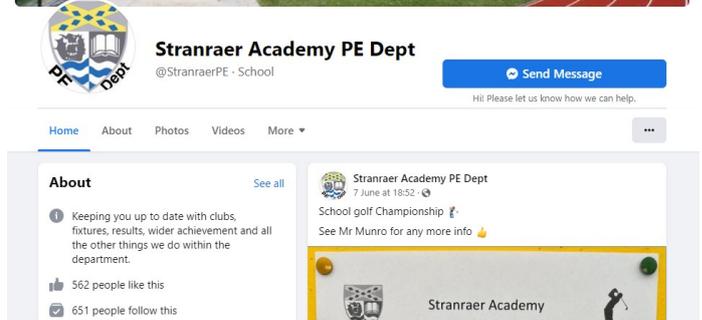
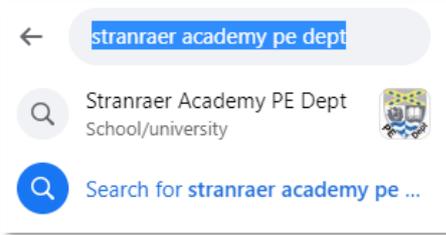


PE Department Facebook Page

Keep in touch with the latest news, fixtures and other extra-curricular information by following the PE Department Facebook page.

Find us at <https://www.facebook.com/StranraerPE>

...or simply by searching for **Stranraer Academy PE Dept** in the search bar...



Celebrating Success! Do you have anything to share with us?

A large number of our pupils take part in various extra-curricular sporting activities. The PE Department are always keen to promote and celebrate pupil sporting success - so please let us know of any sporting achievements you attain out with school time.

For example, in the past we have had success in curling at national level, to showjumping and even British level Tetrathlon!

Whether it is representing your club, region or country, winning or qualifying - we'd love to hear from you!



PE Department Strava Group

The PE Department is all for encouraging regular exercise out with school and a good way to record walks, runs, bike rides or any other activities is to use Strava.

Strava is a well known, leading health and fitness tracking app that is completely free to download and use.

You will find the club in the free Strava app - search for 'Stranraer Academy Activity Club'.

Information on how to add certain activities to the weekly leaderboard is in 'posts' in the club.

