

Stranraer Academy

PE Department Summer Newsletter



June 2025 - Issue 7



MOLLY SWIMS TO NATIONAL CHAMPIONSHIP SUCCESS!

On 24th January, swimmers from Stranraer Academy competed in the Scottish Schools Swimming Championships which were held at Aberdeen Sports Village.

Huge congratulations go to **Molly Irvine-Watson** (15-16 years) who swam in 100m Free and won the Gold medal. Molly also swam in 200m Free where she also achieved Gold!

These results meant that Molly became the overall **15-16 years Girls National Champion** - a phenomenal achievement! Molly is pictured with her medals and trophies from the event. Well done Molly!

Other results were as follows:

Emma Barrowman (17-19 years) - 11th place in 100m Fly. Emma also qualified for 200m Fly, but had to withdraw from this event due to injury.

Millie Colvin (17-19 years) - 5th place in 100m Fly, 7th place in 200m Fly.

Ben Hemmings (13-14 years) - swam in 200m Back, but unfortunately was disqualified for a false start.

George Zbiegniewski (15 - 16 years) - 14th place in 200m Individual Medley. 5th Place in the 100m Breaststroke.

Missing from the day was **Abbi Grafton**, who had qualified for 50m Fly.

Thank you to Linda Duffy of Stranraer Stingrays Swimming Club for coaching on the day (alongside Owen from Dumfries, and Louisa as TM). Well done everyone!





U15 Boys Win the Hunter Shield!

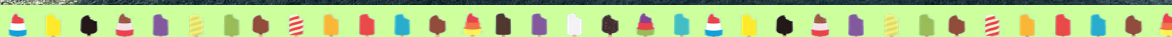
On Monday 12th May, Stranraer U15s boys came from behind to win the Hunter Shield final on penalties against a strong Dumfries High School side.

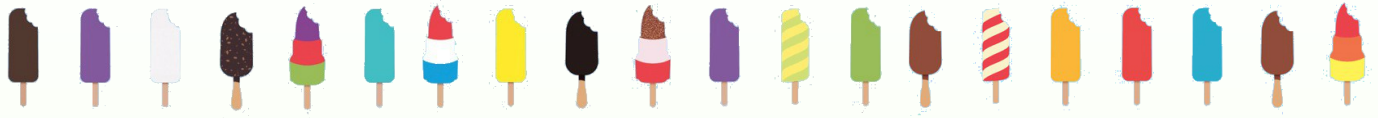
The game started evenly with Stranraer moving the ball around well in early spells. DHS grew into the game and scored 2 quick goals. **Jonny Wither** got one back with a speculative flick that beat the keeper. DHS lifted themselves further and scored 2 more, leaving them deservedly in the lead, going into half time 4-1 up.

The Stranraer boys had to improve in the second half and they did, coming out with more desire and composure on the ball. **Aeron Baxter** got our second early in the half with a tidy finish. **Ethan Matthew's** then finished a nice team move with a well timed run at the back post. Back to 4-3 the game settled before DHS got a 5th. The Stranraer boys again had to find something with the clock ticking down. **Ethan** stepped up and scored the best goal of the game with a great individual dribble finished neatly. With the game nearing the end both teams were pushing, **Reece Edgar** made some crucial saves as he did all game, then **Murray Williams** rose above the DHS defence to score a well placed header. The game was now 5-5 and with the final whistle it was straight to penalties.

Both teams scored 4 out of their first 5, so onto sudden death. Stranraer scored their next 4 and a save of DHS's 9th penalty left the boys ecstatically celebrating the dramatic comeback win. Full time 5-5, SA win 8-7 on penalties.

Well done to all of our boys, all of which played their part, and to DHS who played great football and could have easily came out victors on another day.





Stuart Binnie & James Hannay Memorial Cup

On Tuesday 13th May, our S1 Boys travelled to Palmerston Park, Dumfries to compete in the annual 7-a-side Stuart Binnie & James Hannay Memorial Cup.

Stranraer A's won 4, drew 1 and lost 1 and qualified for the semi-finals but lost out to eventual winners, Dumfries High School A's in that match.

Stranraer B's had 3 draws and 1 loss, which meant they unfortunately didn't qualify for the latter stages. They did well to draw 0-0 against Dumfries High School A's in this group stage.

Well done boys!





U13 Football League Result vs St Joseph's

Our S1 boys got their league campaign up and running with a victory away to St Joseph's College. This fixture had been postponed twice due to a frozen pitch.

Stranraer made a strong start with Rory McKie and Rhys Anderson both getting first half doubles to take a 4-0 lead into half time.

St Joseph's came out strong in the second half and scored 2 quick goals to bring the game back to 4-2. The game stayed fairly even with both teams getting another, before Stranraer scored a late flurry of quick break away goals coupled with good finishing.

Final score: 10-3.

Goal scorers:

Rhys Anderson x5

Rory McKie x3

Max Wilson

Jordan Adair

MOM: **Jordan Adair** and **Rhys Anderson**



U13 Football League Result vs Wallace Hall

Stranraer U13's 3 - 0 Wallace Hall Academy

Stranraer Academy U13's (pictured) chalked up another league win by beating Wallace Hall Academy 3-0 with goals from **Rhys Anderson**, **Jordan Adair** and **Jack Howie**. Player of the match: **Rhys Anderson**.





Junior Netball Festival

On Thursday 15th May, three junior netball teams made their way to King George V, Dumfries to participate in the annual netball festival.

It was a fantastic day for all teams, who all put in great effort and gained valuable experience. This was the first netball festival for a number of our players.

Stranraer A were 3rd in the plate competition.

Stranraer A Player of the Day - **Ruby Rankin**

Stranraer B Player of the Day - **Maisy Sharp**

Stranraer C Player of the Day - **Lacie Craig**

Special mention to **Lilly Weatherby** who was awarded the overall player of the day. This award was also won by a Stranraer Academy pupil in October at the Netball Season Opener, so brilliant to see this coming back to Stranraer again.

Thank you to **Romy** and **Sophie** for giving up their time to help umpire, keep scores and encourage the girls. Well done!





Senior Netball Festival

On Tuesday 24th June, 9 pupils made their way to Dumfries Academy to take part in the annual Senior Netball Festival. It was a round robin tournament and although it was a tough day of competition, the team showed super determination winning 3 of their games.

Well Done to Romy McCutcheon who was chosen as Stranraer Academy's Player of the Day - very well deserved!

Thank you to Hollie Smith who came along as a helper for the day.





End of Season Netball Awards

- Junior Players' Player of the Year - **Lilly Weatherby**
Junior Players' Player of the Year - **Niamh Castle**
Junior Coach's Player of the Year - **Maisy Sharp**
Junior Coach's Player of the Year - **Chloe MacLeod**
Senior Players' Player of the Year - **Romy McCutcheon**
Senior Players' Player of the Year - **Amy Stewart**
Senior Coach's Player of the Year - **Rhianna Bodle**
Senior Coach's Player of the Year - **Rachel Stewart**

We introduced two special awards this year.

Thank you to Ymca Stranraer and Stranraer & Rhins Young Farmers for the generous donation from Santa's Float which allowed us to fund these awards.

These awards recognise the effort, commitment and resilience of our netballers and we are delighted to have our first two names engraved.

- Junior Netball Award (S1-S3)** for outstanding effort, commitment and resilience - **Niamh Castle**
Senior Netball Award (S4-S6) for outstanding effort, commitment and resilience - **Erin McCulloch**
Netball will resume after the holidays.
(Missing from photos - Rachel Stewart and Erin McCulloch)





Badminton & Golf



Regional Badminton Championship

Huge congratulations to the following pupils for their performances in the Regional Badminton Competition at St Josephs College, Dumfries on Sunday 2nd February.

Finn Maxwell and **Jack Howie** - 2nd Place in the U14 Boys Doubles.

Olivia and **Ruth Turtle** - 3rd Place in the U16 Girls Doubles.

Well done everyone!



School Golf Championship

The Stranraer Academy Golf Championship took place today at Stranraer Golf Club where we had 13 young golfers competing for the Monteith Trophy. Despite heavy rain forecast from 5pm, the players were in good spirits and made the most of the conditions which gradually turned miserable over the back 9 holes. The results are as follows:

Stranraer Academy Golf Champion and Winner of the Monteith Trophy for Best Scratch Score:

1st Place: **Murray Ramsay**, 75 strokes.

2nd Place: **Riley Gratton**, 81 strokes.

3rd Place: **Connor Gibson**, 84 strokes.

Handicap Stableford Competition:

1st Place: **Mason Bell**, 42pts (Better Inward Half)

2nd Place: **Kieran Patterson**, 42pts.

3rd Place: **James Orr**, 41pts.

Well done boys!

The PE Department would like to thank everyone at Stranraer Golf Club for their continued support in hosting our annual Championship.





Athletics Pentathlon Championship 2024

Pupils took part in the annual Athletics Pentathlon Championship on Thursday 5th June. With reasonably good weather giving way to a brief spell of drizzly rain in the afternoon, the Championships were a success with a fantastic atmosphere and great House ethos. **INCH** ended up being the overall House winners. Individual titles are listed below. Thank you to all pupils, senior helpers and staff who helped organise the event and make it a continual success!



S2 Girls

Champion - Niamh Castle
Runner Up - Abbi Gratton



S2 Boys

Champion - Rhys Anderson
Runner Up - Rory McKie



S3 Boys

Champion - Lee Reynolds
Runners Up - Joe Dickson & Nathaniel Glizczynski



S3 Girls

Champion - Gracie Turner
Runner Up - Lily Steel



S4 Girls

Champion - Olivia Turtle
Runner Up - Mariella Petrucci



S4 Boys

Champion - Reece Edgar
Runner Up - Alfie Baker



Senior Boys

Champion - Tyler Rennie
Runner Up - Alfie Murdoch



Senior Girls

Champion - Tegan Fox
Runner Up - Mirren Gibb





Regional Athletics & Cross Country



Regional Athletics Results!

On Wednesday 18th June, athletes from Stranraer Academy took part in the Regional athletics event at the David Keswick Centre at Dumfries High School. The pupils did very well with some notable results detailed below. Well done to everyone who attended on the day!

Girls Results

Olivia Turtle - 1st Place - S3 400m, 1st Place 800m and 2nd Place - S3 Long Jump

Mirren Gibb - 1st Place - S4-6 1500m

Niamh Castle - 3rd Place - S1 High Jump

Emily Cooper - 3rd Place - S1 800m

Boys Results

Rory McKie - 3rd Place - S1 Long Jump

Reece Edgar - 3rd Place - S3 Long Jump

Rhys Anderson - Joint 3rd Place - S1 High Jump

Brandon Miller - Joint 3rd Place - S1 High Jump

S1 Boys Team - 4x100m Relay - 3rd Place



Mirren Retains Regional Cross Country Title!

On Tuesday, 18th February, 28 pupils travelled to Dalbeattie High School to compete in the Regional Cross Country Championships. Although the day remained dry, the terrain was muddy, presenting a challenge for the young athletes. Yet, our runners embraced the conditions and gave it their best effort.

A special mention to **Mirren Gibb** who for the 3rd year in a row wins the title for her age group. This is a brilliant achievement!

We had lots of other achievements on the day coming from our girl's teams. Well Done Everyone!

S1 Girls

5th - **Carlin Ramsay**

6th - **Emily Cooper**

S1 Girls Team - 3rd Overall

S3 Girls

2nd - **Olivia Turtle**

S3 Girls Team - 3rd Overall

S4 Girls

3rd - **Ruth Turtle**

S4 Girls Team - 3rd Overall

Seniors

1st - **Mirren Gibb**

3rd - **Laura Donnan**

Senior Girls Team - 1st Overall





Regional Disability Championships

On Tuesday 13th May pupils took part in the Regional Disability Championships at the David Keswick Centre in Dumfries. The results were as follows:

Category 1 (100m sprint, long jump, shot putt)

Conor - Bronze (S4-6 boys)

Tyler - Gold (S1-3 boys)

Lennon - Silver (S1-3 boys)

Kenzie - Bronze (S1-3 boys)

Kayla - Gold (S1-3 girls)

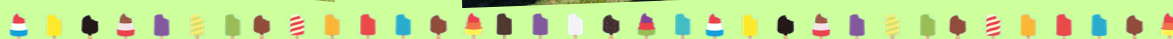
Category 2 (50m sprint, 2 foot Broad jump, softball throw)

Jasmin - Silver (S4-6 girls)

Casey - Silver (S1-3 boys)

Leon - Bronze (S1-3 boys)

Well done everyone!





Andrew McClune Memorial Bonspiel

Four teams of avid curlers made the long journey through to Lockerbie Ice Rink on Tuesday 18th February to enjoy the annual Dumfries & Galloway Secondary Schools Bonspiel, playing for the Andrew McClune Memorial trophy. With 16 rinks entered this year the format was amended slightly which saw teams playing five, one end games. The overall winner was Dumfries High School who were +8 over the 5 ends, closely followed at +7 by rinks from Lockerbie Academy and one from Stranraer Academy. With both teams having won 4 ends the only way to split them was for skips to draw the shot. After what we'll call a practice for both skips, the Lockerbie skip played a superb shot to sit solidly in the four-foot. Stranraer Academy 1 skip Finn McLean made a shot which looked to be flying but was swept expertly by Keeley Hale and Erin Jamieson, called on by Nathan Sherry who held the brush in the head steadfastly. The stone glided into the house and settled covering the pin to earn the rink 2nd place and the Andrew McClune trophy. All Stranraer Academy pupils (Stranraer Ac 2 - Katie Keegan, Jessica Maxwell, Struan Young, Cara Jamieson; Stranraer Ac 3 - Sarah McClymont, Lily McClymont, Gracie Cook, Holly Church; Stranraer Ac 4 - Dylan Pirrie, Louise Church, Gracie Turner and Abigail Young) were a credit to themselves, their parents and to the school by showing good sportsmanship, excellent curling and most importantly for this competition, strong friendships across all D&G Schools. Many thanks must go to Andrew's mother, Debbie Scott and family for their continued support of this competition in his memory, and to Lockerbie Ice Rink for hosting.





Scottish Schools Curling Championships 2025

Two Stranraer Academy rinks made the most of the February half term by travelling to the Scottish Schools Curling Championships, held over 3 days at the Dewars Centre in Perth. Stranraer Academy Blue (Sarah McClymont (Skip), Lily McClymont, Gracie Cook and Holly Church) and Stranraer Academy Black (Finn McLean (Skip), Nathan Sherry, Erin Jamieson and Keeley Hale) played superbly well in 6 round-robin games on Friday and Saturday, both finishing in second place in their respective sections to qualify for the play-offs. The quarter finals on Sunday morning saw Stranraer Blue drawn against Banchory Academy and Stranraer Black against Elgin Academy. Games across all quarter finals were excellent displays of curling however Stranraer's results went in favour of the stronger and more experienced rinks (Banchory ultimately finished runners up overall to home team Perth Academy who took the title).

Congratulations must go to all Stranraer curlers for doing themselves, their families and the school proud. They displayed superb dedication, good sportsmanship and warm friendship across the three days, accepting wins modestly and being gracious in defeat. Many thanks must go to Stranraer Academy Parent Council for the very smart hoodies donated to each team member; to SIRCC Coaching & Development team for preparing the teams well and to the families for supporting and transporting their young people to take part in such a fabulous experience.





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 in 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 Department 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

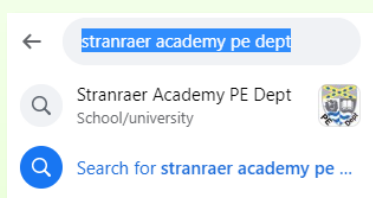


Changing Area Checklist

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!



Stranraer Academy 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.

