

SPOTLIGHT ON SPORT

WGGS PE DEPARTMENT UPDATE



SUMMER TERM 2023

As the end of the school year approaches, there are so many highlights to reflect on.

The school's sports fixture programme has thrived, hosting an impressive array of teams representing a wide range of sports. These fixtures have not only fostered a spirit of healthy competition but have also demonstrated the resilience and determination of our students. The school year culminated in our annual sports day which had some very competitive races throughout the day and saw the 16 students attempted to meet the famous 4 minute mile time, complete it is a time of 3minutes 53 seconds. Our final event of the year was our sports celebration evening, you will be able to read all about our winners on page 26.

I hope you enjoy reading about our many sporting achievements this year and we look forward to seeing you all at sports clubs in September.

CONTENTS

Team Updates - 1-17

Sports Leadership -18

Gym and Dance Show - 20-21

Sports Day - 22-23

Hyde Cup - 24-25

Sports Celebration - 26-27

TEAM UPDATES



Netball

7A Netball:

Get ready to cheer for our school netball team, who have been dominating on the court this season! With six games played against various opponents, our team has been giving it their all and achieving some impressive victories.

On 12th October 2022, our team took on St Clement Danes and came out with a smashing 18-6 win. And they didn't stop there! Our netball players showed their skills on 10th November 2022 with an outstanding 18-2 victory against Queen's School.

When they faced St Margarets Bushey on 30th November 2022, our team continued their winning streak and delivered a solid 16-0 victory. But, unfortunately, they faced a tough challenge on 2nd February 2023 against Habs, and despite their best efforts, they lost 23-3.

But our team was not going to let one loss slow them down! On 21st February 2023, they faced RMS and pulled off a fantastic 13-10 win. And the victories kept coming, with our team securing a 15-8 win against Rickmansworth As on 27th February 2023, and a 14-5 win against Parmiters on 21st March 2023.

Overall, our school netball team has been unstoppable this season, with five wins and one loss under their belt. Their dedication, teamwork, and hard work have paid off, and they have demonstrated their true potential on the court. Keep an eye on this team as they continue to take on new challenges and score more victories in the future!



7B Netball:

Our Netball B team has had a fantastic season so far, showing off their skills on the court with some impressive victories.

On 4th October 2022, our team took on RMS C's and secured a hard-earned 11-7 win. They continued their winning form with an 11-2 victory against St Clement Danes B's on 12th October 2022.

The team then faced Queen's School B's on 10th November 2022 and delivered a stunning performance, scoring an incredible 24-0 win. They kept their winning streak going strong with a 21-1 victory against SMB B's on 30th November 2022, and an 11-3 win against St Michaels on 10th January 2023.

However, on 2nd February 2023, our team faced a tough challenge against Habs B's and unfortunately suffered a 14-10 loss. But they didn't let this defeat get them down. They continued to fight hard, even in their next game against RMS B's on 21st February 2023, where they lost 11-3.

Our team bounced back with a vengeance on 27th February 2023, securing a dominant 17-5 win against Rickmansworth B's. And they ended the season on a high note, with an 18-0 victory against Parmiters B's on 21st March 2023.

Our Netball B team has undoubtedly impressed this season with their unwavering determination, teamwork, and spirit on the court. They fought hard in every game, and the results speak for themselves, with six victories and only two losses.

Despite facing some tough challenges along the way, our team never gave up and showed a true fighting spirit. Their excellent performances have set the bar high for future teams, and we have no doubt that they will continue to achieve great things in the future.



Student Perspective:

Netball is a very loved sport, and many people love playing it. I am Gaia captain of the B team. We have played many matches against many different schools and each one has been very fun. Recently we played a tournament against 8 schools we came 3rd both A and B teams with Habs coming first and Rickmansworth and RMS second. It was a very good opportunity to learn different techniques and tactics. Each game/tournament we award a player of the match on the other team. The main skills in netball are passing, footwork and most importantly teamwork. Without calling for the ball you might give the ball away. In our team we have 7-8 people, and we have 1-2 substitutes and rotate in most games. Our team has Me, Amaya Issy, Ellie, Poppy, Evie A, Mahi, Emily, Phoebe and Hannah. We have a very supportive team. We do training on Tuesdays at lunchtime with our amazing coach Miss Dodhia and with some helpful 6th formers. We hope that you can join us at netball practice next year and if you catch miss Dodhia's eye maybe you can make the team. But you need to be very dedicated so that means that you have to go every week.

Year 8 Netball:

After a really positive first half of the season the Year 8s continued on their winning streak, beating St Michaels by 8 goals to 4 and then St Joan of Arc 11-5. At the District Tournament, in a testing environment, the team overcame many challenges to finish runners up out of the 8 schools entered. Our final match of the year, missing our dependable captain Rica Nobbs, the Year 8s unfortunately lost to Croxley Danes (who we drew with in the tournament) and we now await the final positionings to see if we have managed to win our league or not. I really want to praise the whole squad who have been committed to training and played with such enthusiasm throughout season. I look forward to seeing you progress even further next academic year.

Year 9 Netball:

The highlight of the Year 9 netball season has to be the district tournament in which we came fifth. This was a tremendous result, after a tough first half of the year, beating Parmiters, Rickmansworth and Queens and drawing against Aldenham in the dying seconds having been in the lead! Well done to the all of the squad who have continued to work hard in training.



Year 10 Netball:

The year 10 netball squad have continued to show excellent enthusiasm and resilience. They have faced many tough oppositions but never gave up and continued to work hard. They are a determined team that always give 100% effort no matter who they face. After a tough game against a very strong Habs side, they finished the season extremely well. They took a convincing win over Croxley Danes but unfortunately lost by one goal in a very tightly contested match vs Aldenham. All squad members have shown excellent progress this year and I look forward to watching them continue the hard work in year 11. Well done year 10 on a great netball season.

Year 11 Netball:

The year 11 netball squad have continued to work hard in training and matches. The students have made excellent progress throughout the season and showed resilience when faced with tough opposition. They work extremely well together and never give up. In recent matches, they lost against a very strong RMS side but demonstrated excellent attacking play and consistent shooting. The defence were resilient and continued to apply pressure but, on the day, couldn't find a solution against some clinical play from RMS. Unfortunately, their season was cut short as the last fixture was cancelled by the opposing team. Year 11 should be pleased with the commitment they have shown this season.



Senior Netball:

The senior netball team have had a great season, playing some fantastic netball and coming away with some excellent results. The team have worked hard in all fixtures and continued to build on their success early in the season. In most recent matches they beat Aldenham School, demonstrating excellent passages of play in the attacking end and applied crucial defensive pressure to win lots of turnover. They had a tough game against Habs School which ended in a draw but showed excellent resilience and teamwork right the way through. Unfortunately, the last game of the season against Parmiters was cancelled, cutting their season short. Nevertheless, they had a fantastic season and should be very proud of their achievements.



TEAM UPDATES



Hockey



U13 Hockey

We have a small but committed group of U13 players. We have had a number of fixtures of the season, with the highlight being a convincing win against St Michaels, winning 10-0. We also secured a win against Parmiters, beating them 3-1. The season concluded with the district tournament. The students demonstrated excellent teamwork and communication skills throughout their matches to finish in a well deserved 2nd place.

TEAM UPDATES

U15 Hockey

Warm up games before the District tournament were limited making it a little tricky to prepare. The tournament saw lots of brilliant individual creativity and flair but, sadly, we didn't manage to make it to a top 3 finish. The girls showed grit and determination throughout, with lots of one on one battles being won all over the pitch. Next year we need to focus on releasing the ball earlier and making the simple pass. A special mention must go to Anjali Rao, Gracia Zhang, Charlotte Wagg and Rebecca Wagg for being so committed to training despite dwindling numbers and unpredictable weather! Well done to all involved.

Senior Hockey

The highlight of the season was undoubtedly the district Tournament held in November. There was some excellent teamwork and resilience on display resulting in 1-0 victories against Parmiters and RMS, 0-0 draw against St Margarets and a 1-0 loss against Aldenham who went on to become overall winners.

WGGS were runners up which was a fabulous outcome. Well done!

It has been challenging to field a consistent team this year due to diminishing numbers, but we do have some extremely talented hockey players coming up through the school who will officially join the senior squad next season.

TEAM UPDATES



Football

Participation in football at WGGC continues to go from strength to strength with record numbers of girls coming to football club and wanting to play. The U13s (Year 7/8) have had an excellent season losing only 1 league match and producing some excellent victories notably the last 2 matches played being 5-0 and 3-0 victories. The team have played some excellent football and the overall improvement from September to March has been really impressive. We were delighted that the U13 team won their district league for this season.



The U15 (years 9/10) teams had some tough league fixtures last season but also managed some victories intertwined with some defeats. However arguably the 2 standout performances were draws against Queens and St Clement Danes both of whom traditionally field strong teams.

In the County Cups U13s, U14s and U16s teams all reached the last 16 of their respective competitions meaning WGS was one of only 3 schools to still have teams at this stage in all County competitions.

In March we also had an inter school Year 7 B vs Year 8 B Team fixture. For the majority of those playing it was their first ever experience of playing in an organised competitive match which they thoroughly enjoyed. Whilst the scoreline will show a Y8 win it is fair to say that the Y7s had multiple opportunities to score but just couldn't. Whilst the match itself was very competitive everything was played in a positive spirit and there was some notable excellent performances on both teams.

We would like to thank Mr Beasley, Mr Plowright, Mr Montgomery and Miss Nock for coaching and running the Friday football sessions. Football would not be as popular and well attended if it was not for their enthusiasm and commitment.



TEAM UPDATES



Swimming

The county swimming league drew to a close this term, with students competing in 5 gala's over the year. The students worked very hard at each meet, working together to ensure all events were covered. Both the Junior and Inter teams were awarded with Improvers trophies for beating their score from the previous year.

Students also had the opportunity to participate in the District Swimming Champs at Habs Boys in January. Notable performances were from Maya S finishing 2nd in the 50m Butterfly, Grace finishing 3rd in the 100m individual medley and Saffiyah finishing 3rd in the 50m butterfly. Both the junior and inter teams finished in 2nd place in the freestyle relay.



TEAM UPDATES



Badminton

The badminton season concluded this this term. It was a very busy schedule with a number of matches being played to fulfil all fixtures. We are incredibly proud of the standings below as the league is highly competitive, with the quality of badminton improving year on year. A special mention goes to our U15 squad, who after 3 years, finally got the better of a very strong St Helen's team, to win the league! The Elite Singles tournament was also played this half term, involving the best players within the county across all age groups. Well done to Khushi M 10C for making it to the final, narrowly missing out on 1st place. A fantastic achievement!

Final Standings for the Herts & Middlesex Badminton League.

U13A - 3rd place

U13B - 5th place

U14 - 2nd place

U15 - 1st place

U16 - 4th place

U18 - 3rd place

TEAM UPDATES



Basketball

Year 9 students had a fantastic opportunity to play in a district school's basketball tournament this year. This is the first time as a school we have competed in basketball and what an excellent opportunity it was for all students involved. The girls thoroughly enjoyed the fixture and learned a lot. They performed very well and finished in an impressive third place overall. Thank you to Queens School for inviting us to play.



TEAM UPDATES



Athletics

This year our athletics teams competed in the county athletics league, Track and Field cup and the District Championships. 3 students also attended the Herts Schools Trials. The county league is held over 6 rounds, with students competing in event to contribute to the team score.

The U13 team finished in 20th place, for many of our athletes it was their first year competing and for some in completely new events. Well done to Ric and Asha for quickly picking up the triple jump and hurdles respectively, both are complex and challenging events. The U15's finished in 11th place. There were some very good performances consistently each week from Amena K in the 100m, Evie U in the discus and Eleanor W in the high jump.

The students participated in the first round of the track and field cup, this is a trickier competition and students have to compete in 2 events, one of which is often not their preferred discipline. The students had a fab day and supported each other throughout the day.

Our final event of the season was district athletics. The first event being the U15 1500m, it was a great start to the day with Uma M running a very tactical race to finish 1st.

Eniko S in year 9 was also crowned district champion in the triple jump, jumping over 9metres. Special mentions to:

Abi W 2nd in Shot

Evie U 2nd in Discus

Amena 3rd 100m

Suhana 3rd in High Jump

Eleanor 3rd in High Jump

Asha P-D 4th in Hurdles

Nuna D 4th in 100m

Helen W 4th in Long Jump

Rheya L 4th in Javelin

TEAM UPDATES



Tennis

It has been a tennis season filled with hard work, dedication, and an unwavering passion for the sport that has propelled our team to great heights.

Our squads have taken been involved in 2 competitions this season: the LTA Youth Schools Competition, known as Team Tennis, and the District Tennis league against other local Watford Schools.

In the District tennis competition, our U15 team displayed exceptional skill and determination, winning their pool and securing a spot in the semi-finals. Unfortunately, due to a clash with activities week, we had to make the difficult decision to forfeit the match. The journey to the semi-finals was a testament to the hard work and dedication of our talented players, with convincing wins against St Margarets, Immanuel and Habs.

Our U13 squad had a more challenging season but have shown incredible resilience and determination, facing tough opponents with unwavering spirit and a never-give-up attitude. With wins against Berkhamsted and Marlborough and a loss against St Albans the team secured a second place finish in the Team tennis competition. A huge well done to everyone involved in Tennis squads this year.

TEAM UPDATES



Rounders

Year 7

The year 7 rounders team were a very enthusiastic group and thoroughly enjoyed representing the school at fixtures. Being new to rounders this year, they quickly discovered the concept of the game, developed tactics, and built excellent team connections. They always played with a smile on their faces and improved each game.

In the tournament they had fantastic results against Queens and St Clement Danes and narrow losses against RMS, HABS, Parmiters and Rickmansworth. They were a fantastic group, full of potential, and I look forward to seeing what they achieve in year 8.



Year 8

It was a really strong season for the Year 8s, winning all their friendlies convincingly against Queens, Bushey Meads and St Michael's. The team's commitment to training meant lots of progress was made from a tactical perspective and it was wonderful to see the strong comradery between teammates throughout the season. Unfortunately, the Year 8 rounders tournament proved too much of a big occasion, but it was still an enjoyable afternoon for all.



Year 9

The Year 9 Rounders team won all their matches this year. At the district tournament the girls played magnificently winning all their pool games until, unfortunately, we went down to 7 players. Closely losing our final match we still managed to win our group and made it through to the semi final against a very strong Habs team. Playing with excellent tactical awareness throughout we were very surprised, and overjoyed to beat them, making the Final - still with only 7 players!

This, unfortunately, was a step too far, but only just, losing narrowly to Croxley Danes. 2 less players was a lot to make up, but the girls should have been so proud of making it that far and continuing to be so competitive. A very well deserved second place and silver medals were our reward and I am sure with 9 players next year gold will most definitely be ours!!

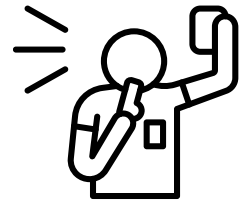
Year 10

The Y10 team won their warm-up game so were confident going into the District tournament. Solid performances saw the team through to the semi-finals where they were drawn against a very experienced Habs team. Despite some excellent batting and intelligent fielding, Habs won the game and went through to the Final.

Throughout the tournament, the girls played with smiles on their faces, demonstrated strong communication and a great team spirit. They proved themselves to be a tough team to beat. They've been a delight to take and will be missed next year!



STUDENT LEADERSHIP



Primary Gymnastics Festival

On the 27th March, the gymnastics squad helped at a primary school gymnastic competition, held at WGS. It consisted of many primary schools in the Watford borough, all taking part on gymnastics apparatus and floor. It was an enjoyable experience. We loved sharing our gymnastic knowledge and judging the younger competitors. They were all excellent and the schools did very well.

It was a great opportunity to use our leadership and communication skills. Eniko started by explaining what to do, with Jada doing a visual demonstration. Chenara also told them to smile and hold their landing. The judge panel included Jada, Lara, Suhana, Asha, Chenara and Eniko and we scored each child out of 10. The two teams in first and the team in second were only off by a few points in the year 5 category. It brought us (gymnastic squad) closer despite our age gaps.

We enjoyed it so much, and we would love to do it again soon.

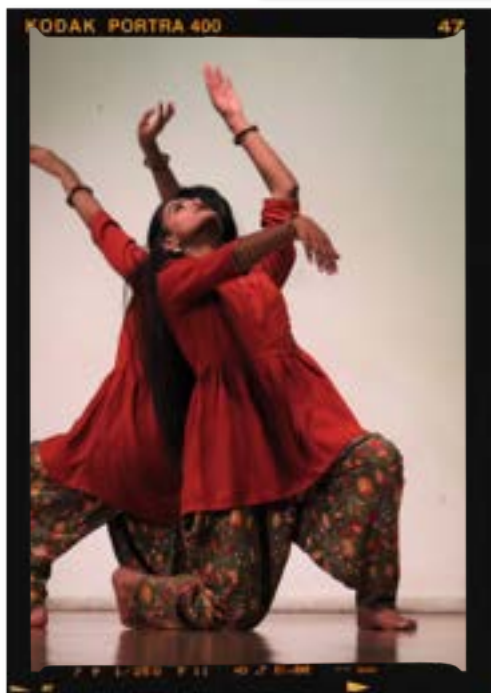
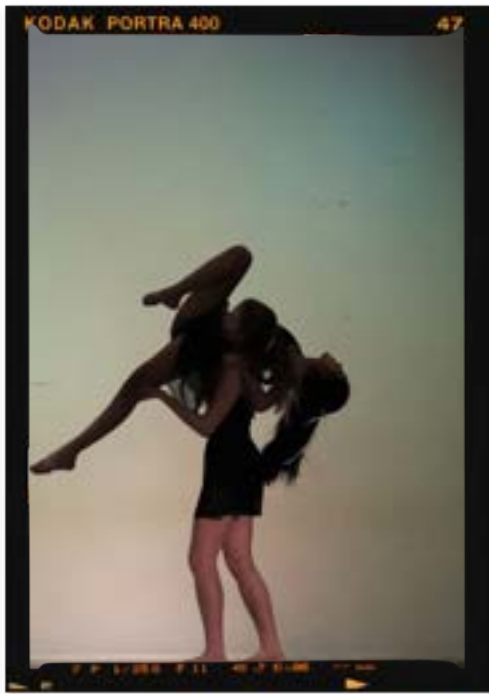
The Gymnastics Squad



GYM AND DANCE SHOW

The Gym and Dance show returned after a 3 year gap due to COVID. Over 100 students performed in the show which featured a huge range of dance styles. It was a fantastic evening showcasing some excellent gymnastics and dance skills.





SPORTS DAY

The much-awaited Sports Day held on the 6th of July at Woodside Stadium was an exhilarating event filled with high levels of competition and a contagious enthusiasm among the students. Athletes from different form groups showcased their skills and talents in various track and field events, creating a vibrant and energetic atmosphere. The participants displayed remarkable dedication and sportsmanship, pushing themselves to achieve their personal bests while also cheering on their fellow peers. The support and camaraderie witnessed throughout the day highlighted the strong sense of unity and teamwork among the students, making the event an unforgettable celebration of athleticism and school spirit.

The results were as follows:

	Year 7	Year 8	Year 9	Year 10	Year 12	Overall
1st	C	G	F	B	D	G
2nd	D	E	A	D	F	D
3rd	A	B	G	A	B	A
4th	E	C	C	E	E	E
5th	G	F	D	G	G	B
6th	B	D	E	F	H	F
7th	F	A	B	C	A+C	C

SPORTS DAY



SPORTS DAY





HYDE CUP UPDATES



In preparation for the upcoming athletics season, The march Hyde cup focussed on sports hall athletics Hyde cup event. Students competed in 7 events; the standing long jump, 2 lap race, target throw, shot put, speed bounce, vertical jump and javelin. Each competition concluded with a 4x1 lap relay. Again, it was a real community event, with hundreds of students participating, Year 10 and sixth form leaders running the events and form tutors coming to support.

Our summer term competition were a series of very competitive rounders tournaments.

The Hyde cup concluded with sports day in July where double points are awarded.





HYDE CUP UPDATES



The final results for the Hyde Cup this year are:

Year 7	Total	Position
D	32	1
A	29	2
C	29	2
E	27	4
G	20	5
B	18	6
F	12	7

Year 8	Total	Position
G	34	1
E	27	2
A	20	3
B	19	4
C	19	4
D	14	6
F	13	7

Year 9	Total	Position
A	37	1
B	17	6
C	24	3
D	23	4
E	12	7
F	33	2
G	22	5

Year 10	Total	Position
A	27	4
B	41	1
C	14	6
D	28	2
E	28	2
F	7	7
G	20	5

Overall		Position
A	130	1
D	97	2
G	67	3
B	114	4
E	79	5
C	87	6
F	72	7

SPORTS CELEBRATION EVENING

Our sporting year finished with our annual sports celebration evening where we celebrate the many success of our sports teams and performers this year. We have completed over 300 fixtures with huge numbers of students representing the school across a wide range of different sports. A number of students were awarded their colours for their dedication and commitment to particular sports. Students had nominated one another in the players player category, with coaches players of the season being awarded in each age group. Shields for performance in each sport were awarded to:

Netball - Rica N 8A

Hockey - Siya P 7B

Badminton - Sara J 9B

Swimming -Grace C 8B

Football - Chloe S 8G

Tennis - Millie N 9F

Athletics - Uma M 10A

Rounders - Krisha B 7G

Our overall sports personality of the year for each year group were awarded to:

Year 7 - Ciara E 7C

Year 8 - Libby P 8F

Year 9 - Jessica R 9A

Year 10 - Zainab M 10G

Year 11 - Hanaan M 11E

Senior Daisy M 12D



SPORTS CELEBRATION EVENING



PE KIT

Please can we remind parents and students of the following:

- All items of PE kit must be clearly named/labelled. We have a huge amount of PE kit left behind in changing rooms each day and much of it is un-named.
- If your child is unable to participate physically in PE they must still bring their PE kit and change for the lesson. They must also bring a note written by parents. They will still be expected to join in the lesson as a coach/umpire.
- Students must remove ALL jewellery for PE lessons, this is a health and safety requirement.
- Students should not bring or leave valuables in the changing rooms. These should be placed in their lockers during the school day.



SQUAD IN TOUCH

We have introduced the Squad in Touch platform to Watford Girls.

This system enables students and parents to see upcoming fixtures, details of matches and clubs and when students have been selected to represent the school.

It is vital that if your daughter is selected to play in matches that parents give consent via Squad in Touch.

There is an app available to download onto smartphones, which will also provide notifications of selection and update parents with any changes to timings or cancellations.

Please sign up here: <https://app2.squadintouch.com/>

