

### Trampolining

Our Year 7-8 Trampoline team performed admirably at zonal finals (round 2 of 3), winning their group and qualifying to national finals. Individually, Daisy (Year 8) finished in 1st place overall qualifying as an individual.

National finals were held on Saturday 16th March, and our team repeated their success at zonal finals and were crowned **national champions!** Daisy, Erin and Emily go down in Henlow History as our first ever national trampoline champions with all three scoring in the top 8 (out of 34).



### Cross Country

Henlow took 25 runners from Year 7-11 to run at the District round of the Cross Country competition. Some incredible individual and team performances resulted in 15 runners qualifying to represent Central Bedfordshire at the county finals at Amptill park. It was a great experience for the KS3 students to be racing on the track that they can eventually run and qualify for the national finals. Students tried their absolute best and we had some amazing performances. Mackenzie in Y11 made it through to the National Finals which was an incredible achievement, but finishing 125th in a race of over 325 athletes is even more impressive.



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# Netball

## U13 Sisters in Sport

The incredible run for the U13 Squad in the Sisters n Sport Shield competition. Travelling to play some impressive teams across the south east, taking each match in their stride and pulling off some full team performances, the girls qualified for the finals which were held at Loughborough University. Armed with a bus full of peer and student supporters we took the court for the semi final. The girls battled for 4 quarters against an extremely physical school from the north west. Some phenomenal battles across the court saw the contest go goal for goal for long periods of the game. Unfortunately The Whitby School came out 17-14 winners (they eventually went on to win the entire competition). Into the 3/4th place playoffs and the girls dominated from start to finish. Ensuing all girls took the court with a convincing 24 - 14 win. An incredible run in an extremely tough competition has left us extremely excited for this group next season.



## Year 7 County Tournament

A fabulous day out at the U12 County Tournament and once again Henlow took two squads of players to compete giving lots of pupils experience of the best teams in the county. Our Blue squad grew with each game showing versatility and all willing to try lots of combinations. The White squad played some fantastic netball in the pools and progressed to the Cup competition. After 7 matches and only narrowly losing 2 games they finished 3rd in the county. Well done girls!



## Year 8 County Tournament

What a day out at the U13 County Tournament. We took two squads of girls to play at this year's U13 competition. Some impressive performances in the 'seeding' rounds meant both teams ended up in the cup competitions. A tough cup pool for Henlow Blue saw them take 10th (of 18) team - an amazing achievement. Henlow White sailed through the pool rounds of the Cup. With an impressive goal difference, all players fitting seamlessly into the line up and the squad looked like they could do no wrong. Henlow faced a strong Goldington side in the semi- finals however the girls were on a roll and sailed into the final. The first half took the squad by surprise and not having been tested all day, it took us a while to adjust to the pressure, trailing 8-3 at half time. The resilience and the ability to regroup was so impressive and they managed to pull it back to 10-10 at full time. 2 mins of nail biting extra time - Henlow won 11-10 and were crowned County Champions. Back to defend the title next year!



**Year 9 Netball** - Year 9 continued their run of success and cemented connections across the court. They were unbeaten this term and had some impressive score lines. Having a regular squad of 10 means competition for places on court makes this group play at the highest level week in week out. One loss saw them second in the pool meaning they narrowly missed out on the league finals. So much more to come from this team in Year 10.



**Year 10 Netball** - The Year 10 netballers have had a phenomenal season. Continuing their unbeaten run in the league the squad topped the pool and had a triangular league finals fixture to end the term. The teams who had won their pool from across Bedford played one final round to be crowned League 1 champions. Two convincing wins against strong Goldington and Bedford Girls B sides saw the girls take the title. So excited to see what this squad can achieve in Year 11. Did somebody say Prem?



# Football

## Year 5 & 6 Girls

Year 5/6 Girls football has been successful this year. Although they are such a small year group with the majority of players being Year 6, they have powered through every challenge. We entered the girls into the Luton Power league competition and they battled every opponent, reaching the quarter finals. The tournament showed the team what they could achieve for the league. During their league run, they have had a mixture of results, only ever conceding 1 goal per game, also holding the league champions to a 0-0. They have a very bright future when they progress into Year 7.



## Year 7 & 8 Girls

The girls have been a force this year, winning 4 out of 7 league games with more to play! Scoring in every game they've played, playing beautiful football, the connections and linking play with each other shows the bond they have. They have travelled all over, to Berkhamsted, Linslade, Mark Rutherford. They reached the semi-finals of the county cup but it wasn't their day against a strong Linslade team.

This year they entered Sisters 'N' Sports Competition, giving them even more opportunities to play football. We had fixtures every week, sometimes twice. Battling through the rounds and progressing, it was not their year, but they showed provenance, determination and dedication to school football.



# Gymnastics

#LetsGoHenlow

On Sunday 10th March lots of families gave up part of their Mothering Sunday to be at the Eastern Region School Sports Acrobatics competition. We entered several categories; pairs, groups 6 & tumbling. Pupils worked very hard for the weeks leading up to the competition perfecting and learning routines that have specific requirements. For some of the pupils this was the first time competing in a gymnastics competition! Shout out to Erin Duignan who unfortunately wasn't able to participate in the competition but with her acrobatics expertise she helped choreograph and coach all the routines. A natural coach and inspiring leader for the other pupils!

On the day we achieved a fantastic set of results:

Dominating the podium and narrowly missing 1st place were the under 11 women's pairs.

2nd- Arabella M & Mia J

3rd- Freya D & Mia C

In the slightly older classification we had three pairs participating in a highly competitive category. This category had the most entries and pupils competed against Year 9 students.

The results of our U14 Women's Pairs were:

3rd- Elsa S & Milena S

8th- Sophie B & Emily J

11th- Sydney R & Ella H

Our last category for acrobatics were the group 6 routines which are always a favourite for spectators to watch. Again narrowly missing out on 1st place our U14 Group 6 placed 2nd - Well done Daisy D, Emily J, Elsa S, Milena S, Sophie B & Freya D.

The final category Henlow entered was the tumbling where we achieved the following results:

U11 Women's Tumbling

6th- Freya Duignan

U14 Women's Tumbling

3rd- Daisy Dwyer

4th- Emily Jones

U14 Men's tumbling

3rd- Charlie Waters

Well done to all the children involved it was a great competition and thank you to the parents for their support.

If you would like to see some of the routines in action the gymnasts will be performing in the upcoming gym and dance display so come along!

# Handball

## U13 Girls & Boys

Both the girls and the boys teams put on some excellent performances at which, for many, was a brand new sport. Growing with each match in the competition and losing one game each, both teams finished 2nd in the district.

## U15 Girls & Boys

Using the district competitions as opportunities to trial formations and tactics, both the U15 Girls and Boys squads are competing at the regional finals this week. Watch this space!

# Badminton

## U13 Girls and Boys

Proving to be an extremely popular extra curricular club we have been able to have both friendly and competitive fixtures. We took squads of Year 7 & 8 players to the District round. The boys took 2nd and the girls who won all their matches were crowned district champions and progressed to the county finals. Some incredible performances resulted in the girls only losing one match and taking the silver medal. Well done!

## Year 9 Girls and Boys

A relatively inexperienced group of pupils had a great evening of badminton at Pixbrook. We look forward to developing badminton for this year group next year.

## Year 10 & 11 Girls and Boys

Year 10 and 11 have enjoyed some friendly and competitive fixtures. At the District competition the girls saw off tough competition from Redbourne and Stratton and progressed to the county finals where they had the opportunity to compete against schools from across Bedfordshire.

# Hockey

## U13 & U11 Mixed Hockey

Our U13 and U11 hockey teams took part in a fixture, with both teams performing well. Our U11 team played particularly well, beating their opponents 5-3. Special performances from Arthur and Ollie in Y5 and Mia in Y6.





We entered a KS2 and a KS3 team into the school games county dance competition. It was amazing to see so many children involved with the dance club. The theme set by the organiser of the competition was Unity. So we discussed ideas and based our dances around this theme. Both groups interpreted the theme in very different ways which was lovely. KS2 went for a tribal type dance with two teams who eventually came together to unite at the end. KS3 went for a fun, altogether, unity dance with some clever choreography that incorporated 18 pupils really well. Both teams absolutely smashed their performances and showed focus, precision and professionalism throughout.

We were so happy with the results; KS2 were crowned county champions! And KS3 took a prestigious 3rd place. A wonderful competition, well done everyone.

## Dance

## Year 7 & 8

The Year 7 rugby team had great seasons. Many students in the Y7 team were new to rugby this year and the development was clear to see. We played some very experienced teams and got better and better with every minute that was played. We look forward to seeing them continue to improve next year.

The Year 8 rugby team had another great season and missed out on making the final by 1 try. They played some free flowing rugby which led to many tries and lots of smiles. It has been really pleasing to see a core group of boys getting better and better every year.



## U13 Girls

The U13 girls team had a great time at the district tournament finishing 4th. Considering many of them had never played rugby before it was clear there is some real talent and we would recommend they all get down to their local rugby club. They scored loads of tries and made some bone crunching tackles, all with smiles on their faces.



# Rugby