

Sports Round-Up 2018

For such a small school The Teresian School certainly knows how to hold their own against the bigger schools.

Firstly, we came 3rd in Ireland's Fittest Girls Schools Challenge. Classes completed two bleep tests at each end of an 8 week period and it was the progression between the two that won that award! We want to do better next year, so ladies, get practising the Bleep Test over the summer holidays!

Three **hockey** teams played in the Premier league this year and definitely held their own up there!

Senior Premier were in a very competitive league but reached Plate Semi Final.

Junior Premier reaching Plate Final.

1st years finished 3rd in Leinster A league.

Our **basketball** teams have had a great first year with the new hall. What a difference it makes not to travel to our own home matches! Our U19B team got a fabulous write up in the paper when they beat a school from Kerry in the early stages of the All-Ireland competition. Some of them also travelled to Limerick to compete in a national 3v3 competition.

All our basketball teams got somewhere this year:

U19B, U16B, 2nd year, 1st year C all made the ¼ Finals in their leagues.

1st year B made semi-final of Leinster league, only to be beaten by 1 point.

U19C, U16C & 1st year B made SDBL Final, which 1st year B again only using by a point.

There was big success this year from the 1st years in **Athletics**! The Cross Country team competed in the East Leinsters and qualified for the Leinsters. From that Lucie Ritchie qualified and competed in the All-Ireland Cross Country. The relay team completed in the East Leinsters and made it through to the Leinsters competition where they finished 6th overall. Guada Sanz finished 7th in the Javelin in the Leinsters and Lucie Ritchie finished 7th in the 1100m. Tomorrow Sophie Ritchie, Alannah Fäsenfeld and Katie Magee compete in their individual events in the Leinster competition. Good luck and we look forward to hearing the results! And on top of that, we had a fantastic, but ridiculously wet and dirty Muck Run in the Phoenix Park. Which was definitely a favourite!

Well done to all those who competed in **tennis** this year, and a special mention to those who played as subs when needed, especially at short notice. It is very much appreciated. This year we entered 15 tennis teams in comparison to 10 last year!

Our **cricket** teams are definitely gaining momentum. We are finding our feet in the league and I have no doubt that we will be making an addition to the trophy cabinet sometime very soon!

Kate Eustace (6th year) and Isabelle Banim (1st year) competed in the Irish Schools **Golf** Championship in Clontarf Golf Club. If anyone else would like to compete for next year, please try to get your handicap to 35 or under over the summer.

Outside school:

Sophie Ritchie, Alannah McGrath attended Leinster Hockey Development training earlier in the year. The following 1st years are now attending: Flynn Carter, Evie O'Riordan, Jessica McConn Walsh, Lucy Ritchie, Lucy Flavin & Kathy Clarke.

Megan Dunne won 16 **rowing** competitions as a team at the end of last summer, which put her team in 1st place overall in the East Coast Competition.

There is so much going on for a small school, and probably loads more outside of the school that I don't know about. Please ladies, keep me updated with your sports achievements.

And now the awards.....

The sports awards have been a year-long discussion between everyone involved with the sports in our school.

There are lots of strong competitors for the awards, but unfortunately only 1 can win each.

The decision on who these are comes down to quite a lot of things; it is not purely a reflection on the person's ability in the sport, but respect, attendance, leadership, commitment, to name but a few.

Basketball Award

The Basketball award goes to someone who has shown great dedication to her sport, both in training and matches. She is a reliable student and if needs be, I can count on her to fill in for anything at the last minute. This student has bent over backwards to ensure that she always has a team for every match and in her final year, this was no different, although probably harder! This student is an active member of a basketball club outside the school and this year captained her school team. The Basketball award goes to **Rachel Jameson**.

Hockey Award

The Hockey award goes to a standout player. She is a reliable member of the Senior Premier team. She is motivating, encouraging to all the players, is very vocal during matches (but in a positive way!) and I don't think I have heard her moan once (apart from when she is asked to do just one more sprint). She gets on with things and plays a vital role on the pitch. The Hockey award goes to, our very talented goalkeeper, **Emma Holmes**.

Junior Sports Person of the Year

This award goes to a student who has made an excellent contribution to sport over the last 3 years. She has represented the school in all the sports that the school has to offer: Basketball, Hockey, Athletics, Tennis & Cricket. She is an important member on all of those teams and has medals to show from some of them. She is a reliable student, an excellent sportswoman, and her passion for her activities is phenomenal. But most of all, she is magnanimous in victory and gracious in defeat; truly admirable qualities. The Junior Sports Person of the Year goes to **Sophie Ritchie**.

Senior Sports Person of the Year

This award is recognising 6 years of hard work in sport, and especially when time is short, exams are nearing and the pressure is mounting. She was a valuable member of the hockey team that helped them get promoted to the premier league. She has played a vital role in the team this year and has helped encourage her team to attend morning fitness (even if they don't want to).

This student made such an impact in the All-Ireland Basketball match versus a school from Kerry, that her surname was used in the headline of the newspaper article that was written about the match. She is definitely someone who was hard to defend in the Staff v 6th year Basketball match (not hard enough because the staff still won)! The Senior Sports Person of the Year goes to the Senior Premier Hockey Captain, **Holly Madigan**.

Well done to all the students that took part in sport this year and a very big thank you to the Captains and Vice Captains. Getting this role is an honour and a privilege but it is invaluable to a team, whether they are motivating them in training and matches, making sure their attendance is good, or sending me WhatsApp messages late at night or weekends to tell me someone can't play or they might not have a full team. It was all much appreciated!

A massive thank you to the staff that allow the students to leave lessons to play sport. Your cooperation makes my job a lot easier.

And to the leaving 6th years..... continue to follow Teresian Sports, give us a like every now and again, and come to all our future finals!!!

Thank you!