

At present we cannot offer competitive extra-curricular sport within school, however we are lucky to hear and share some of the success stories from our Highsted students' extra-curricular achievements outside of school.

FOOTBALL UPDATE

Swale District Football Trials

Some of our Highsted Year 7 pupils, **Ayla R, Scarlett A, Ellie B** and **Rebekah M**, recently attended Swale District Trials and successfully made in into the Team! Huge congratulations to them, so they can continue to excel as players and develop their skills. Here is their account of how the trials went:

When I first got there around six or seven girls were already waiting to start the trial. The manager wasn't there yet but the head of Swale Football Club was. Once everyone had arrived the managers gathered everyone in a circle to count how many people were there and to get our names and the position that we play in. Off of the top of my head I think overall there was around 20 girls at this trial.



Once the introduction was over, one of the men led all of us over to a warm up. There were lunges, jogging, side stepping and then he made us jump up as if we were going to header the ball and shout our name really loudly. Then he put us all in a circle and do static stretches. He told us that one person should go in the middle at a time to show what everyone should do.

Around five minutes later he brought us all back in, put us in a line and then the manager split us into two teams: neon green bibs and black bibs. The teams then played two twenty-five-minute halves and had a five-minute break in between. There were three men that were watching us play and they would all have a say in who was getting in, so we had to play our best to impress all of them. Once the game was over one of the men went over to all the parents and explained the team sheet and when it would be put up. After that the manager said how well we all played and that he was impressed by everyone. Then we all went back home.

Overall, I would say that it was a very fun experience. All of the managers were really nice, it was very well prepared and it was good to see what all the other girls my age are like.



Ayla R (Year 7)

I participated in the girls' Swale football trial on Tuesday the 20th of October. We played at Holm Park, which is where Sheppey Football Club play. My position is a winger/striker, but I also like to play right wing the most. During the trial I was playing against 13 other girls, including one of my friends.

When I first arrived, I felt really nervous but when the match started, I felt very confident. During the match I feel I played very well, even though I have played better before. In the end, I felt overjoyed when I got in.

Scarlett A (Year 7)



Some of our Year 9 students also attended Kent Football Trials recently, one of our talented Year 9 girls shares her experience with us.

On Wednesday 26th August I went to Simon Langton School at 6pm for my first trial. We were put into three groups and I played left wing and right wing. I found out I got through to the final trial, which was on the Saturday 12th September. This time we travelled to Thamesmead Football Club, I played in left wing again, but also centre midfield.

I found out on the 20th of September that I'd made the team.

Holly T (Year 9)

It was amazing to hear that so many of Year 9 attended the Under-14 Girls' Kent Football trials, you should all be very proud to attend the trials. Well done to the following students: **Rose B, Louise B, Rachel C, Evie G, Elle P** and **Holly T**. Huge congratulations to **Holly T** and **Louise B** for being successful at trials and getting selected to represent Kent!

HIGHSTED NETBALL NEWS



Prior to March lockdown some of our keen netballers wanted to join a team outside of school, so they attended training for local clubs. This is fantastic news for them to build upon their passing and movement skills and have regular match play when Local leagues can resume. Well done to the following students:

Samantha A (Year 9), **Kamilla B** (Year 8) and **Kahina B** (Year 7) all joined Comets Netball Club.

Two other Year 9 students, **Chikosol O** and **Amarachisom A**, trained with a local team Macklins Netball Club and also made the team.

