



Eastwood High School Sports Report 2017-18

Work Hard and Flourish

The sporting achievements of the young people of Eastwood High School

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"success only comes before work in the dictionary"

Well done to all our athletes and sports persons for all their hard work and effort over the course of the year. As you will see in the following pages we have exceptional young people at the school who have reached great heights in sporting achievement who we are immensely proud of. Importantly however we are just as proud of the young people coming down to try a sport for the first time or those who simply come along to a club for the enjoyment. Also thank you to all the staff who run events and take clubs throughout the year, our pupils have enjoyed a number of opportunities thanks to their efforts.

A. Gibson Principal Teacher Physical Education

Sports Council - Mrs Lloyd



Young Ambassadors 2017/18 -
Chloe McKinlay & Kelvin Bull

Platinum Young Ambassadors - Jamie
Dougall & Kirsten Burningham

Year of the Young People
Ambassador - Kirsten Burningham



Sports Council meet most Thursdays during lunch and discuss ways to increase participation in sport at Eastwood. This is led by our young ambassadors Chloe McKinlay and Kelvin Bull and our Platinum Young ambassadors, Jamie Dougall and Kirsten Burningham. Kirsten was also chosen as an ambassador for Year of the Young People through Sport Scotland based on her hard work and dedication to promoting sport and activity. This year's highlights have been the annual sports fair, Active Girls Day, inter-house events, staff V pupils' dodge ball and organising our first Eastwood Dance Show.



Inter-house event organisers Alan Yie and Amy McVitie headed up the events calendar this year, with the support of the sports council and house captains they planned and assisted with S1-4 inter-house dodgeball for all pupils to participate in as well as inter-house basketball and S1-3 football and rugby. Amy also promoted our extra-curricular clubs by designing and displaying a new notice board.



Inter-house Dodgeball was well organised by our competition organisers Kirsty Dougall, Erica Winning (S3) and Maryam Shabbir (S4) who planned and led the event with the support of the sports council involving all year groups S1-4. Following from last year, this was hugely successful again.

The sports council with support from Miss Black also organised Active Girls Day on Friday 6th October where girls and teachers participated in sport together after school taking part in dance, trampolining and netball.



Our 1st Eastwood Dance Show was hugely successful, the Sports Council helped organise and promote the event. Our advertising and media managers Olivia Taylor and Elise Tweedie stepped up to host the entire event as our presenters. We also performed a 'synchronised swimming' performance as part of the show! Amazing effort from all involved!

If you would like to join Sports Council please speak to our Young ambassadors or Mrs Lloyd.



House Athletics Championships 2018

This years' S1 and S2 house athletics championships was once again a fantastic event, giving all pupils a final chance to win points for their house this year.

Pupils competed in both track and field events with each pupil given the opportunity to compete in at least one event. The days competition then ends with the extremely popular 16 x 100 metres finale. All pupils should be extremely proud with their hard-work and effort however, the overall winners were:

S1
1st Duncarnock
2nd Capelrig
3rd Auldhouse
4th Balgray

S2
1st Auldhouse
2nd Capelrig
3rd Duncarnock
4th Balgray



Teams preparing for the 16 x 100 metre relay

S2 Teams awaiting the final result...





School Athletics Championships

Every year our pupils compete in their classes for a place in the schools Athletics Championship. The top pupils from each year are then selected to go forward and compete in a multi-event athletics day for the chance to be crowned the Champion for their year group. With

S1 Girls

- 1: Melissa Burningham
- 2: Caitlin Smillie
- 3: Sophia Ismahel

S1 Boys

- 1: Max Bannerman
- 2: Matthew Shields
- 3: Andrew Combe

S2 Girls

- 1: Daniella Takon (set new EHS 80m hurdles record)
- 2: Libby Young
- 3: Kiera Welsh

S2 Boys

- 1: Jack Sinclair (set new EHS 80m Hurdles and High Jump records)
- 2: Jin-Peng Wang
- 3: Nathan Pugh

S3 Girls

- 1: Alyson Bell (set new EHS 100m, 200m, 80m Hurdles, Long Jump and Overall points total records)
- 2: Maja Paszenda
- 3: Lauren Agnew
(Helen Chong set new EHS 400m and 800m records)

S3 Boys

- 1: Fraser Lipp (new Shot Put record)
- 2: Cameron Mackerrow
- 3: Rory Henderson
(Kerr Scott set new EHS 80m hurdles record)

East Renfrewshire District Athletics

Each year our S1, S2 and S3 athletics team competes at the district athletics event held at Linwood Sports Centre.





Medallists

This year despite injury to some of our top athletes the Eastwood team secured 23 medals in total - 5 Gold, 11 Silver, 7 Bronze

Gold

Jack Sinclair (100m and High Jump)
Greig Allen (400m)
Helen Chong (1500m)
Matthew Bell (Triple Jump)

Silver

Libby Young (100m, 200m)
Lois Hood (300m, Long Jump)
Eva Chong (1500m)
Lauren Agnew (Long Jump)
Fraser Lipp (Long Jump)
Max Bannerman (High Jump)
Joshua Coverdale (Triple Jump)
Eilidh McCrone (300m)
Matthew Shields (800m)

Bronze

Max Bannerman (100m, 200m)
Jack Sinclair (200m)
Max Campbell (1500m)
Mia Hepburn (Long Jump)
Libby Young (Long Jump)
Fraser Lipp (Shot Put)



Eastwood's Medallists 2018





Eastwood's Athletes

Alyson Bell (S3) became the Scottish U15 100m champion at the Scottish National Athletics Championships held at Scotstoun (at the time she was only 13!). Alyson also represented Scotland in the Celtic Games in Dublin where she came 2nd in the U16 200m.



International Success



Congratulations to Erin Wallace (S6) who, on 21st July, won 1500m the gold medal at the Commonwealth Youth Games held in the Bahamas. It turned out to be an excellent summer for Erin who also finished 6th in the 800m and came second in an U20 Triathlon European Cup event in Lausanne Switzerland on 19th August.

Erin later went on to win Scottish Young Sportswoman of the Year on 10th November. Erin is also nominated for "Athletics Weekly" British U20 female athlete of the year. Additionally Erin was selected for the UK U20 cross country team for the European Championships in Samorin, Slovakia.



Erin was to go on and have even more success as you'll see on the next page...



Commonwealth Games



Incredibly 2018 saw Eastwood represented at the Commonwealth Games across two events with Erin Wallace (S6) and Miss McCloskey (Math Department) selected to represent Scotland and Northern Ireland respectively



Erin came 7th as part of the Scottish Mixed Team Relay Triathlon squad and was able to avoid any trouble from sharks in the open water swim !! (seriously the waters were patrolled by drones to shark spot).

Miss McCloskey came 5th for Northern Ireland in the freestyle wrestling narrowly missing out on a fight for the bronze medal.

Eastwood High School Athletics Records

100m	S1 BOYS Ross Lipp 2013	S2 BOYS Ross Lipp 2014	S3 BOYS Ross Lipp 2015	S1 GIRLS Alyson Bell 2016	S2 GIRLS Alyson Bell 2017	S3 GIRLS Alyson Bell 2018
	13.12	12.09	11.70	12.70	12.46	12.25
200m	Ross Lipp 2013	Ross Lipp 2014	Ross Lipp 2015	Alyson Bell 2016	Alyson Bell 2017	Alyson Bell 2018
	26.69	25.07	24.15	26.79	26.15	26.49
400m	Fraser Lipp 2016	Ross Lipp 2014	Calum Anderson 2017	Erin Wallace 2013	Erin Wallace 2014	Helen Chong 2018
	61.20	58.37	57.31	62.52	65.11	78.17
800m	Paul Hutchison 2013	Paul Hutchison 2014	Jamie Sturrock 2014	Erin Wallace 2013	Erin Wallace 2014	Helen Chong 2018
	2.26. 23	2.21.4 4	2.17.3 7	2.31.0 2	2.26. 11	2.39.5 6
1500m	Adam Inglis 2016	Paul Hutchison 2014	Jamie Sturrock 2014	Erin Wallace 2013	Clare Wallace 2016	Zoe Jamieson 2016
	5.24. 55	4.50. 01	4.47.3 5	5.11.1 1	5.08. 42	5.42.3 2
80m Hurdles	Jack Sinclair 2017	Jack Sinclair 2018	Kerr Scott 2018	Kiera Welsh 2017	Daniella Takon 2018	Alyson Bell 2018
	14.53	14.25	13.68	14.72	14.80	15.13
long jump	Fraser Lipp 2016	Ross Lipp 2014	Ross Lipp 2015	Alyson Bell 2016	Lara Sturgeon 2017	Alyson Bell 2018
	4.70	4.95	5.08	4.51	4.55	4.08
high jump	Jack Sinclair 2017	Jack Sinclair 2018	Graham Murchie 2015	Claire Wallace 2015	Emily MacDonald 2015	Emily MacDonald 2016
	1.45	1.65	1.65	1.30	1.47	1.51
shot putt	Fraser Lipp 2016	Fraser Lipp 2017	Fraser Lipp 2018	Elise Tweedie 2014	Natalie Hendrie 2017	Elise Tweedie 2016
	10.33	10.71	10.38	7.27	7.50	8.80
School Champs	Ross Lipp 2013	Ross Lipp 2014	Greg Young 2014	Alyson Bell 2016	Alyson Bell 2017	Alyson Bell 2018
	133	200	206	187	158	215

Dance Club



Our S5 dance Leaders, Kirsten Burningham, Ellie Marshall, Heather McKie and Rachel Tait were joined this year by Hannah Clark and what a year it has been! The club continues to be very well attended by 35 S1-3 pupils and as a result of this the club was moved from lunch to after school to give them more time to practice. The dance leaders are fantastic role models to the younger dancers, they are so enthusiastic and dedicated to helping the club to grow and be successful. The leaders choreographed a routine which the club performed in the 1st Eastwood Dance Show as well as winning GOLD in the East Renfrewshire Dance



Eastwood High School Dance Show - Mrs Lloyd, Miss Black & Miss Lyons

This year Eastwood High held their own dance showcase to celebrate the success of all our talented dancers, with over 85 pupils performing and over 180 tickets sold it was a great event for our first year. The Eastwood Sports Council along with a dance committee made of senior pupils helped to organise the show. This really couldn't have happened without pupil leadership and commitment with many pupils putting in a lot of time and taking responsibility for their tasks. Kirsten Burningham organised the music, linking with Mr MacDonald. Hannah Clark and Nicole Andrews put together the programme and Heather McKie was in charge of organising ticket sales with the help of other seniors.

On the night, Lucy Smith and Emma Watson from the Higher Photography class came along to take pictures of the dancers. Rhys Cramb and Scott Young from the National 5 media class videoed the event then edited and created a DVD which is available to purchase in the PE Department for £2 with all proceeds going to our pupils volunteering in Malawi this October. We also had Leena Khan and Bobbie Qua from the S3 style academy who came along as make-up artists for our dancers. It was so kind of them to volunteer their time to help.



We had dancers from S1-5 showcasing a range of styles including Bollywood, street, jazz and contemporary. Dancers ranged in ability but were very supportive of one and other; there was a fantastic atmosphere at both the dress rehearsal and on the night itself. There were performances from our S3 aesthetics class as well as single performance assessments taking place for National 5 and Higher - all curriculum dances were performed very well resulting in high practical grades being awarded. We also had a performance from the dance club, dance leaders, gymnastics club, sports council as well as numerous performances from solo, duet and groups. We even had a surprise teachers dance!

East Renfrewshire Dance Championships - Mrs Lloyd

Well done to all the Eastwood High pupils who participated in the East Renfrewshire Dance Championships in March 2018, our most successful year yet! With the introduction of 2nd and 3rd places in each category pupils were able to receive more recognition on their performances. Our results were

Solo Category

1st - Danny Nell

2nd - Kirsten Burningham



Duet Category

3rd - Nicole Andrews & Emma Marie Taylor



Team Category

1st - Dance Club (35 members S1-3)

2nd - Nicole Andrews, Hannah Clark, Danny Nell



Maja Cameron, Katie Grant, Lauren McKinnon, Cameron Rae, Eilidh Robertson also entered the team category and placed 4th overall, dance leaders stepped up to perform themselves in a group performance and Zoe Jamieson (S5) entered the solo category performing ballet.

Fantastic performances from all involved after a great deal of rehearsal and effort, we hope this encourages even more pupils to enter this competition next



Dance at Isobel Mair

This year some of our senior dancers volunteered at Isobel Mair and led an extra-curricular dance club. This was so popular, receiving many complements from staff and pupils alike. The leaders brought fun and inclusion to their classes and worked so well with the pupils. We hope this can happen again next year, thank you to our volunteers Hannah Clark, Kirsten Burningham, Rachel Tait, Danny Nell, Heather McKie and Abigail Young .





S1 Netball - Mrs Lloyd

Our S1 netball team really have had a great year, they are an excellent group of girls who have a real passion for the sport and demonstrate drive and enthusiasm on court.



In the first round of the Schools Scottish Cup the S1s had a great start, winning games against Castlehead HS and Woodfarm HS. They unfortunately lost against St Ninian's HS which resulted in a place in the silver league for the next round. The girls went on to defeat Earlston HS in a tense and exciting game finishing 16-17 to Eastwood making putting them in to the quarter finals. They girls then lost 21-9 to Royal High but gave an excellent account of themselves and fought right to the end.



In the East Renfrewshire League the S1s have had further success, beating Mearns Castle HS and St Ninian's HS but losing against Williamwood HS in close game ending 5-4.

It's been a pleasure to work with these girls this year, with many of them showing real improvement and determination to better their own performance; we are looking forward to seeing what else you can achieve in S2, well done girls!



S2 Netball Team - Miss Shannon



The S2 netball team competed well this year, participating in both the East Renfrewshire League and the Scottish Cup tournament. The S2 team have developed greatly, with experienced players helping new members with their agility and teamwork skills. The team have shown great spirit and camaraderie throughout. The biggest highlight for the team was making it into the Silver Scottish Schools Cup. The girls played a fantastic home game against Mary Erskine High School, winning through to the Quarter Finals. In their most exciting match of the year, the girls Quarter Final clash against Bishopbriggs went to Extra Time (16 - 16 FT), unfortunately losing out to the hosts 19 - 17.



The S2 girls show excellent commitment and passion for the sport, with many now also playing netball for local clubs and trying out for the district team. They have made excellent progress throughout S2 and we look forward to next year!



S3 Netball Team - Miss Black



It's been another good year of competition for the S3 Netball Team with fixtures in both the East Renfrewshire League and Scottish Cup. The girls have shown commitment and determination throughout the year, recently travelling to Brechin in the Bronze section of the Scottish Cup where a very close game saw the girls knocked out just before the Quarter-Final. The girls have continued to gain experience in the East Renfrewshire League and continually look for ways to push themselves and improve as a team. The girls are already looking forward to getting started next year!

Senior Netball - Miss Lyons

Unfortunately this year our Senior Netball Team didn't get much game time due the shortage of players this season. However there was certainly no shortage of commitment to the Eastwood Netball Club for those who did. There are 5 Senior netballers that deserve extra special recognition for all their hard work over the past year. Elise Tweedie, Olivia Taylor, Jasmine Shabbas, Holly Houston and Rhea Panesar who have dedicated their time at Netball training, coaching, umpiring and offering their support to all the Eastwood Netball Juniors. They have been brilliant role models to the younger players, with their previous netball experience at Scottish cup and Regional level providing invaluable support to the Junior Squads. The seniors organised a brilliant Christmas Netball Festival for all our Eastwood teams. Each senior took on a role as head coach for each team competing and the event was enjoyed by everyone involved. Well Done Girls!!!! We hope you all return next year, recruiting just a couple more players to compete in your final year at Eastwood for the Netball Club. Keep up the good work; we all appreciate your efforts.



Netball Club -Mrs Lloyd, Miss Shannon, Miss Black, Miss Lyons & Miss Barrie

It has been another exciting and successful year for the netball club at Eastwood HS. With over 60 girls involved, Tuesday night training has been busy!

S1, S2 and S3 teams entered the Scottish Cup and all achieved some success with both S1 and S2 teams making it to the quarter final of the Silver league and S3s to the second round of the bronze league. There have been some tense games such as S2 V Bishopbriggs resulting in a 12-12 draw and playing extra time and S1 V Earlston resulting in 16-17 to Eastwood.



S1 and S2 teams competed to a high standard in the East Renfrewshire League with our final S1 game against St Ninians ending 5-4 to Eastwood! The S1-3 festival in May resulted in bronze medals for both S1 and S3 teams, well done!

Seniors took on leadership roles with Amy McVitie working toward her Level C Umpire qualification and offering to umpire games to gain experience. We also had support from senior pupils to deliver our 1st Eastwood Tournament with all teams S1-5 involved.



We hosted another fantastic bake sale and raffle raising £455.56 in aid of Mary's Meals and with the help of the 'double the love' campaign that money was doubled and resulted in our fundraising being able to feed 65 children for a whole school year in some of the world poorest countries. Thank you to all the parents and netballers who helped to support this event.



The girls, as always are a pleasure to coach. They are so enthusiastic and many have joined local clubs and trialled for the district team.

Well done to everyone who has been committed to netball club this year, we are looking forward to next season.

Girls Football Team

2017-18 has been a fantastic season for the girls team with some excellent results across the various teams.

The senior team, put in some outstanding performances across the season and were crowned Paisley and District Senior Girls Champions 2017-18. More impressive still was the young age of the team with the bulk of the squad able to play at under 15 level and with such a young and talented squad there are high hopes for the team next season.

Pos	Team	Pld	Overall					Home					Away					+/-	Pts
			W	D	L	F	A	W	D	L	F	A	W	D	L	F	A		
1.	Eastwood High	4	3	0	1	11	7	2	0	1	10	7	1	0	0	1	0	+4	10
2.	St Ninians High	3	3	0	0	6	1	1	0	0	1	0	2	0	0	5	1	+5	9
3.	Linwood High	3	2	0	1	7	10	1	0	0	1	0	1	0	1	6	10	-3	7
4.	Port Glasgow High	6	0	0	6	2	8	0	0	3	2	5	0	0	3	0	3	-6	6

2017-18 Paisley and District Senior Girls League Results

Eastwood	1 - 4	St Ninian's
Port Glasgow	0 - 1	Eastwood
Eastwood	1 - 0	Port Glasgow
Eastwood	8 - 3	Linwood

Despite having only played 1 league match this season, a defeat to Williamwood, the under 15's team have finished strongly and are still in the hunt for some silverware. Excellent results in the regional qualifiers have allowed the team to progress to the finals of the Scottish Schools 7's tournament. With a strong squad, many of whom have played at senior level already this season the team are hopeful of a strong finish.



U14's Team East Renfrewshire Secondary Games

Eastwood	2 - 6	Barrhead
Eastwood	10 - 0	St Luke's
Eastwood	3 - 0	Woodfarm
Eastwood	2 - 7	Williamwood
Eastwood	1 - 13	St Ninian's
Eastwood	4 - 2	Mears Castle

This year our U14's team went to the East Renfrewshire secondary games in May. With a mixed squad the team managed some excellent results with a number of the girls playing their first matches. Hopefully these girls can add to their experience next year playing more games.



International Recognition

Congratulations to Chloe Colquhoun on being selected for Scotland U15s in girls football



Paisley and District Select

Congratulations to Kyle Taylor (S6) on being selected for the Paisley and District U18's Squad for season 2017-18. Kyle was also invited to the Scottish Schools U18 trial



West District U15s

Also in girls football well done to Maja Paszenda (S3) and Chloe Colquhoun (S2) on being selected for the West District U15s Squad



S1 Football Team

Mr Higgins

This season was a very successful one for the S1 football team. After a tough start whilst we were still getting to know one another, the team went on to reach the semi-final of the St. Mirren cup and finished as winners of the 'Europa League' format in the second half of the season.

With only one victory before Christmas, the team came back and went on a run winning four games in a row scoring an average of 5 goals per game. This run of form propelled us to the semi-final of the cup where we came up against a strong Williamwood side that beat us at the start of the season 5-1. An excellent performance saw us take a 2-1 lead but unfortunately it wasn't to be as Williamwood progressed to the final.

After beating all our opponents in 'Europa League' format in the second half of the season, we finished top of this league. With 8 different players picking up a 'Man of the Match' award throughout the season and finishing 3rd out of 12 teams at an end of season district tournament, the team are looking forward to starting next season and hoping to go one step further than this year!





Under 16 Football Team

Mr Judge

Under the leadership of captain John Cumming, the season got off to a promising start with a very assured 3-0 victory away to Mearns Castle in the cup. The victory saw the team progress to the next round, but more importantly regained the Gibson cup for Eastwood. The team was depleted with injuries in the following round and although we fought hard, were beaten 5-1 by a very strong Barrhead side.

Our league campaign started off promisingly with an excellent 1-1 draw away to St Lukes, courtesy of a late strike from influential defender Ben McCann. Home defeats to both Barrhead and St Lukes meant a third-place finish in the league table. Injuries were a major factor in this campaign with Mr Judge rarely able to name a consistent starting 11.

The St Mirren cup saw the team travel in snowy conditions to Gourrock to play Clydeview. 4-1 down at half time was a blow, but we started the second half playing much better football and managed to pull 2 goals back very quickly. We were denied a clear-cut penalty moments after our third goal, and typically Clydeview broke away on the counter attack and scored a 5th. The game finished 6-3 as we went all out attack in the final 15 minutes but could not find the net, however it was an excellent game to watch.

Scott McLachlan S4 holding the Gibson Cup
- contested for every year in football
matches against local rivals Mearns Castle



This year, the S2 Futsal team competed in regional heats against Williamwood and Castlehead. The heats started with lots of energy and some fantastic moments of teamwork and technical skill. With a victory in the very first game, the team came up against Williamwood. After being down 3-0 in the first 5 minutes, the team had 15 minutes left of the game to make a comeback. The determination and effort the pupils put in allowed them to come back to winning 5-4, but unfortunately Williamwood came back to win 7-5.

Due to the amount of goals scored, Eastwood qualified for the regional finals which we will be attending before the summer. With the same resilience and hard work we should do well in this competition!



S2 Futsal Team

Back Row Rory McKendrick, Jack Sinclair, Kyle Sichi
Front Row Riordan Gavan, Matthew Bell, Liam Bothwell

Under 14 Football Team



The S2 team with their new strips sponsored by Aberdeen Considine

This year our U14 team finished 3rd in our group behind Williamwood, Mearns Castle and ahead of Barrhead.

The team unfortunately got off to a bad start losing 8-0 to Williamwood before going close in a 7-5 defeat to Mearns Castle (Junaid Aftab, Jenson Mandagie, Rory McKendrick, Jack Sinclair, Sam Waters-Pym with the goals). Eastwood then picked up a 4-2 win at Barrhead courtesy of goals from Andrew Ferguson 2, Junaid Aftab and Jack Vershuran. In the Scottish cup the team were unfortunate losing 6-3 to Hyndland Secondary (Ayaan Ali, Amir Khan and Kyle Sichi all scoring). The team next lost 6-0 to Williamwood before enjoying a 6-2 win over Barrhead (Ayann 3, Lewis Zanforlin, Rory and an OG). They then finished off the season with two 8-0 defeats to St Ninians in the Mirren Cup and Gryffe in the "Europa League" section.

Scottish Schools Football Gold



Following on from last year's very successful year for Eastwood High School football the school has become one of 4 secondary schools in the whole of Scotland to be awarded the Scottish Schools Football Association Quality Award Gold Level. It is very pleasing to receive this award as it is acknowledgement from the national governing body of the time and effort put in by staff in the school to develop football at all levels.

Equestrian



Another great day out for the Eastwood High Equestrian Team of Alexander Hunter, Lauren McKinnon and Kirsty Anderson. Phoebe Anderson was also out competing but in Perth with her Pony Club Mounted Games Team.





Lauren & Feargal



Pupils from 22 schools across Scotland from Tain to Kelso competed in dressage and show jumping with all 3 pupils from Eastwood competing in both disciplines. Alexander and Lauren were both placed in the Walk-Trot Dressage achieving 2nd and 6th places respectively, while Kirsty was 7th in the Grassroots Dressage. Showjumping was hotly contested, Alexander and Ballygoe Ricky were double clear in the 55cm class and finished 10th, Lauren and Feargal with a minor navigational error in the jump off for the same class finished 14th while Kirsty and Feargal had an unlucky pole down in the jump off for the 85cm class but a speedy time gave them 17th place. A successful day out with particular congratulations going to Alexander and Lauren who were competing in dressage for the first time and to Feargal who competed for both Lauren and Kirsty! Thank you from me to everyone who contributed to making it a really great day out.



Kirsty & Feargal

Finally well done to Kirsty Anderson (S4) on competing for Eglinton PC at the British Pony Club Championships held at Cholmondeley Castle Cheshire on 19th & 20th August. Her team came 10th in the UK out of 300 entries.

And also a special mention has to go to Feargal!!!!

Gymnastics

2017/18 has been an excellent year for the newly established gymnastics club. With participation rates increasing as the year progressed, the club has provided a rich learning environment for beginners all the way to experienced gymnasts. The club promotes an ethos of inclusion, with the experienced gymnasts using their expertise to encourage and improve the confidence and performance of less experienced pupils.



Regional Gymnastics 2017

Two teams represented Eastwood at the Scottish Schools Regional Gymnastics Heats 2017 at Barrhead Foundry on Tuesday the 28th November. All girls performed a floor sequence and a skill on the vault with their combined score equating to their overall team score. All their hard work and dedication paid off, as they individually and collectively performed to a very high standard.

Competing against 11 other teams our level two girls (Rachel Canning, Eilidh Robertson, Eva Jenks and Katie Grant) did extremely well but unfortunately did not finish on the podium. However, the level three girls (Maja Cameron, Emily Haigh and Katie Shields) performed to an extremely high standard on both floor and vault and were awarded the team bronze medal. With the second highest combined score in level three overall, Maja Cameron collected the individual silver medal.



Emily Haigh

Maja Cameron

Katie Shields

Congratulations to Mia Hepburn (S3) who came 3rd on the uneven bars at the Scottish Level 4 Gymnastics Championships held in Perth on 17th October.



Volleyball

Coaches: Ioannis Panayiotakis and Miss Workman.

Junior Players: Skye Nayamakanga, Isabel Jardine, Bethany Marsh, Amanda Tanish, Hannah McGeogh, Khushi Virhia, Jamie Mc Donnal, Laura Thomson, Ross Meneeley, Zainab Mahmood, Cara Allen, Kiera Thomson,

Senior Players: Lucy Hemmingsley, Abigail Jardine, Amelia Bain, Ben Chisholm, Maya Nyamakanga.



The club welcomed new coach Ioannis Panayiotakis an international Volleyball Coach and our school librarian. Ioannis is the head coach of Stirling University's volleyball teams. He played semi- professional volleyball in Cyprus and has coached Scotland's National Beach Volleyball teams. Ioannis was keen to share his knowledge with our pupils this year and they have enjoyed developing their skills with him. Ioannis has brought a lot of fun and innovative ideas into developing core games skills amongst our players. We also want to extend our thanks to Mr Gibson for providing lighter volleyballs to enable our players to learn and play without any discomfort. The club continued to build upon the experiences of established and new players. The core group of players trained together on a Thursday after school. We had a keen group of S3 and S2 pupils that committed to training and competed at local tournaments throughout the year. We had a return visit from Andy Flemming from the Scottish Volleyball Association who watched a training sessions and encouraged our players to extend their training. Amelia Bain the S4 team captain continued to play in the rising starts training programme with the S.V.A and did her work experience with the company. to encourage our players into clubs beyond school.

Amelia has continued to encourage Eastwood players to go along and develop their skills in training. Looking forward to next year we aim to host a local authority wide tournament and enter SVA tournaments. We are excited about our enthusiastic group of juniors and aim to work hard to develop their playing skills. We want our players to have a lifetime in volleyball so will continue to collaborate with the S.V.A.



Trampoline Club

At the trampoline class this year the S1 & S2 girls covered the basic skills/foundations of the sport. Everyone has had the opportunity to learn new skills and progress at their own pace. The class is very much a recreational format where participants can have fun with friends and also meet new friends. There was a variety of abilities and experience among the class. A few of the girls came from a gymnastic background which allowed them to share their expertise, assist each other and learn from their peers as well as the input from the coach.

The basic skills include:

- ♦ Importance of warming up!
- ♦ Health & Safety on and around the trampoline;
- ♦ Bouncing & checking - bouncing in control & stopping safely;
- ♦ Shapes in flight - tuck, straddle and pike;
- ♦ Twisting - setting up a good twist and twisting in control;
- ♦ Seat landings - seat drop and twisting in and out of seat drop;
- ♦ Front landings - hands & knees to front and front drop;
- ♦ Basic back landings - back bouncing and back landings;
- ♦ Constructing simple routines;
- ♦ Front somersault- Correct take off, turn overs to back landing, front somersault with support belt;
- ♦ And front somersault unaided.



S1 Girls

Aleena Chaudhary
Mel Campos
Sophie Halliday
Molly Jassal
Melody Nehme
Sophie Thomson
Olivia Bryers

S2 Girls

Maja Cameron
Katie Grant
Eilidh Mitchell
Eva Chong
Emily Haigh
Hannah Sherman

Most Committed: Melody Nehme S1

Best Performance: Katie Grant S2

All members were given the details of successful competing clubs in the area in order to progress with their trampoline skills.

Cricket

Eastwood's cricket team made a fantastic start to the season with a dramatic 2 run victory over The Glasgow Academy in the National Secondary Schools Cup, at Old Annisland Park.

Having set themselves high standards in the past the team were poor with the bat and were bowled out for 79 in the 19th over- with Man of the Match Safwan Aamir the only man in double figures scoring 28.

Eastwood were outstanding with the ball however, and during their 20 overs limited Glasgow Academy to just 77. Aryaman Tyagi the pick of the bowlers taking 2 wickets for just 8 runs.

In a tense finish Eastwood held their nerve. The Academy needed just 7 runs from the last 11 balls but excellent bowling from Rafay Khan and Uzair Khan saw Eastwood through, running the opposition's last man out with the final ball of the match.

With matches against Lomand School, Shawlands Academy and next The High School of Glasgow for a place in the West Region final of the National Secondary Cup the team are hopeful of finishing the season well.



Eastwood cricket star Kess Sajjad (S6) has been representing Scotland at U17 playing against Lincolnshire, Durham and Derbyshire early in the 2017 season- well done Kess.



Karting – Mrs Ross

2018 saw Eastwood pupils once again taking part in the British Schools Karting Championship. This is a nationwide team-based karting championship, supported by the Motor Sports Association, open to any school or college student aged 13 – 18.

In December 2017, a trial session was organised at Scotkart, Cambuslang to generate interest in the competition and to carry out time trials with a view to selecting drivers with the fastest lap times to represent the school.

This resulted in pupils from S1 – S6 racing against each other. The standards of driving and lap times were excellent so the decision was taken to enter two teams into the 2018 BSKC championship.

Eastwood A

Andrew McIntosh
Daniel Gill
Elom Boccorh

Eastwood B

Lewis McNaughton
Scott Fosbury
Annabelle Leitch



Reserve Drivers

Myles Douglas
James Macdonald
Josh McDonald

Both Eastwood A and Eastwood B took part in practice sessions in preparation for the Regional Final at Scotkart in February. All of the pupils drove excellently with Eastwood A just missing out on a place in the final stage of the competition at Whilton Mill Race Circuit in Northampton.

We look forward to taking part in next years' competition and to welcoming experienced and new drivers alike to this fast-paced sport.



Skiing

Two teams from Eastwood competed in the SSSA Dual Slalom Series event at Newmilns at the beginning of October. The B team made up of novice skiers all skied well and enjoyed the experience of dual slalom racing where a team of four race in relay head to head against other teams. For some this was their first time skiing a course in this environment. The team was Freya Holmes, Maja Cameron, Mathew Robson and Fraser Robson. Meanwhile the A team racing in the Open Category which includes some who have and do ski race, were good enough to gain second place out of 7 teams behind Belmont Academy but nevertheless qualifying for the national final to be held at Xscape at the end of the month. The team comprised of Cami Rae, Adam Inglis, Euan Inglis and Ben Hodgson. In addition, in the individual head to head after some fantastic individual duals it came down to an all Eastwood final with Ben Hodgson winning out against Euan Inglis. Well done to all skiers in what was a very competitive competition.



In November the Indoor Ski and boarder cross event was again held at Braehead. This is a timed ski and snowboard race over undulating terrain, that includes rollers, bumps, flat and banked corners (berms) and which can test even the most experienced of snowsport enthusiasts. Our team of Ben Hodgson, Adam Inglis, Euan Inglis, Cameron Rae and Scott Campbell did really well, putting in strong performances and some very fast times. Unfortunately none of our races were able to secure podium finishes but all had a great experience and came away with some areas to work on for next years event.



Squash



3 pupils from Eastwood High School (Kacper Kielban S1, Ruairidh McInnes S2 and Corran Forbes S2) took part in the West Region Squash competition which took place at Newlands LTC on Tuesday 22nd May. The event was aimed at developing squash players from S1-S3 who were not already national level players and was run on the day by Scottish Squash. The boys teamed up with 3 other pupils from Williamwood High School and competed in a round robin tournament during the event. Some of the pupils had a little more experience but all equipped themselves well on the day putting in a very good performance and achieving 2 team 1sts and a team 3rd overall. Well done to all.



Hockey — Mrs MacGregor

This year we started our club with eighteen players from S1 through to S6. It was great to welcome back our talented senior boys and girls and to have new juniors joining them.

Our match season began with the annual Active Schools Inter-school hockey tournament. The first of which took place at Williamwood High School in October. Our team secured 3 wins, one draw and a loss. These results put us in third place overall. This bode well for a promising year ahead. As the season progressed we met other schools in our second tournament. Eastwood hosted this event and despite the extreme frost we again had some very close matches, with 2 wins two draws and a loss. Rachel Brady was top goal scorer for the team on both occasions. Rachel plays ice hockey at Scottish level and was able to transfer her shooting skills to a different surface and with different equipment to great effect. These results again allowed us to remain in third place, an excellent result.

Despite losing some training sessions to the heavy snow and school closures and supported study for the seniors most of our training nights still managed to go ahead throughout the year even if it meant training indoors.

My special thanks go to Ben McGarry S6 and Joshua Bell S5 our senior students who helped coach faithfully every Thursday. They have been an inspiration to younger team members and great assistant coaches. Both Ben and Josh have brought their knowledge from their own training sessions with the Men's Giffnock Hockey club and without doubt our players benefited from this. We will be sorry to lose Ben as he leaves school to start university after the summer. I am certain he will be successful in whatever he chooses to do in the future and we wish him all the very best.

Throughout my time at Eastwood I have always been incredibly fortunate to work with enthusiastic and committed players. This year has been no exception and it has been a pleasure to again work with a superb group of young people who continue to improve each week and who make their practices fun to coach. I wish all of you the very best, have a great holiday and keep playing hockey.





Eastwood Legend Hangs Up Her Stick!

Sadly (although not for her) Eastwood legend Mrs MacGregor retires this year. Mrs MacGregor has been with the school, since 1982 and has contributed a huge amount to the school and in particular the hockey team. Everyone at the school, will miss her immensely especially those in the PE department! We would like to wish her well in her retirement!!!



2018 Scottish National Schools Aquathlon Championships



Over 220 pupils met at the University of Stirling on Friday 20 April to take part in the championship event that was run with event partners Beaconsfield School and the University of Stirling. It was a grey start to the morning but there was no need to worry as the sun came out and we couldn't have asked for a better day!

Pupils from S1 to S6 raced in their year groups with S1/S2 swimming 300m and running 2km and S3/4 swimming 400m and running 3km

Clare Wallace, Kate Richardson, Helen and Eva Chong represented Eastwood High School with all the girls putting in strong performances.

The female S1/2 participants got the day started with three heats consisting of 79 participants. Eva Chong produced a great performance crossing the line in 12:41 and finishing in 19th place.

Next up for Eastwood was the S3/4 female category with **Clare Wallace (S4)** winning the race and swapping last year's silver medal for a gold, finishing in 15:42. In third place and taking bronze was **Kate Richardson (S4)** who finished in 16:26. Helen Chong (S3) put in a strong performance and finished 7th with a time of 16:54.

Well done to all our Athletes on producing such strong performances!



Triathlon



Congratulations to Kate Richardson (S4) who became the Scottish Triathlon Champion (age 15/16) at the Scottish Youth Triathlon Championships held at Bellahouston on 17th June. In the same event Clare Wallace (S4) came 4th.

Kate also won bronze in the Scottish Cycling Road Race Championships held at Ingliston on 30th Sept 2018.



Swimming Success!!!



The Eastwood Swim Team had a very successful Renfrewshire Area Schools Swimming Championships in their respective events. The team won a clean sweep of gold medals Lauren Chalmers age 13/14 100m & 200m Butterfly, Esther Jamieson age 13/14 100m & 200m freestyle and Clare Wallace age 15/16 100m & 200m freestyle. Congratulations to Clare Wallace who won 2 gold & 2 bronze medals at the Scottish Summer Swim Meet and on 12th August won silver in the Scottish Open Water Swimming 2000m (age 15/16).



Well done to Lauren Chalmers (S2) on winning two silver medals at the Scottish Summer Swim Meet in the girls 13/14 200m Butterfly and 400m Individual Medley. At the West District Swim Meet Lauren teamed up with Esther Jamieson (S2) to take bronze in the relay and at the North Ayrshire Distance Meet Lauren won gold in both the 1500m and 400m Freestyle.

Also Lauren Chalmers (S2) has had her best ever year culminating in great success at the Scottish National Age Group Swimming Championships held at Tollcross International Pool in Glasgow. Lauren won silver in the girls age 14 category in the 1500m freestyle clocking the 6th fastest time in the UK this year. Lauren had a busy few days at the event recording the following finishes in her other races 400m individual medley - 5th, 400m freestyle - 12th, 200m butterfly - 4th, 100m butterfly - 7th, 800m freestyle - 7th, and 200m freestyle - 16th.





This year we have had an excellent group of committed pupils attend swim club on Wednesday for both our mixed and girls' only classes. Pupils have made significant improvements to their swimming ability and continue to improve on their technique, water skills and sometimes lifesaving skills. New members always welcome!



We have enjoyed increasing participation levels this year with a high number of girls regularly attending training on Wednesday afternoons. Their commitment and hard work this year has enabled them to make excellent progress. They have shown great enthusiasm and have been a pleasure to work with. After a break in the club last year we have used this year to build the club back up and develop our skills. We have therefore taken on a much more recreational format with regular games in training to develop our awareness and understanding in preparation for taking part in more competitive games next year.



The boys basketball club has been very well attended this year with both the junior and senior sections giving good accounts of themselves against difficult opposition at various points in the year. The close results are testament to the extremely competitive rivalries between the local high schools.

The year kicked off with the Senior team (Alan Yie, Chris Barber, Chris Knox, Kelvin Bull, Sohail Jerfel, Jamil Razzaq, Muhammed Abideen) visiting Williamwood High School in an early showdown against teams from Williamwood, Mearns Castle, Woodfarm and St Ninians. The Eastwood Team played really well posting close defeats to Mearns and Williamwood but coming out on top against Woodfarm and St Ninians. 4 of our Senior pupils also set themselves up to use this opportunity as the single performance for their PE Higher, where they were able to showcase their skills and gain valuable marks towards their final award.

In December The S1 boys team (Jack Tuck, Kacper Kielban, Ben McKenzie, Rohit Samra-Singh, Danish Siddique) started with strong performances against 3 St Ninians teams and 2 teams from Barrhead. The Eastwood team won all but 1 of their games and put in some great play showing real flare and creativity on the court. Thanks should also go to Alan Yie and Chris Barber who accompanied the team to help coach and referee the games.

The Senior Boys were back in action again in April (Alan Yie, Chris Barber, Chris Knox, Kelvin Bull, Sohail Jerfel, Jamil Razzaq, Muhammed Abideen, Hassan Khalid) when they attended another local tournament which was held at Barrhead High School. The Eastwood team got off to a slow start giving away some cheap baskets early on but showing real spirit to come back against a strong Barrhead team to narrowly lose by only 2 points. A victory against the 1st of the Williamwood teams was well deserved with excellent baskets from a number of the Eastwood team. Finally another narrow defeat to the 2nd of the Williamwood teams saw the Eastwood contingent coming away in 3rd place overall.



S1 Rugby



A very inexperienced group of boys signed up to the School of Rugby this year and made huge progress this season. With most of the games taking place early on in the season, unfortunately the boys were up against it playing against much more experienced opposition. They ended up coming away with 2 wins - against Belmont House and Coatbridge - which were the highlights of the season. As a group the boys have developed their confidence and fitness throughout the year and started to play some really good exciting rugby towards the end of the season. This bodes well as they move into S2 and have a full year's experience under their belts.



Lewis Wardrop ended up top try scorer with 12 tries in 11 matches closely followed by Jordan Duncan (9) and Kacper Kielban (7). Finlay Orr was the team's goal kicker and kicked very well although unfortunately a lot of the games did not include conversions so he didn't fully get to show his talents off.

Results:

Belmont House: 26-10; St Andrews Sec: 5-15, 30-40; Coatbridge Acad: 60-30, 30-30; Shawlands Acad: 5-35, 5-30; St Thomas Aquinas: 5-35, 20-30; Oban: 21-38; Hutchesons GS: 14-34; Belmont Academy: 10-15; McLaren HS: 5-20; Douglas Ewart 20-30;

Squad: Ethan Brennan, Jamie Campbell, Stuart Dinsmore, Regan Drennan, Jordan Duncan, Kyle Finnigan, Nathan Fishlock, Finlay Gordon, Adam Heaton, Cameron Hepburn, Kacper Kielban, Addison Linden, Josh McAleese, Lewie, McEwan, Ben McKenzie, Kyle McLean, Oliver Miller, Suhail Mohammed, Finlay Orr, Ethan Ralston, Jason Raynal, Rohit Samra-Singh, Jack Tuck, Aaron Walker, Lewis Wardrop.

S2 Rugby



The boys again showed huge progress this year and have started to become a tight knit group as their confidence has grown. As a team they are starting to play some extremely good and fast rugby and showing a good knowledge of the tactics and laws of the game. They have had some brilliant games this year, particularly against Shawlands Academy who our boys have really pushed all the way in the games they have played this year. Overall the boys won 10, drew 1 and lost 5 of their games this season, a marked improvement on their record last year. In addition a number of the boys played with the S3 boys at U15 level, making a big impact on these games.

Captain Charlie Barber again led from the front top scoring with 118 points overall, including 14 tries. This tally of tries was matched by Ricky Zhang with Jin-Peng Wang scoring 13 overall. Charlie and Jin were also nominated to take part in the Glasgow and the West U14 Trials along with Joshua Coverdale, Mac Thompson and Rory McKendrick.



Results:

Belmont House: 38-0; St Andrews Sec: 30-30; Coatbridge Acad: 31-10, 52-12; Shawlands Acad: 5-36, 20-35, 10-25; St Thomas Aquinas: 20-30, 45-15; Oban: 26-12; Bishopbriggs Acad: 53-5; Duncanrig Sec: 73-5; Smithycroft: 50-30; Belmont Academy: 20-10; McLaren HS: 10-20; Douglas Ewart 20-5;

Squad: Euan Anderson, Charlie Barber, Liam Bothwell, Jamie Burns, Joshua Carmichael, Joshua Coverdale, Matthew Deighton, Dean Grierson, Cole Hart, Josh Holmes, Andrew Lamb, Calum MacBeth, Cameron Mallard, Moiz Maqsood, Oliver McGee, Rory McKendrick, Ben Newbon, Toby Provan, Mac Thompson, Jack Vershueren, Jin-Peng Wang, Lewis Zanforlin, Ricky Zhang

U15/U16 Rugby



The U16 boys team had a difficult year given the majority of the side were S3 boys playing against more S4 teams. However the highlight of the season was undoubtedly a win at Ross High in the Scottish Plate to take them into the quarter finals of that competition. In quite horrendous weather the boys went ahead early on before going behind by a couple of tries. They then fought to go ahead 29-14 with 10 minutes to play looking like job was done. However the home side came right back into things to go 29-28 with a minute to play but Eastwood held on to the final whistle.

Ben Wilson was again nominated for the Glasgow and the West Trials for U15 this year, while Alan Yie represented the Glasgow U16 squad in the Scottish Rugby Inter District competition. This was a huge feat for Alan given how relatively recently he has started playing rugby. Pablo Da Silva was top try scorer with 6 tries followed by Ben (5) and Scott Fosbury (4).

U16 Results:

Knox Academy: 0-50; Belmont House: 24-38; St Andrews Sec: 0-20; Ross High 29-28; Shawlands Acad: 7-31; Duncanrig: 0-61; Bishopbriggs Acad: 7-60;

U15 Results:

Hutchesons GS: 26-31; St Andrews Sec: 50-15; St Thomas Aquinas 0-56; Stonelaw HS: 33-36;

U16 Squad:

Kerr Andrews; Adam Banning; Max Campbell, Scott Campbell, Scott Fosbury, Ali Gondal, Rory Henderson, Ismaeel Javed, Gautam Kakar, Rafay Khan, Uzair Khan, Fraser Lipp, James MacDonald, Chris Malone, Alesandro Meregnage, Craig Orr, Lucas Parry, Keir Roberts, Ben Wilson, Ramis Ali, Connor Baillie, Luke Barber, Kalum McLean, Pablo Da Silva, Chris Knox, Pat McCrann, Alan Yie.

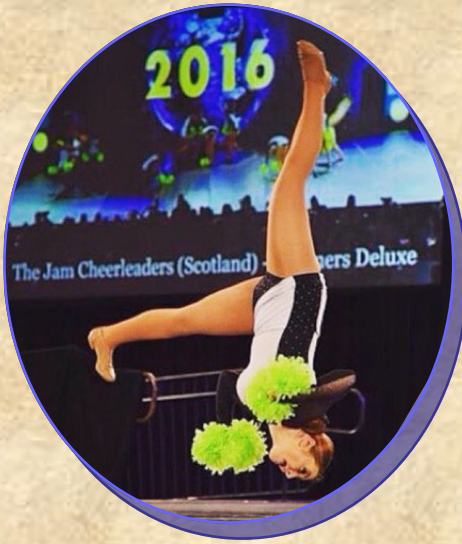
School of Rugby

This year has seen the continuation of the school of rugby programme run by Mr Reid. Pupils in the programme in S1-S3 receive an extra period of Physical Education every week. Over the course of the week these pupils have 2 normal periods of P.E. and then 2 dedicated rugby lessons as well as games and matches across the year.

Next year in an exciting development the school will be in-



Sporting Success



Jumping for Joy

Congratulations Nicole Andrews (S5) who was selected to represent Scotland in the World Cheerleading Championships.

Nicole was selected for both the junior and senior teams.



Australian Rules Football

Liam Dolling (No. 7 in the picture), represented Scotland at the European Aussie Rules in Bordeaux, France at the end of September. Liam wearing number 7 was able to make a number of valuable contributions despite Scotland's exit in the early rounds.



Cycling

Well done to Mary Bruce (S1) on winning the bronze medal at the Scottish Series Cyclo Cross event held at Linlithgow. Mary represents the Glasgow Riderz Club



Muay Thai

Congratulations to Scott McCulloch (S5) on winning the WPMC Schoolboys' Title Muay Thai Kick Boxing