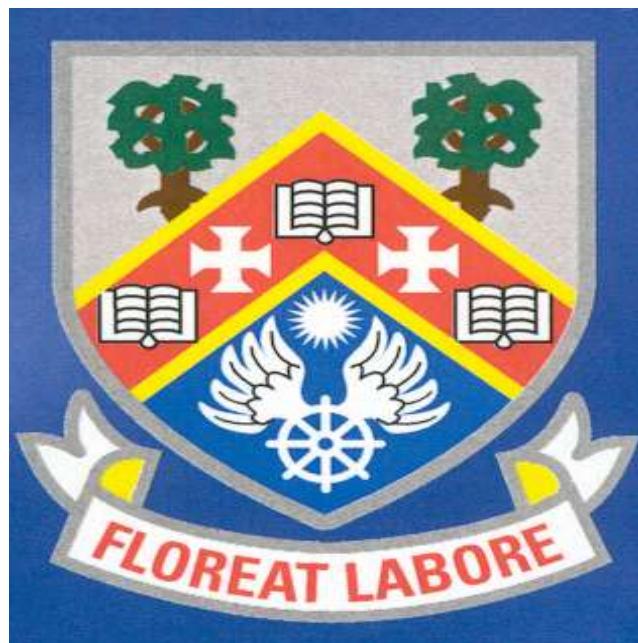


Eastwood High School



Sports Reports 2015

Here's to Health and Successful Learners!

Athletics

Cross Country



This year the East Renfrewshire District Schools Cross Country was held at Rouken Glen Park. Against some strong school teams Eastwood performed well.

There were some fantastic results for Eastwood with Erin Wallace winning the individual Senior Gold medal with an outstanding performance.

Claire Wallace won the individual S1 Gold medal. All the S1 girls ran a fantastic race achieving team bronze medal.

Jamie Sturrock put in a fantastic performance in the Senior boys race winning individual Bronze and the S3 Boys all ran a fantastic race winning team Bronze medal.

Finally all of the runners ran extremely well this year in atrocious weather conditions. The attitude and determination shown was excellent from all pupils. Well done to everyone for their efforts!!

Teams

S1 Girls

Clare Wallace, Rebecca Monaghan, Kirsty Anderson, Chloe McKinlay, Olivia Coverdale, Daisy Tominey, Zoe Campbell

S3 Boys

Lennon Houston, Lewis Gormal, Ben Monaghan, Calum McEwan, Jake McKie

Senior Girls

Erin Wallace, Rebekah Hemmingsley, Niamh Coyne, Lynsey Ross

Cross Country Success

Erin Wallace has had another fantastic season this year. She won the Scottish U15 Short Course Cross Country 2K title at Bellahouston Park on 9th November. She continued her success when she started off her British Cross Country Championship series with a win in the U15 3Km race in Sefton Park Liverpool. Erin also represented Scotland in January at the Celtic Nations cross country championships in Dublin in the U17 category. After a close run race against much older girls Erin finished a very close second. And finally in February Erin went on to win the Scottish U15 inter-district Cross Country Championships whilst representing Scotland West and then won the U15 Scottish Cross Country Championships in Falkirk and the U17 Scottish Secondary Championships at Beach Park Irvine in March. Erin also had a notable performance for Scotland in the International Cross Country race held in Dublin on March 21st. Despite still being 14 Erin came 3rd in the U17 race finishing as first placed Scot leading Scotland to second overall. Well Done Erin!



Ross Lipp, Jamie Sturrock and Erin Wallace were selected to attend the Scottish Schools Athletics Squad training camp on 29th March in Dunfermline due to their success at the East Renfrewshire Cross Country Champion. Congratulations should also go to Clare Wallace who came 7th in the Scottish Secondary Schools U14 Cross Country race in Irvine.

Athletics

Track and Field

Athletics Club

Luke Trainer

The aim of the Athletics Club is to introduce pupils to entry level Athletics and to develop their confidence and ability. The club meets once per week and sessions vary between outdoor track work and indoor strength and conditioning.

A typical session involves pupils warming up; performing foundation level movement dynamics and drills, followed by sessions split between sprint specific training and endurance specific training. Pupils will then warm down appropriately dependant on the session. All sessions are overseen by a UK Athletics accredited coach.

Over the past year numbers at the club tend to fluctuate each week, however every week pupils turn up and impress with their focus and commitment. Improvements in areas such as stamina to running technique are noticeable amongst most pupils.

Pupils from the Athletics Club have achieved success in selection to school teams for local and national competitions, notably helping towards team bronze medals in the Junior and Senior Girls race at the East Renfrewshire Cross Country as well as team bronze for the senior boys. The club also has athletes looking to represent the school at the country track and field championships in the coming weeks.

The Athletics Club hopes to build on its current success and encourages any pupil who wants to try Athletics to come along.



SCHOOL ATHLETICS CHAMPIONSHIPS 2015

On Monday 11th May 2015 the top 10 performing boys and girls from S1, S2 and S3 were invited to travel to battle it out in the Eastwood High School athletics championships. The competition was run in a 'heptathlon style' with all pupils being awarded points based on their performance over a number of events including 80m hurdles, long jump, high jump, 100m, shot putt, 200m, 800m. The competitions were all very close with all pupils giving their best on the day.

First Year Champions

GIRLS BOYS

First	Clare Wallace	Ben McCann
Second	Rebecca Hickey	Callum Anderson
Third	Chloe McKinlay	Fraser Scott

Second Year Champions

GIRLS BOYS

First	Emily Macdonald	Alan Yie
Second	Kirsten Burningham	Adam Mitchell/Struan Wilson
Third	Laura Beatt	Daniel Nell

Third Year Champions

GIRLS BOYS

First	Erin Wallace	Ross Lipp
Second	Mirryn McGeehan	Graham Murchie
Third	Caitlyn Sinclair	Lennon Houston

DISTRICT ATHLETICS CHAMPIONSHIPS

This major East Renfrewshire event took place at Linwood Sports Centre on Tuesday 2nd June 2015.

GOLD	Emily Macdonald(100m,200m,High Jump) Erin Wallace(1500m,Relay) Ross Lipp(100m,400m) Clare Wallace(1500m) Kirsten Burningham(Long Jump) Elise Tweedie(Shot Putt) Zoe McKinna(Relay) Caitlyn Sinclair(Relay) Mirryn McGeehan(Relay)
SILVER	Ross Lipp (Long Jump, Relay) Graham Murchie (Relay) Calum Anderson (200m) Kyle Taylor (Relay) Keenan Campbell (Relay) Clare Wallace (High Jump)
BRONZE	Ben McCann (400m) Euan Chalmers (1500m) Lawrie Haig (High Jump) Alan Yie (Shot Putt) Chris Barber (Long Jump, Triple Jump) Robbie Walker (Triple Jump) Jonathan Taylor (Shot Putt) Erin Wallace (200m)

Eastwood Athletics Success

Eastwood's athletes had a very successful summer last year. In the Scottish Schools Athletics Championships at the end of June 2014 Eastwood High had 4 competitors all performing with distinction. In the U15 400m Ross Lipp came 5th in a personal best time of 55.56 seconds, and Jamie Sturrock came 4th in the U15 800m in a time of 2.06.75 just missing out on a medal. In the U17s High Jump Catherine Palmer came second winning a silver medal by clearing a height of 1.60m and congratulations go to Erin Wallace who won gold in the U15 girls 800m race in a time of 2.13.66. However Erin's summer did not finish at the Scottish Schools Championships. She has also won the British U14 Triathlon title in Nottingham and three days later went on to be crowned Scottish U15s 1500m champion at the National Track and Field Championships in Aberdeen. Catherine and Ross also competed at the National Championships in Aberdeen, Catherine coming second in the U17 high jump, narrowly missing out on gold again, and Ross coming 4th in the U15s 300m. Erin continued her athletics success in January by winning the Scottish U17 indoor athletics 3km title at the Emirates Arena at the age of 14. An excellent achievement for Erin!

Eastwood High athletes were well represented at the Scottish Schools Indoor Athletics Championships held at the Emirates Arena in Glasgow in February with some excellent performances. Erin achieved two gold medals winning the U16 1500m and the U16 800m titles, remarkable considering Erin is still only 14. Jamie Sturrock won a silver medal in the U16 800m another significant achievement. Ross Lipp of S3 qualified for the final of the U16 400m but missed out on a medal. Catherine Palmer came 6th in the O16 High Jump whilst Emily Macdonald competed in the U16 girls High Jump and despite still being 12 years old on the day of the competition came a creditable 12th overall 10cm below the winner. Following her double triumph at the Scottish Schools Indoor Championships Erin went on to win the U17 800m and 1500m at the National Indoor Championships the following week at the same venue.

Rebecca Hemmingsley won the Giffnock North Athletics Club "Most Committed Athlete" of the year. Finally Congratulations go to Emily Macdonald S2 who won the U13 Scottish High Jump title with a jump of 1m50.

A fantastic effort by all our Athletes. Well done!!



S1 Football (U13) Mr Higgins

A huge number of S1 boys signed up to the U13 football club this year and the team made good progress as they season went on. After a very difficult start against a strong St Ninians side, the team's results improved. The highlights were an excellent first half against Williamwood leading 2-0 but ultimately losing and then a fine 3-0 victory against Woodfarm.

In the Scottish Cup we were defeated by Park Mains that put the team into the Plate competition where we were got through against Kilwinning Academy to face John Paul Academy in round 2. An enthralling encounter finished 1-1 with numerous chances blown by both sides to win it. Unfortunately our boys lost 4-3 on penalties.

The season finished with a 7 a side tournament at St Ninian's where we finished 3rd. After starting with a draw against St Ninian's B, we lost to St Luke's and St Ninian's A. However the boys then found their stride defeating Woodfarm and Williamwood, finishing with a draw against Mearns Castle.

Player of the year: George Banks

Players' player of the year: Luke Barber

Under 14's Football Team Mr Williams

This year our Under 14's team got off to a late start having started the season with no coach. Once they did get going however, they showed some great promise narrowly losing 3-2 to at Williamwood in their first game of the season. Following this the team had perhaps there best performance of the season winning 5-3 at home against Paisley Grammar School in the second round of the Scottish Shield.

The team competed well in further league games against St Ninian's and Mearns Castle. Eastwood did however enjoy their closet rivalry with Barrhead with two close games home and away.

The team can now look forward to improving further next year as they go into 3rd year.



Team: Mark Boyle, Fraser Cowan (Player of the Year and Top Goals Scorer), Colin Campbell, Matthew Farmer, Euan Ford, Ben Hodgson, Adnan Hussan, Callum Imrie © (Players Player of the Year), Sohail Jerfel, Aaran Keir, Josh McGugan, Martin McGinness, James McKelvie, Adam Mitchell, Alan Munn, Elliot Reilly, Logan Rowe, Struan Wilson

U15 Football

Mr Williams

Paisley and District Schools League

Eastwoods start to the league season was with an entertaining 5-5 draw at home against Williamwood, a match the team will feel unlucky not to have won having lead 5 times in the match. They did however get revenge winning 3-2 away in the return fixture, a credible result against a strong Williamwood side. The team were however left disappointed in the league, losing out on qualification for the league play offs finishing 3rd on goal difference behind Williamwood after a costly defeat by Woodfarm- although the team did manage to reverse the result at home with a 4-3 win.

Pos	Team	Overall					Home					Away					+/-	Pts	
		Pld	W	D	L	F	A	W	D	L	F	A	W	D	L	F	A		
1.	St Ninians	6	6	0	0	38	4	3	0	0	22	2	3	0	0	16	2	+34	18
2.	Williamwood	6	2	1	3	22	21	1	0	2	7	11	1	1	1	15	10	+1	7
3.	Eastwood	6	2	1	3	16	24	1	1	1	10	11	1	0	2	6	13	-8	7
4.	Woodfarm	6	1	0	5	9	36	1	0	2	3	19	0	0	3	6	17	-27	3

Scottish Shield

Once again Eastwood had a good showing in the national competition after going out of the Scottish Plate last year in the semi-finals on penalties. The highlight of the team's involvement was an outstanding 8-5 win against St Peter the Apostel High School, a school that regularly reaches the latter stages of the competition. Heart break again hit the team however with a place in the last 16 at stake, they went out on penalties (again!) to St Matthews of Saltcoats- eventual semi-finalists.

Paisley and District Schools FA St Mirren Cup

The under 15's retained their status as Eastwood's most well-travelled team starting off their St Mirren Cup campaign with a trip to Dunoon, enjoying a 3-2 win on a particularly wet and testing day. Following this there was an excellent victory away to St Luke's, scoring 7 goals to silence a partisan home crowd. Next up was a semi-final with Williamwood where the team managed to overcome their penalty jinx winning 4-3 after drawing 1-1 over 90 minutes. This was a great effort by the team becoming the first Eastwood Football team to reach the league cup final in well over 10 years. Unfortunately in the end the boys were beaten by last year's Scottish Champions St Ninian's, despite going a goal up. Overall though the team can consider themselves to have been the most successful Eastwood football team for season 2014-15 and hopefully more success awaits the team next year.



Team: Keenan Campbell (Player of the Year), Jack Christie, Stefan Downey, Arran Fraser, Lennon Houston, Callum Hughes, Calum James, Adam Latif, Ross McKenzie, Calum McMillan, Ryan Porter, Matthew Rae, Ross Stoddard, Jason Stewart, Kyle Taylor (Players Player of the Year 7 Top Goal scorer), Robbie Walker

S4 Football (U16) Mr Reid

The Under 16 S4 boys' team improved their record for the 4th straight season, qualifying for the P&D league play offs for the first time. The boys started the league campaign very strongly losing just 1 of their first 7 games to ensure top spot for the majority of the season. Unfortunately 3 losses in our last 4 resulted in an away tie against top seeds St Ninian's in the play-off semi-finals. After an outstanding encounter between the 2 teams at the beginning of the season, both teams served up another cracker which we ultimately lost 4-2. The team again played highly entertaining football all season.

Unfortunately our cup campaigns were not as successful losing in the 2nd round of the Scottish cup to St Columba's and having beaten Inverclyde, the boys were beaten by St Benedict's in the Quarter Finals of the League Cup. The boys have developed into a fantastic side and hopefully will continue this into the senior team next season.



SQUAD:

Duncan Brash; Scott Johnson; Cameron Keir; Ewan Keir; Thomas Lamb; Ben Lockie; Marc Low; Craig Macfarlane; Marcus Mandagie; Jack Marshall; Dylan McCutcheon; Matthew McGowan; Calvin McGrory; Harris McLean; Callum Patrick; Ross Pillans; Luke Sinclair; Greg Young;

Top Scorers: Calvin McGrory (8); Greg Young (5); Marcus Mandagie, Harris McLean (3)

Top Assists: Marcus Mandagie (4); Ben Lockie (3);

RESULTS:

League: Castlehead (h) 2-0, (a) 4-2; Glennifer (h) 0-1, (a) 2-1; Mearns Castle (h) 1-5, (a) 4-2; St Ninian's (a) 1-1, (play off) 2-4; Williamwood (h) 0-1, (a) 4-2; Woodfarm (h) 1-4, (a) 1-1

Scottish Cup: St Columba's (a) 0-1

St Mirren Cup: Inverclyde (h) 2-2 (4-3 pens); St Benedict's (a) 0-1

Senior Football

Mr Carr

It was a mixed year for the senior boys' team and the end of an era for players Alan Regan, Conan McLean and Captain Euan Baird. However there was also an introduction to the senior team for S4 pupils Calvin McGrory and goalkeeper Liam Gray.

Throughout the year the senior team battled and gave their all in every match and managed to gain one victory in the first half of the season against a strong St Lukes team away from home. Eastwood ran out 3 - 1 winners. There was disappointment in the first round of the cup when Eastwood were put out by a very strong Bannerman team losing 5 - 3 in a closely fought match. The boys continued to show great determination and strength of character in the second half of the season and as a result they picked up their second win against Gleniffer. In a game that seen Eastwood win by 5 goals to 1, there was also this year's goal of the season from Captain Euan Baird.

As a result of Eastwood's determined performances this year they managed to finish third in the league table. Throughout the season the team showed fantastic commitment, enthusiasm and togetherness and this will no doubt be carried on into next season.

The senior team also had a victory mid-way through the season against arguably their toughest opponents.... The Eastwood staff team. The pupils managed to clinch the victory winning 2-1 with goals from Zak Hussain and Euan Baird.



Senior football team

Euan Baird

Football Success

Kyle Taylor S3 is a talented young footballer who featured regularly in the St Mirren U15's this season and has signed again to stay at St Mirren for the upcoming season. Kyle also qualified for the West District squad and helped the team secure a place in the final where they unfortunately lost in penalties. Well Done Kyle!



Senior Girls Football

Miss Boyle

The squad 2014-15

S6 - Rachel Jackson (c), Sophie Shields, Eilidh Gordon, Nicole Paterson, Catherine Palmer, Lisa McGowan, Cara Pearson, Hannah Blackburn-Turner

S5 - Chantelle Welsh, Siouxsie Blackburn-Turner, Natasha Blackburn-Turner

S4 - Chloe Banning, Abtaha Maqsood

S1 - Rebecca Monaghan, Rebecca Hickey



Back Row (left to right):
Hannah Blackburn Turner;
Eilidh Gordon; Sophie
Shields; Rachel Jackson;
Nicole Paterson;
Cara Pearson

Front Row (left to right):
Abtaha Maqsood; Chloe Banning; Rebecca Hickey; Rebecca Monaghan

Eastwood girls had yet another productive season participating in the Paisley & District U18 league and the East Renfrewshire Senior league as well as the St Mirren U18 cup. The girls finished the East Renfrewshire League in fourth position with strong performances at U18 level by first year pupils Rebecca Monaghan and Rebecca Hickey who were playing well above their age group but displayed a high level of skill. The girls reached the semi-finals of the St Mirren cup this year also but lost out to a stronger Barrhead side on a very wet March evening.



As always at this time of year, I get a little emotional as I say goodbye to my Senior players, this year I unfortunately have to wish the majority of my time all the best for the future.

Goalkeeper

Sophie Shields



Sophie started her football career In S1 as a defender but took over between the pipes towards the end of that first season and hasn't looked back, her attitude, her jovial spirit, her temper tantrums and her ability to surrender (yes I did say "to surrender") under pressure has all come together to provide some of the best memories and biggest laughs of my coaching career.

Sophie is heading to University to study Law and Economics at Strathclyde - all the best Sophie.

Defence

Eilidh Gordon



Rachel Jackson (c)



Hannah B-Turner



Cara Pearson



The defence team will be a major loss next year, with a good balance of right (Eilidh and Rachel) and left (Hannah and Cara) footed players, the defence line was always strong and worked really well together. I hope the girls continue to play when they leave school even if it's just 5 a-side with the Eastwood "Old Players" League.

Midfield

Jade Sheach



Catherine Palmer



Nicole Paterson



Lisa McGowan



Catherine and Jade both train with Giffnock North Athletics Club and Lisa McGowan is an Irish Dancer competing at the highest levels. With a true mix of athleticism in this group, our midfield could out run anyone, it's just a shame they couldn't run with a ball at their feet ☺ All joking aside, the midfield have played together for many years and this can be

witnessed in the intuitive play (some might call it a fluke) they demonstrate regularly on the field. It's been great fun coaching a group of girls who can get along well with each other and I look forward to hearing positive things from the girls in the future.



The girls pictured in 2010

Spain 2013

To the seniors, I wish you all the very best for the future, keep in touch girls and let us know how you get on. To the rest of the squad, there is some positive talent coming from our primaries next season so I am expecting great things from our U15's and U18's. Keep working hard over the summer - no slacking

Miss Boyle x

Hockey

Mrs MacGregor

This year has been another great year for our hockey squad. We began the year with 22 girls and 6 boys from S1 to S6 regularly training each Wednesday. The great turnout and good weather encouraged everyone and the enthusiasm of the group has helped improve the skills of all our players. As the season progressed the squad has become smaller but developed into a talented and really great group and it has been a pleasure to work with such excellent students. Their enthusiasm has never wavered and the continual commitment of the group is amazing.

The long awaited Generation 3 all-weather pitch has made such a difference to not only our training but also raising skill level. We can now actually stop the ball on this surface and pass and shoot accurately. What a difference! Our only hold back now was the weather. From January through to almost the end of February we were met each week with either snow covered pitches or gale force storms. Hockey is not for the faint hearted and even we had to cancel a few training sessions.

Our Inter schools 7 a side tournament this year took place at St Ninians in December with two of our teams playing in a round robin event. Both squads played really well with one of our groups winning their section with 3 wins and a draw. A great result with both groups scoring many goals. Our second tournament in March was cancelled due to a storm and we thought we would have no more matches. Having been invited to team to represent the school in the East Renfrewshire Secondary Games in April and our hockey team came second winning silver medals. Congratulations to all who took part.

As our new season approaches our training will resume in August with more matches planned for the session 2015-2016. I look forward to welcoming back all team members and any new players - no experience necessary.



NETBALL Miss Lyons/Mrs Govan

This year the senior team had a great season showing great commitment to the team and training hard. S5's Kirsten Watson and Rebecca Boyle were a great help and credit to the Netball Club by helping out and assisting with coaching throughout the year. The girls done a great job and helped developed the other girls game through these seasons. Rebecca also held a training session on a Thursday lunchtime for any Junior and Senior members wanting to practice and improve on particular aspects of their netball. Keep up the good work next season girls. I appreciate all your hard work.

Sadly as always at this time of year we have bid farewell to our S6 players Genna Stewart and Natalie Anderson. Both girls have been part of the Eastwood Netball club since S1 and it has been a pleasure watching the girls grow, develop and improve as netballers over the years. Their contribution to the Eastwood Netball Club has been brilliant and you will both be sadly missed by the other players and coaches alike. Good Luck with your next big adventure.

Junior Netball

Miss MacLellan

The girls within the junior netball squad have improved massively over the past year. In particular, the S1's who joined the school back at the beginning of term have come on leaps and bounds, showing good skill development and an understanding of a set of complicated rules! They work extremely well together as a team and have shown excellent commitment coming along to practice every Tuesday evening.

Team matches included playing against several other East Renfrewshire schools at a friendly netball tournament held at Eastwood. This was the

first official netball tournament of the year and the girls performed brilliantly. Following this the girls attended a Nails Nibbles and Netball event organised at Woodfarm High School where 28 pupils played against 3 other East Renfrewshire schools and enjoyed getting their nails tended to in between matches and gorging on some much needed nibbles after all the energy they used during their games. A big congratulations to Lucy Hemmingsley for winning Most Valuable Player and taking home a well-earned medal! Lastly, nine of our netballers were selected to attend the East Renfrewshire Secondary games to represent Eastwood. The girls had a great day out and did the school proud, contributing to an overall fourth finishing position.

The girls always work very hard and should be proud of their efforts and I hope they are looking forward to the club starting up again in the new term.



Girls Basketball

Mrs McCarron

We have enjoyed high participation levels this year with 28 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.

This year our Junior and Senior girls have competed in the Renfrewshire and East Schools Basketball League and Cup. Unfortunately other schools do not seem to have the same uptake and there has been a lack of competition for us with very few teams entered. We have enjoyed some very competitive and high level games though against Gryffe High School, Park Mains, Gleniffer and Mearns Castle.

We are very sad to be losing our most dedicated girls yet; Catriona Connelly, Catherine Palmer, Eilidh Gordon, Jade Sheach, Genna Stewart, Gillian Garbutt, as they Eastwood but wish them the very best of luck for their futures. Hopefully we will see you back at the club again coaching or refereeing.



Senior Squad:

Catriona Connelly, Catherine Palmer, Eilidh Gordon, Jade Sheach, Genna Stewart, Gillian Garbutt, Eden Dolling, Amber Sims, Becky Taylor, Mollie Ruff, Sara Jerfel, Justine Ling, Nichola Struthers, Fiona Marshall, Jennifer Palmer, Abigail Catterson, Lucy Smith, Priya Shaan

Players Player - Becky Taylor

Most Valuable Player - Eden Dolling

Senior Boys Basketball Mr Woods



The senior boys had a record of played 9, won 4 lost 5
In the league they beat St Ninian's (44-38) and Castlehead
(53-16) were well beaten by Williamwood (17-57) and
Paisley Grammer (59-24)

The disappointing results against Johnstone High (58-38)
and Barrhead (43-23) were mainly due to lack of players.
Only 5 players against Barrhead and 8 players against
Johnstone.

In the cup they beat St Luke's (33-30) and Johnstone
High(25-29) before being well beat by Park Mains in the
semi-final.

Girls Fitness

Miss MacLellan

The Girls Fitness club has grown in numbers over the past year and is made up of an extremely enthusiastic team from S1 through to Senior school. The girls come along every Wednesday and enjoy lots of different activities with a focus on fun, variety and challenge. The girls have had the chance to undertake different exercise sessions in activities such as boxercise, yoga, circuits, indoor/outdoor bootcamps, aerobics, insanity, cheerleading dance and many more. The girls have shown excellent commitment and have worked extremely hard over the year. Well done to all of the girls involved and I hope they have enjoyed

their time in Fitness Club and it has inspired them to continue leading and fit and active life!



Swimming

The Eastwood swimming team had a very successful swim meet at the Scottish Schools Renfrewshire Heats in October. All swimmers competed very well with several medals being won.

In the 13-14yrs category Ailsa Martin won Gold medal in the 100m Butterfly, Clare Wallace won Gold medal in the 100 freestyle and Silver medal in the 200m Freestyle.

In the 15-16yr category, Findlay Morrant won Gold medal in the 200m Freestyle and Silver medal in the 100m Butterfly, Erica Hunter won a Bronze medal in 200m Breaststroke, Jennifer Palmer won a Bronze medal in 100m Breaststroke and a Silver medal in the 200m Breaststroke, Erin Wallace won silver medal in the 100m Freestyle and Bronze medal in the Individual Medley.

In the Over 17 Category Calum Ross competed in both the 100m and 200m Breaststroke finishes fourth in both races.

Findlay, Clare and Erin all qualified for the Scottish Schools finals in each of their events where they swam very well.

Clare Wallace won the Scottish National Swimming Championships 50m Freestyle Title in the U13 category.

Congratulations go to Findlay Morrant (S4) who recently won "Top Boy Swimmer" at the recent Ren96 awards. To win the award Findlay won a clean sweep of all the races in his age group.

Laura Beatt S2 also had a successful season where she achieved 4 gold and 1 Silver in the Milngavie and Bearsden Swim Meet.



Junior Badminton Miss Barr/Mrs McWilliam

The junior badminton club has seen huge numbers this year, at times with over 40 pupils attending! It is made up of very enthusiastic and talented S1-S3 pupils. The club has seen the number of girls increase throughout the year and it has been great to watch complete beginners become more confident and specialised in their game. Each week they practise their shots and compete against one another in games. A number of our club members attended an East Renfrewshire competition and represented the school at a very high level. The pupils involved were: Euan Ford, Matt Porteous, Robert Northcote, Emma Wills, Elise Tweedie and Kimberly McLeish. Euan Ford and Robert Northcote also take part in training and competitions out with the club. Euan attends Shuttleworks Badminton Coaching Group and Robert attends Glasgow Chinese Badminton Club. Both boys show great potential within the sport. All in all, this has been

great year for the junior badminton club. All pupils have shown real improvements in their skills and we hope they continue to build on these skills next year!

Cricket Sports Report Mr Williams

Eastwood's cricket team have found it difficult to get going this year due to the poor 'cricketing' weather. In the team's only outing this year they came up against a strong team from The High School of Glasgow, the second year in a row the teams have been drawn together in the West Region Scottish Cup. In difficult conditions the team did well coming within 18 runs of winning, with Kess Sajjad top scoring with 63 runs while Abtaha Maqsood was the pick of the bowlers with 3-13 in 4 overs. Despite the poor weather the team have however been working hard indoors with help from the overseas professionals from Poloc Cricket Club and they will hope to do well in their remaining fixtures against Holyrood, Hillhead and Shawlands.



Cricket Success

A vital part of Scotland Women's Cricket Squad, Abtaha holds a prestigious medal from the English Cricket Board for her role in assisting the Scottish National Team to the Division 3 Final.



U 14 Rugby

Mr Reid

The Under 14 rugby boys came together for the first time this year and made enormous progress both as individuals and as a team. After a couple of heavy defeats to established teams at Duncanrig and Mearns Castle, the boys' results improved as the season went on. The vast majority of the squad had not played rugby before and it was great to see their development. We went on to defeat Belmont House and Williamwood twice as well as 2 more defeats to Mearns Castle. However, both of these were much closer than the early season loss.



Squad: Connor Baillie, Luke Barber, Chris Canning, Euan Chalmers, Callum Ip, Ben McCann, Joshua McDonald, Stephen McGowan, Kalum McLean, Declan McLellan, Jack Meikle, Andrew Paton, Fraser Scott, Kaylen Scott, Lukas Wood; Stephen Baird, Pablo Da Silva, Ben Hodgson, Chris Knox, Michael McClure, Adam Mitchell, Jonathan Rae, Robbie Richford, Lloyd Russell, Logan Swanston, Ben Taylor, Alan Yie

Most Improved Player: Chris Knox

Player of the Year: Adam Mitchell

Results:

Belmont House: W 39-7; W 28-0

Duncanrig High: L 10-52

Mearns Castle: L 7-43; L 0-17; L 5-22

Williamwood: W 12-7; W 5-0

U16 Rugby

Mr Reid

The Under 16 rugby boys played a number of games this season and entered the Brewin Dolphin Scottish Plate for the first time ever at this level. The squad was a mix of experienced rugby players as well as some boys totally new to the sport. They started off with a couple of heavy defeats to established teams at Duncanrig and Belmont House, however this was followed up with a very impressive win in the Plate against Largs Academy. Unfortunately the boys were then defeated in the next round by Carrick (a developed school of rugby) which put us in the bowl competition. We then finished 3rd in our group, defeating Grange Academy but losing to Cumnock with the very last play then also to Belmont Academy. The boys finished also had 3 more friendly victories against Belmont House, Mearns Castle and Williamwood. Overall the boys had a very impressive season with a number graduating to the Mearns Schools U18 side for next season.



Squad: Jack Christie, Logan Drennan, Scott Fraser, Daniel Harkins, Lennon Houston, Adam Latif, Thomas McCarthy, Graham Murchie, Robbie Walker; Jamie Black, Sam Harper, Jack Poyns, Logan McMahon, Dillon Smart, Logan Walton, Gary Turner, Matthew McGowan, Andrew Simpkins

Most Improved Player: Robbie Walker

Player of the Year: Graham Murchie

Results

Duncarrig 0-55 (L), Belmont House 0-40 (L), Largs Academy 91-10 (W), Mearns Castle 27-24 (W), Carrick Acad 19-51 (L), Grange Acad 36-10 (W), Cumnock Acad 24-27 (L), Belmont Acad 7-32 (L), Belmont House 24-12 (W), Williamwood 7-0 (W)

U18 Rugby

Mr Reid

This season, Eastwood merged with Belmont House and Mearns Castle to form a Mearns Schools U18 to compete in the Brewin Dolphin Scottish Plate. Due to a lack of numbers for all 3 schools to compete individually, we came together to ensure access to competitive rugby matches for more pupils in all 3 schools.

The first game of the season saw an enthralling encounter against Williamwood which ended in a 24-37 loss. As a result we then went into the Bowl competition where we started with a 39-12 win against Largs Academy. This was followed up with victory over Belmont Academy which left our final game against Grange Academy as the decider to progress. An incredibly close encounter ultimately saw us lose 17-12 to a team with a couple of age group internationalists. This

was a good start to this new venture which we hope to build upon for future seasons.

The following boys were part of the squad:

Sam Gage
Stuart Walker
TJ Henderson
Andrew Murray
Jack Murray
Logan Walton
Craig Connelly
Andrew Simpkins

Dance

Miss Lyons

Eastwood High hosted the East Renfrewshire Dance Championships on 24th March and was well represented in all categories. It was a night of fantastic performances by all the Eastwood dancers, but best of all was an outstanding and astonishing performance by Danny Nell (S2) to win best solo dance. Well done to everyone.



YDance Sport Scotland

Miss MacLellan

A mix of girls from S3 to S5 attended the government funded Active Girls programme, YDance. During the day the girls learned various warm ups, dance games, a street dance sequence, a contemporary dance sequence and took part in creative group work, showcasing what they had learned to members of staff at the end of the day. Some of the girls have been given the opportunity to apply for the pre-arranged SCQF Level 4 Award in Dance Leadership course which will run in the local authority. Well done to all our talented girls involved, they had a fantastic day and put on an excellent performance!



Ballet

Well done to Zoe Devon (S3) and Eve Herd (S3) who both passed their Grade 4 Royal Academy of Dance ballet exams.



Bollywood Star

Congratulations to Bhavna Mehta (S5) who has been selected, after auditions, to perform at the Edinburgh Military Tattoo between 12th & 30th August. Bhavna will be dancing alongside professional Bollywood dancers in an item entitled "Bollywood Love Story" (EK Prem Kahani) and this will also be a part of the tattoo grand finale on 30th August. Watch out for her on television. Bhavna also runs the school Bollywood club who successfully competed in the East Renfrewshire Dance Championships. Well done Bhavna!



Cheerleading

Jodi McNeil and her squad will be travelled to Florida to compete in the ASAFS Dance World Championships with her team DCA. They qualified for both the semi-finals and the final. Well Done Jodi!!



VOLLEYBALL

MISS WORKMAN



Coaches: Miss Workman and Ross Malloney

Junior Girls Players: Lucy Hemmingsley, Ailsa Roy, Abigail Watson, Ayesha Khan, Lauren Scott -Kiddie, Maya Nyamakanga.

Senior Girls Players: Justine Ling, Michaela Raynal, Lucy Smith, Abtaha Maqsood, Rebecca Tait, Mollie Ruff, Amirah Bouzgarrou, Becky Taylor, Eden Dolling.

Junior Boys Players: Ewan Walker, Liam Dolling.

Senior Boys Players: Scott Kennedy, Lewis Gibson, Scott Adkins, Jack Murray, Harris Ali, Gary Turner, Lewis James, Jonathan Anton, Stuart Young.

The club continued to build upon the experiences of established and new players. The core group of senior boys and girls continued to train together on a Monday after school and welcome younger players in. The first challenge of the year was to prepare and compete in the MACVOLLEY tournament hosted by the Scottish Volleyball Association; both boys and girls senior teams competed well against difficult teams and earned their place in the tournament next year. This led to a visit from Andy Flemming, an international and GB player, who led a couple of training sessions and spotted talent amongst our players. Justine Ling and Harris Ali also organised a brilliant inter-house tournament which allowed pupils to experience the fun side of the sport. Pupils also enjoyed a staff v pupil tournament which showcased potential in all age groups. Looking forward to next year we aim to host a local authority wide senior tournament and improve our tournament performances and junior team entries. We will continue to work with the SVA and hope to see Andy Flemming and other lead coaches back. The photos are from the MACVOLLEY tournament.



Aquathlon

Miss MacLellan

Erin Wallace (S3), Laura Beatt (S2), Jennifer Hepburn (S1) and Clare Wallace (S1) took part in this year's Scottish Schools Championships 2015 Aquathlon. Historically, the Schools Championships were held as part of the Stirling Triathlon in June, but this year the event took place in East Kilbride at the Dollar Aqua Centre with 250 school pupils from 47 schools across the country involved. Our junior athletes competed in individual events including a 300m swim and 2km run for S1/S2 and a 400m swim and 3km run for S3/4. Erin Wallace raced to victory in her event, receiving gold medal, while her sister Clare Wallace returned home with a silver. All of the girl's efforts were fantastic and despite the freezing conditions they had to endure on the day they remained enthusiastic - well done to all involved!



The Wallace sisters Clare and Erin were presented with their awards for winning the Scottish Aquathlon series in November after a gruelling season. Erin won the 13-14 years and Clare the 11-12 years.



KARATE SUCCESS

Megan Macnair travelled to Madrid during last summer to take part in a coaching session led by one of the leading senseis (Karate Coaches) in the world. She also competed at the Venice International Open where she placed 5th in one category and 7th in another against competitors from all over Europe. Megan then came 3rd in the British U16, 2nd in the Scottish U16 and won the Gold medal in Wishaw for Kata. She will also be heading to Japan in August for a training camp. Well done Megan.

Also in Karate Christopher Canning (S1) came 1st in the 11-14 years under 4th Kyu category at the JKA Scottish Kata Championships.

Finally, well done to Imaan Manzur (S1) and Hafsa Manzur (S3) who came joint 3rd in the Scottish Shutokai Karate Association Championships in the girls 150cm–162.5cm category.



Karting

Mrs Ross/Mr Gillespie



2015 saw Eastwood pupils once again entering 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. Early in the year, a 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 standard of driving and lap times were so good that the decision was taken to enter three teams into the 2015 BSKC championship rather than two teams as in previous years. This would also give some of our younger drivers the opportunity to develop their skills at competition level.

Eastwood A

Alan Regan
Stuart King
Kevin King

Eastwood B

Iain McIntosh
Andrew McIntosh
Craig Macfarlane

Eastwood C

Max Skillen
Robbie Walker
Callum Weaver

The teams took part in the Local heats at Scotkart in March. All of the boys drove excellently with Eastwood A and B coming 1st and 2nd overall, beating Williamwood, Mearns Castle and Hutchesons Grammar which resulted in them securing their place in the Scottish Regional Final. The Scottish Regional Final will be held at Raceland, East Lothian on 11th June. This will give the boys an opportunity to display their driving talents once again, with a view to reaching the National Final at Whilton Mill, Northamptonshire on 18th July where they would compete against the other top schools in the UK.

We wish all of our drivers the very best of luck in the next stage of the competition.





Eastwood Karting Teams A, B and C 2015

Skiing

Congratulations to the Eastwood Ski Team (Ben Hodgson, Ross Hodgson, Caitlin Rae, and Caitlin Parry), following their victory in the Bellahouston district qualifiers for the Scottish Dual Slalom. The final was held at Snow Factor Braehead where they successfully finished 3rd in a tough category of 10 teams. The team also took part in the Scottish Schools Championships at Glencoe on 16th March. The conditions were dreadful with mist and driving snow however the team came 4th overall narrowly missing a medal by 0.35sec. In the individual "experienced" category Ben Hodgson came 22/34 and in the girls' event Caitlin Rae placed 6th and Ellie Marshall 7th. Caitlin Parry also competed well in very difficult conditions



Fencing

In a new sporting development for Eastwood the S5/6 Sports leadership class undertook their Level 1 Fencing course this month. There has also been a coach from Scottish fencing who has been delivering extra-curricular sessions over the Spring/Summer term. Although uptake has been low for this new activity there has been some good interest and attendance at the primary taster sessions which have been running at Eastwood High Sports Centre in conjunction with Active Schools. Hopefully some of those pupils coming to Eastwood in August will be keen to continue and develop their 'thrust and parry'!!



Archery

Mr Gibson

This year 10 staff from the PE department and active schools completed their level 1 Archery Instructors award over 3 days. This is great news at it now means that the department can offer Archery both as part of the curriculum and as an extra-curricular activity. We were very lucky to be supported by the school senior management in the purchasing of new equipment necessary to ensure a safe and successful learning environment. We look forward to developing some young talent and aspiring Robin Hoods in the future. Look out for more information coming in August!!

Lawn Bowls

In June last year Jonothan Neil won the SYBA Slaver U17 Triples. An excellent achievement!

This year, both Jaclyn and Jonothan Neil competed in the SYBA representing Glasgow South and won the inter-district U17 competition at the end of May. Jonothan has also qualified for the U25's Singles semi-finals to be held in Renfrewshire in June. Good luck Jonothan.

Shooting

Congratulations also go to Laura Shoveller (S4) who won a gold medal in the west of Scotland small bore shooting championships. This victory means that Laura will be part of the West of Scotland team in forthcoming regional competitions.



Jiu Jitsu

TJ Henderson was selected to represent his Jiu Jitsu Club, Gracie Barra Glasgow, at the UK Championships in Birmingham in March where he won the gold medal in the under 80Kg category. TJ also won a silver medal in the "open" category. These performances have allowed him to achieve the UK number 1 ranking. Well Done TJ!!



Cycling

Euan Chalmers (S1) has been performing very well as a member of Glenmarnock Hawks Cycling Club. In 2014 Euan competed in the West of Scotland Cycling Association Mountain Bike Dirt Crit Series winning bronze medals in two of the rounds, and an overall silver medal for the series. Having just completed his velodrome accreditation Euan will be racing both on the road and indoors this season.



Climbing

Well done to Caitlin Roberts (S3) who has qualified in the S3/4 Female (bottom rope) category for the Grand Final of the Scottish Schools Climbing Competition. The Finals were held at the Glasgow Climbing Centre in late March where Caitlin finished in 3rd place. Well done Caitlin!



East Renfrewshire Secondary Games

Miss McLellan

Following a successful pilot in the run up to the Glasgow 2014 Commonwealth Games, Over 300 secondary pupils participated in the second East Renfrewshire Secondary Games event, competing in various commonwealth sports. 38 of our S1 and S2 pupils represented the school in numerous categories including Table Tennis, Netball, Swimming, Rugby and Hockey. Many of our students returned with medals including our rugby team who placed 2nd and our hockey and swimming teams placing 3rd, ranking Eastwood at a 4th position overall. This event enabled PE staff throughout East Renfrewshire to work closely with Active Schools and Sports Development staff, Club Coaches from Giffnock Bowling Club, Giffnock Squash Club, Whitecraigs Rugby Club, AllStars Netball Club and Giffnock Hockey Club which created additional pathways for pupils to take part in sport and physical activity. The efforts shown by all involved were outstanding - well done to all involved!



SPORTSCOTLAND GOLD AWARD

Eastwood High School has been recognised with a prestigious national award for innovation and achievement in delivering physical education and extra-curricular sport.

The School Sport Award is a national initiative that is designed to encourage schools to continuously improve the quality and quantity of physical education and school sport opportunities. They also encourage the sporting links between schools and the communities around them.

There are currently only 82 Gold Schools, 181 Silver and 65 Bronze across Scotland. Stewart Harris, Chief Executive of **sportscotland** said:

“I would like to congratulate all of the staff and pupils at Eastwood High School for putting quality physical education and school sport at the heart of the school. They should be proud of this fantastic achievement.”

“We are building a world-class sporting system for everyone, and a crucial part of that is putting young people at the centre of our efforts. Working with our partners in local authorities and governing bodies of sport, we are creating closer links between physical education, school sport and club sport, which benefits young people by providing more and better opportunities to take part in sport.”

To achieve a bronze or silver **sportscotland** School Sport Award, schools self-assess their current practice. However, to gain gold status an extensive external assessment is also carried out by an independent panel of experts. The Young People’s Sports Panel were central in the development of the School Sport Award which means that young people were able to input at the earliest opportunity.



BBC Get Active

On the 10th of December a group of Eastwood High pupils travelled to the Emirates Arena to take part in a BBC get active event as part of the Commonwealth Games legacy programme. The Eastwood pupils had the chance to try various sports including Boxing, Basketball, Tennis, Gymnastics and Functional Training. The pupils also had the chance for a question and answer session with Josh Taylor and Charlie Flynn two of Scotland's Commonwealth Games gold medallists.



Young Ambassadors

Harris Ali and Justine Ling



This year we were chosen as young ambassadors to promote sports and encourage competition within the school. We setup various house tournaments and events to get younger children as well as the senior pupils to participate in sports clubs as possible, for each sport there was a stall with the name of the sports club and a small sample of what is involved in the club, by getting the pupils involved and showing them the interesting aspects of the sports we managed to fill up most of the spaces available.

As the year progressed we were given the opportunity to take part in the Young Ambassador Conference hosted in Hampden Stadium where the Ambassadors from all of Glasgow came together and discussed the events that we have already organised giving us a large range of ideas which we can co-ordinate in the future. We then went on to talk about aims and goals which all the Ambassadors hope to achieve. Finally we were given the opportunity to meet Olympic gold medallists and had a chance to ask questions and converse about the intense training routines that they follow every day to ensure success in their sport.

Throughout the year we managed to meet many new people and gain new useful skills. We enjoyed having the chance to progress our skills and grow in confidence as we have had to

speak in front of many people during the assemblies. Initially we would never have been able to speak in front of a large group of people but we became more comfortable and can now easily talk in front of large crowds without difficulty.

Later on in the year we set up various house tournaments such as dodgeball, volleyball, football, basketball and netball where members of all year groups from the different houses played against each other. This encourages the pupils to work together and participate in various events to allow their house to win the biggest achievement possible in terms of house, the house tournament shield.

We also had to arrange a basketball tournament which was part of the S1 Maths/Basketball event. Our job was to set up the basketball component of the event which required a lot of organisation, becoming very challenging as it was the first time we had set something up for a full year group. However we managed to control the pupils and set up a fun event in which all the first years participated in.

Even though the beginning was difficult, over time it gradually became easier and simpler as we grew in our confidence levels and organisation skills. This allowed us to prepare for leadership of large groups and taking control of a large number of younger pupils. This also prepares us for life after school as we carry on to use these skills with the general public for jobs and socialising. Overall our experience of being sports ambassadors this year has improved many useful traits that we could use in later life and it was a very enjoyable experience too.

House Sports Championships

Mr Reid

This year saw the 2nd year of the House Sports Championships and House Sports Captains.

The captains this year:

Auldhouse - Lisa McGowan and Craig Smith

Balgray - Hannah Blackburn-Turner and Max Yuill

Capelrig - Gillian Garbutt and Stuart Walker

Duncarnock - Catriona Connelly and Sam Gage

All year groups have competed in a variety of events and the winners are as follows:

Cricket: Balgray

Dodgeball: Junior Boys - Auldhouse, Senior Boys - Duncarnock
Girls - Duncarnock;

Basketball: S1 Girls - Auldhouse, S1 Boys - Auldhouse
Junior Girls - Duncarnock Senior Girls - Duncarnock

Volleyball: Capelrig

Athletics: S1 - Capelrig S2 - Duncarnock

Rugby: Duncarnock

The final overall points this year are:

1st DUNCARNOCK (104)

2nd Capelrig (72)

3rd Auldhouse (70)

4th Balgray (62)

Eastwood High School Physical Education Department

Primary Transition Programme

Primary 7's Visit to Eastwood on 28th May

This was a great day. It is full of fun activities and a good way of introducing all our feeder primary pupils to each other and the staff and to their new school sports facilities.

We are always on the look out for athletes and this is now a tried and tested way of involving our 'new starts' in a variety of events. Due to disappointing weather conditions all events were held in the school games hall. However after lunch the sun came out and we ran mini competitions in relays and sprints.

Over 170 children took part, met new friends, lots of new teachers and we hope they have developed an interest in athletics.



FRANCE WATERSPORTS TRIP MR REID

This May we ran our 5th annual France watersports trip during which 39 S2 pupils enjoyed a variety of activities. Our first 3 days involved descending the Ardeche Gorge on 2 person canoes surrounded by stunning scenery. The weather on day 1 started out relatively pleasant however stronger winds and torrential rain arrived just prior to the end of the day which we finished off with a rock jump. Day 2 hung in the balance as a result of the winds but we gave it a go and managed about 1km of tricky paddling before arriving at the windiest corner in France. With 70mph gusts unfortunately we were forced to abandon our boats for the day and hike back to the bus. However, the following day we made the return hike and powered through the winds for another 15km. As a reward for such hard work we finished our Ardeche adventure with a trip to nearby Vallon to sample some of its finest ice cream and bandanas...

The much needed recovery day in Avignon was a chance for pupils to do a bit of gift shopping and finally wind free and hot sunny weather.

After this we moved on to Mimosa to be met by more strong winds. However we were able to get on the water for some sailing, raft building and, the highlight for most, banana boating! There was also plenty dressing up, dance offs and snail eating as the pupils had a fantastic time once again.

The trip was again a resounding success and the pupils were superb ambassadors for the school. Instructors at both centres and teaching staff from other schools made a number of comments praising the behaviour and attitude of our pupils.



East Renfrewshire Schools Fishing Mr Keogh

We ran our Angling for Youth Development course between November and February again this year. Pupils were encouraged and supported by a fantastic group of coaches led by John Stewart of Scottish Angling Network association (SANA). The programme is run in partnership with our Campus PC and we were ably supported by PC Alistair Lyndsay The group of mainly S1 pupils developed their fly fishing skills over three months. Practising casting and tying their own flies really helped them to develop accuracy and precision. The pupils also improved their ability to listen and respond to instructions and showed they could work well as individuals and as part of a team.

The programme ended with a visit to Cowans Law Trout Fishery near Moscow in Ayrshire. The outing took place mid-February and was a challenging day for all. Chilly winter winds and very few fish were caught. The pics show that despite the weather, the pupils had a great day out.



Sports Persons Dinner 2015

On the 4th June our annual Sports Dinner Awards will took place for the last time in the old Eastwood High School. Looking back over the last few years we are very proud of all our pupils' achievements both past and present and this year is no exception. Well done to all pupils who have participated this year and we hope to see the same commitment and successes next year!!

