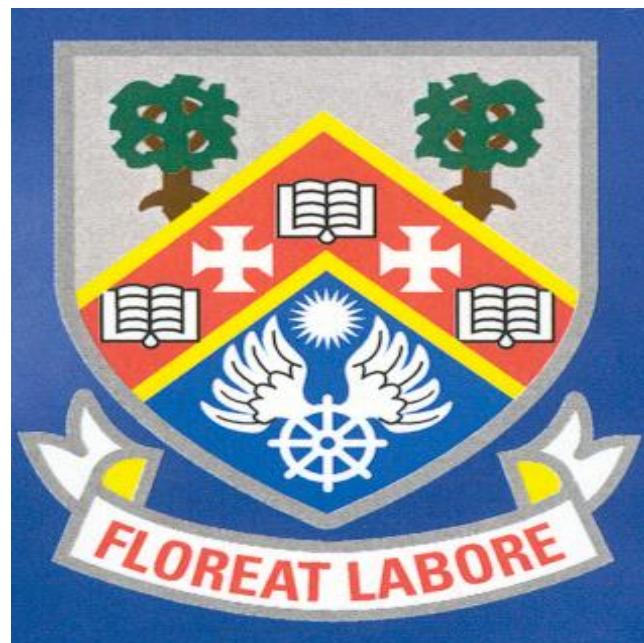


# Eastwood High School



# Sports Reports 2017

# 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 on 2<sup>nd</sup> March. Against some strong school teams Eastwood performed well.

There were some fantastic results for Eastwood this year, with 4 individual gold medals being awarded to Erin Wallace in the Senior race, Clare Wallace S3, Helen Chong and Kerr Scott S2. Eva Chong won the individual Silver medal in the S1 race and Kate Richardson winning Individual Bronze Medal in the S3 race.

In the team events the S1 boys won the gold medal, S3 girls won the silver medal and S3 boys and S1 girls won the bronze medal.

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

### Teams

#### S1 Girls

Eva Chong  
Kiera Welsh  
Esther Jamieson  
Lauren Chalmers  
Daniella Takon  
Annabelle Leitch  
Ellie Kerr

#### S1 Boys

Jack Sinclair  
Aaron Duff  
David Cameron  
Mathew Ritchie  
Shiraz Rabbani  
Calum Cunningham

### **S2 Girls**

Helen Chong  
Lauren Agnew  
Mia Hepburn  
Alyson Bell  
Maja Paszenda  
Katie McMillan  
Lara Sturgeon

### **S2 Boys**

Kerr Scott  
Luke Gillies  
Nicholas Duffy  
Callum McNaughton  
Keir Roberts  
Max Campbell  
Adam Inglis

### **S3 Girls**

Clare Wallace  
Kate Richardson  
Katie Raeside  
Amelia Bain  
Chloe McKinlay  
Rebecca Monaghan

### **S3 Boys**

Euan Chalmers  
Fraser Scott  
Connor Baillie  
Scott McLachlan  
Jack Meikle

### **Senior Girls**

Erin Wallace  
Laura Beatt

### **Senior Boys**

Adam Mitchell  
Jamie Dougall

## **Cross Country Success**

Erin Wallace (S5) and Kate Richardson (S3) represented Scotland in the British International Cross Country Championships held at Port Talbot in Wales on 25th March. Erin won the U20 race against athletes from all the home nations and Ireland leading her Scotland team to win silver. Kate came 15th in the U15 race helping her Scotland team to win the silver medal as well.



# Athletics

# Track and Field

## SCHOOL ATHLETICS CHAMPIONSHIPS 2017

On Wednesday 10<sup>th</sup> 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 100m, 200m, 80m hurdles, 800m, long jump, high jump and shot put. The competitions were all very close with all pupils giving their best on the day.

### First Year Champions

#### GIRLS

First	Naomi Chin
Second	Kiera Welsh
Third	Libby Young

#### BOYS

Jack Sinclair
Nathan Pugh
Matthew Bell

### Second Year Champions

#### GIRLS

First	Alyson Bell
Second	Helen Chong
Third	Lara Sturgeon

#### BOYS

Fraser Lipp
Ben Wilson
Cameron Mackerrow

### Third Year Champions

#### GIRLS

First	Eve Bell
Second	Chloe McKinlay
Third	Tiana Marenah

#### BOYS

Calum Anderson
Ramis Ali
Jack Grant/Isa Mohammad

S1 BOYS		S2 BOYS		S3 BOYS		S1 GIRLS		S2 GIRLS		S3 GIRLS	
100m	Ross Lipp	13.12	Ross Lipp	12.09	Ross Lipp	11.70	Alyson Bell	12.70	Alyson Bell	12.46	Rhea Campbell
2013		2014		2015		2016		2017		2016	
200m	Ross Lipp	26.69	Ross Lipp	25.07	Ross Lipp	24.15	Alyson Bell	26.79	Alyson Bell	26.15	Rhea Campbell
2013		2014		2015		2016		2017		2016	
400m	Fraser Lipp	61.20	Ross Lipp	58.37	Calum Anderson	57.31	Erin Wallace	62.52	Erin Wallace	65.11	Kirsten Birmingham
2016		2014		2017		2013		2014		2016	
800m	Paul Hutchinson	2.26	Paul Hutchinson	2.21	Jamie Sturrock	2.17	Erin Wallace	2.31	Erin Wallace	2.26	Erin Wallace
2013		2014		2014		2013		2014		2015	
1500m	Adam Ingles	5.24	Paul Hutchinson	4.50	Jamie Sturrock	4.47	Erin Wallace	5.11	Clare Wallace	5.08	Zoe Jamieson
2016		2014		2014		2013		2013		2016	
800m Hurdles	Jack Sinclair	14.53	Kerr Scott	14.28	Rami's Ali	13.73	Kiera Welsh	14.72	Alex Cutthbertson	15.79	Eve Bell
	2017		2017		2017		2017		2017		2017
long jump	Fraser Lipp	4.70	Ross Lipp	4.95	Ross Lipp	5.08	Alyson Bell	4.51	Lara Sturgeon	4.55	Mirryn McGeehan
	2016		2014		2015		2016		2017		2014
high jump	Jack Sinclair	1.45	Jack Christie	1.50	Graham Murchie	1.65	Claire Wallace	1.30	Emily MacDonald	1.47	Emily MacDonald
	2017		2014		2015		2015		2015		2016
shot putt	Fraser Lipp	10.33	Fraser Lipp	10.71	Ryan Lockie	10.34	Elise Tweedie	7.27	Natalie Hendrie	7.50	Elise Tweedie
	2016		2017		2013		2014		2017		2016
School Champs	Ross Lipp	133	Ross Lipp	200	Greg Young	206	Alyson Bell	187	Alyson Bell	158	Catherine Palmer
	2013		2014		2014		2016		2017		2012

# **DISTRICT ATHLETICS CHAMPIONSHIPS**

This major East Renfrewshire event took place at Linwood Sports Centre on Thursday 1<sup>st</sup> June 2017. All our Athletes competed very well with the following medals being won;

## **Gold**

Alyson Bell S2	100m (new ER record), 200m (new ER record), Relay
Fraser Lipp S2	Triple Jump, Shot Put
Helen Chong S2	1500m, Relay
Lara Sturgeon S2	Long Jump, Relay
Joshua Coverdale S1	Shot Put
Jack Sinclair S1	High Jump
Ben Wilson S2	Long Jump
Clark Marshall S2	High Jump
Eilidh McCrone S2	Relay
Kate Richardson S3	1500m

## **Silver**

Jack Sinclair S1	100m, 200m
Keira Welsh S1	High Jump, Relay
Daniella Takon S1	Relay
Eva Chong S1	1500m
Kiera Welsh S1	Relay
Naomi Chin S1	Relay
Libby Young S1	Relay
Alyson Bell S2	Long Jump
Clare Wallace S3	1500m

## **Bronze**

Ruaridh McInnes S1	1500m
Ben Wilson	Relay
Kerr Scott	Relay
Cameron Mackerrow	Relay
Fraser Lipp	Relay
Esther Jamieson	800m
Lara Sturgeon S2	100m
Maja Paszenda	Shot Put

## Eastwood Athletes



## Eastwood Athletics Success

Over the last year the Eastwood Athletes have continued to produce some excellent performances. During the summer, Erin Wallace S5 won a bronze medal in the 1500m at the European Youth Games held in Tbilisi, Georgia. In addition she came 4th in the UK U20's 1500m in the 4 Nations Championships in Manchester. Erin has also been competing for the UK U17 Triathlon squad in the European Championships in Hungary where unfortunately she had a bad bike accident whilst leading the pack forcing her to withdraw through injury. Cameron Mackerrow S2 also won a 4 x100m relay U13 silver medal in the Scottish Athletics Championships whilst running for Giffnock North AC. He also won bronze in the same event with his team in the Scottish Youth Development League.

On 10th October Eastwood High School's largest ever team of athletes travelled to Helix Park in Falkirk to participate in the Scottish School's Team Road Race. There were many notable performances but particular mention should go to Helen Chong (S2) who placed 7th in a field of over 180 competitors in the S1/2 girl's category. This helped the S1/2 girls team to finish overall 5th narrowly missing out on a bronze medal. There were also notable performances from Clare Wallace S3, finishing 15<sup>th</sup>, Zoe Jamieson S4 53rd in the S3/4 girls race and Jamie Sturrock S6 13th in the senior Boys race. Well done to all who competed.

At the Scottish Schools Indoor Athletics Championships held at the Emirates Arena on 1st & 2nd February the Eastwood athletes performed with great distinction. The team comprised of Jamie Sturrock, Erin Wallace, Ross Lipp, Rhea Campbell, Fraser Lipp, Kate Richardson, Clare Wallace, Helen Chong, Alyson Bell, Lara Sturgeon and Clark Marshall. Erin won gold in the over 16 800m and 1500m, Alyson won bronze in the U16 60m, despite being only 13. Kate Richardson came agonisingly 4th in the U16 800m and Rhea Campbell came 6th in

the over 16 300m, despite only being 15. Helen Chong also made the final of the U16 1500m coming 6<sup>th</sup>, despite being only 13. An amazing achievement all round. As a result of their performances at the Scottish Schools Indoor Championships Kate, Rhea, Alyson and Helen have been invited to take part in the SSAA training day at Pitreavie in Fife on the 19th of March. Erin also won bronze the week before in the senior women's 800m at the Scottish Athletics Championships securing a qualifying time for the Commonwealth Youth Games in the Bahamas in July. Erin's sister Clare also performed really well at the same championships placing 5th in the U17 1500m despite being only 14.

Congratulations also go to Clark Marshall S2 on winning the Eamonn Fitzgerald Trophy in Pole Vault. This award is given by the Glasgow School of Pole Vault for the best young Pole Vaulter in their debut season.

On Sunday 23rd April, Erin won the Virgin Media U17 Women's London Mini Marathon in a time of 16.09 minutes. Erin won the race by 7 seconds from her nearest rival; an achievement of truly national and international significance. She continued her success in May where she finished 4th place at a British junior Triathlon in Wales and as a result she has been selected to represent Great Britain at the European junior Triathlon championships in Austria on 17th June. This was the first time Erin had raced the distance and in the u/20 age group. Clare Wallace and Kate Richardson also competed in the youth race (15-16) of the same Triathlon championships, again the first time in such a high level race. Kate finished 22<sup>nd</sup> and Clare finished 28th.

In the West District Track and Field Championships held in May in Kilmarnock our athletes were on winning form. Alyson Bell won Gold in the 100 and 200m and achieved a club record for the 200m in a tie of 25.75sec. Fraser Lipp won Gold medal in the Javelin and Rhea Campbell won Silver in the 300m.

Finally, well done to Erin Wallace who has been selected to represent Scotland in the Commonwealth Youth Games in Nassau in the Bahamas this Summer. She achieved qualifying times this season in the 800m, 1500m and 3000m and the talented young athlete has opted to compete in the 800m and the 1500m. The latter event is a straight final on the 21st July with the heat and final of the shorter event on the 22nd and 23<sup>rd</sup>. We wish her all the best in these events and look forward to hearing how she gets on. Well done Erin.

A fantastic effort from all our Athletes - Well Done!!

Erin Wallace S5



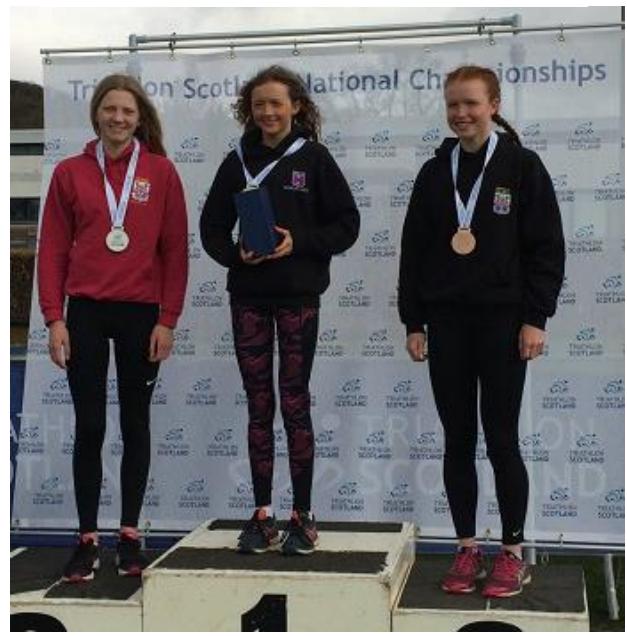
Clark Marshall S2



Alyson Bell S2



Clare Wallace & Kate Richardson S3



## Aquathlon

Clare Wallace (S3), Kate Richardson (S3), took part in this year's Scottish Schools' Aquathlon Championships at Stirling University our athletes competed in individual events including 400m swim and 3km run. Clare Wallace (S3) finished 2<sup>nd</sup> and Kate Richardson (S3) Finished 3<sup>rd</sup> in the S3/S4 race. Helen Chong finished 12th, Eva Chong 23rd and Lauren Chalmers 26th in the S1/2 race. All of the girl's efforts were fantastic well done to all involved!

# S1 Football (U13) Mr Higgins

The S1 team had an enjoyable season and made significant progress as the year developed. This year saw the team introduced to school football and should look to build on this experience next year where they will be playing against some tough opponents. The club consisted of 50 S1 pupils with most players attending training on a weekly basis. Tournaments against Crookfur Primary and High Schools within the authority ensured as many players represented the team as possible throughout the season. The team started the season with a heavy loss away to St. Andrew's as we tried to decide pupils' best position for the team. After this the team then lost 6-3 at home to Woodfarm and showed that they have the ability to attack and score goals. On the return fixture the team showed great character to bounce back from the previous result to win 3-2 recording our first win of the season. The team consists of a lot of talented players who have formed a great bond this year and should enjoy successful seasons in years to come. A variety of players picked up player of the match this year: Sam Waters-Pym; Matthew Bell; Junaid Aftab; Riordan Gavan and Ayaan Ali.



## Squad

Junaid Aftab; Ayaan Ali; Huzaifa Amanat; Charlie Barber; Matthew Bell; Liam Bothwell; Jack Boyle; Elliot Brocket; David Cameron; Josh Carmichael; Chloe Colquhoun; Lewis Cooper; Aaron Duff; Ben Farmer; Andrew Ferguson; Corran Forbes; Riordan Gavan; Xander Geddes; Jack Kelly; Amir Khan; Jamie MacKenzie; Jenson Mandagie; Antony Martin; Kunal Marwaha; Pablo Mateo; Ruaridh McInnes; Flynn McIver; Rory McKendrick; Ben McMahon; Ismail Nasir; Mathiew Ritchie; Idrees Rauf; Greg Sherman; Kyle Sichi; Jack Vershueren; Sam Waters-Pym; Fraser Watson; Lewis Zanforlin

# Under 14's Football Team      Mr Reid

The S2 boys' football team has had a mixed year. They endured a very difficult league campaign losing all of their games, however they did play some very attractive football at times, and deserved better in a few of the games. However, they put this disappointment aside and played with great confidence in the Scottish Cup and Plate. They played a fantastic game against Cathkin in the Scottish Cup coming back from 2-0 down to draw 2-2, hitting the post and scoring a disallowed goal in the last few minutes. Ultimately though, they lost on penalties. This took them into the plate competition where they continued to play with confidence and style. The run allowed the boys to play against teams from across Scotland including a trip up to Banchory Academy in Aberdeen. As well as beating them 2-0, the boys defeated last year's quarter and semi-finalists (Largs Academy and Taylor High School) taking them to semi-finals where they played against a strong Airdrie Academy and unfortunately were defeated.

Fraser Lipp top scored with 10\* with Callum McNaughton 2<sup>nd</sup> with 7\*. Jack Kelly and Luke Gillies both provided 6 assist's each with Adam Inglis making 5. Kerr Scott, Luke Gillies and Fraser Lipp were all nominated to play in the trials for next seasons P&D U15 squad.



## SQUAD:

*Safwan Aamir; Scott Black; William Burns; Ross Carmichael; Steven Collingham; Luke Gillies; Rory Henderson; Adam Inglis; Jack Kelly; Rafay Khan; Fraser Lipp; Sam McGarry; Matt McLay; Callum McNaughton; Keir Roberts; Kerr Scott; Craig Smillie; Seb Smith; Jack Varty*

*Player of the Year: Kerr Scott*

*Most Improved Player: Callum McNaughton*

## RESULTS:

League: Barrhead (h) 1-2 (a) 3-7; Mearns Castle (h) 3-8 (a) 1-2;

St Ninians (h) 1-12 (a) 1-12; Woodfarm (h) 1-3 (a) 0-4;

Williamwood (h) 1-4 (a) 1-6;

Scottish Cup: Cathkin (a) 2-2 (3-4 pens)

Scottish Plate: Irvine RA (a) win; Largs (h) 5-2; Banchory (a) 2-0; Taylor HS (h) 2-0;  
Airdrie (n) 1-8

St Mirren Cup: Mearns Castle (h) 1-6

# Senior Football

# Mr Williams

Senior Football Team



Squad Season 2016-17

Duncan Brash, Keenan Campbell, Fraser Cowan, Ryan Dougela, Stefan Downey, Arran Fraser, Lennon Houston, Calum James, Scott Johnson, Arran Keir, Cameron Keir, Ewan Keir, Marc Low, Marcus Mandagie, Andrew McIntosh, James McKelvie, Craig Macfarlane, Calvin McGrory, Harris McLean, Graham Murchie, Callum Patrick, Ross Stoddart, Jason Stewart, Kyle Taylor, Robbie Walker

Season 2016-17 turned out to be quite an adventure for the senior football team and although the team did not end up with any silver wear they were certainly winners in the end.

### Paisley and District Schools League

Bringing together two very talented year groups the mix of players appeared to blend well almost immediately with a comfortable 6-1 home win at home to Barrhead in the league. Next up the team secured the Gibson Cup beating Mearns Castle away from home for the first time in 4 years.

At this point things were looking good for the promising team and the only real problem appeared to be getting the strong squad all game time. The team's next game however was against a strong St Ninian's team which boasted many of their U16's Scottish title winning team from the previous year. Eastwood started well and went ahead twice leading 1-0 and 2-1 before eventually losing 4-2 after being caught out on the break. A 2-2 draw with Mearns Castle at home and a 1-0 away win at Barrhead completed the league season for the team with Woodfarm and Williamwood unable to complete their fixtures. The team did manage to finish second in the section though despite only completing half their fixtures and were unlucky to miss out on qualifying as best second placed team.

Pos	Team	Overall					Home					Away					+/ -	Pts	
		Pld	W	D	L	F	A	W	D	L	F	A	W	D	L	F			
1.	St Ninians High	6	6	0	0	38	7	5	0	0	34	5	1	0	0	4	2	+31	<b>18</b>
2.	Eastwood High	5	3	1	1	15	8	1	1	0	8	3	2	0	1	7	5	+7	<b>10</b>
3.	Mearns Castle High	8	3	1	4	26	25	2	0	2	15	10	1	1	2	11	15	+1	<b>10</b>
4.	Williamwood High	5	2	0	3	10	14	2	0	0	10	4	0	0	3	0	10	-4	<b>6</b>
5.	Barrhead High	6	1	0	5	7	31	1	0	2	3	7	0	0	3	4	24	-24	<b>3</b>
6.	Woodfarm High	2	0	0	2	3	14	0	0	0	0	0	0	0	2	3	14	-11	<b>0</b>

### Scottish Schools FA Senior Shield



The real glory for the team however was in the Scottish Senior Shield. Outstanding early form saw the team comfortably through to quarter finals, a feat no Eastwood team had even come close to in a number of years. Even more impressive was the teams results, scoring 19 goals while conceding only 2 over the course of 4 matches.

In the last 16 the team met a very strong Trinity HS team from Rutherglen which had been heavily backed as potential winners. Eastwood met the challenge however; despite going a goal down early on they rallied to lead 2-1 at half time through excellent goals from Keenan Campbell and Harris McLean. Next Eastwood went 3-1 up with potentially Eastwood's goal of the season, with Scotland Cap Calvin McGrory picking the ball up in the centre of the pitch before smashing a volley from all of 40 yards into the top corner. The team survived a late scare when a mix up allowed Trinity to pinch a goal to take it to 3-2, but the team marched on to the semi-final.

Dunfermline HS in the quarter final were next up and proved to be very tough opponents. Eastwood almost lost goal keeper Scott Johnson early in the match with a torn thigh muscle. Scott and the team battled on however with excellent protection offered by the defence and midfield to protect the struggling keeper. Halfway through the second period of play however another goal of the season contender came from Kyle Taylor, picking the ball up in the centre of his own half Kyle drove forward brushing off tackles from 4 Dunfermline players before unloading a wicket left foot drive from 35 yards which sailed into the top corner. This injected some life into the team and Harris McLean was next up with another fantastic - Van Basten-esque - finish. With the ball lifted over the defence Harris steadied himself and took the shot on first time,

smashing the ball from a difficult angle into the far side of the net. 2-0 it finished and next up came local rivals St Ninian's.



The semi-final came quickly after the quarter giving the team little time for rest, but perhaps played into Eastwood's hands with the team still jubilant after their quarter final result. Played at New Western Park Renfrew, in front on a sizable crowd, St Ninian's started brightly and took the lead from a hotly disputed penalty, with the Eastwood players aggrieved feeling any foul was outside the box. This appeared to spark life into the Eastwood players who fought back into the game to finish the half strongly and importantly level. A long free kick into the St Ninian's box wasn't dealt with and Keenan Campbell pounced, producing an excellent controlled half volley from 18 yards. A fired up Eastwood re-emerged after half time and the team managed to take the lead. Lennon Houston put excellent pressure on the advancing St Ninian's goal keeper who failed to effectively clear the through ball leaving Calvin McGrory with a measured first time finish from 50 yards to put Eastwood 2-1 up. Towards the end of the match the team and defence next put up a great defence to keep out the St Ninian's only to lose a scrappy goal in the dying minutes of the match. Next: penalties.

With both teams Exhausted from their excursions St Ninian's again went ahead in the game scoring their first penalty while Eastwood missed theirs. Following that Houston, Taylor and McGrory excellently held their nerve to keep the team in the tie under immense pressure. St Ninian's then had the chance to win with their 5<sup>th</sup> kick only to see Scott Johnson turn the ball round the post to keep the team in it. Next up Stefan Downey had to score. A calm side foot finish then put the pressure on the St Ninian's centre half in sudden death, pressure he was unable to handle blazing over from 12 yards. With the teams regulation penalty takers having all been, next up was rugby player turned right back Graham Murchie. With nerves at this point shredded Murchie, concerningly lining up his penalty like a conversion, slotted home calmly: sending the keeper the wrong way; sending the squad wild and sending the team into the final of the tournament for the first time in 40 years.



*Graham Murchie slots home the winning penalty against St Ninian's*

The final 7pm Thursday 4<sup>th</sup> May 2017, a sunny night at Hampden. With a great deal of excitement and nerves in equal measure the team travelled to the national stadium for the big one. Taking time to get out onto the pitch and to soak it all in the team went into the match focused and ready to battle a very strong Braidhurst team. Having already shown excellent battling qualities in the semi-final the team were not daunted coming up against the SFA performance school and took the game to Braidhurst. After coming close with a McGrory free kick which grazed the post Eastwood took the lead through centre half Calum James when another excellent delivery from McGrory found Kyle Taylor at the back post. Taylor did well to get a shot away from a tight angle and forced the keeper into a smart save before James tucked the ball away from a very tight angle. Eastwood were then unfortunate not to go 2 up when Downey's close range header went close. Later in the half however an increasingly strong Braidhurst team found an equaliser after breaking through the Eastwood defence on the break.

Halftime changes helped Eastwood get to grips with their excellent opposition but after playing their way into the match they were caught on the break to go 2-1 down, with the Braidhurst sub tucking the ball into the empty net after an excellent save from the outstanding Scott Johnson. The team rallied however and showed tenacity in the later stages of the match pushing for a late equaliser, going close with efforts from Houston, Taylor and Campbell before running out of time.

The match will go down as a defeat but what the team achieved in competing with many larger schools and in a time when SFA performance schools and schools of football dominate the national competitions all the players can be immensely proud of what they achieved in reaching Hampden, and the memory of running out onto the famous pitch at the national stadium will live long.

Results

Eastwood	v	Barrhead	P&D League
6		1	
J Stewart		3	
C McGrory		2	
S Downey		1	
Mearns Castle	v	Eastwood	P&D League
1		4	
R Dougela		2	
H McLean		1	
K Taylor		1	
St Ninians	v	Eastwood	P&D League
4		2	
K Campbell			
C Patrick			
Eastwood	v	Mearns Castle	P&D League
2		2	
C McGrory			
S Downey			
Eastwood	v	The High School of Glasgow	SSFA Shield Senior
5		0	
C James		3	
C McGrory		1	
S Downey		1	
Eastwood	v	Hutcheson's Grammar	SSFA Shield Senior
4		1	
K Campbell		1	
F Cowan		1	
D Brash		1	
A Keir		1	
Eastwood	v	Bearsden	SSFA Shield Senior
4		1	
C McGrory			
H McLean			
S Downey			
R Dougella			

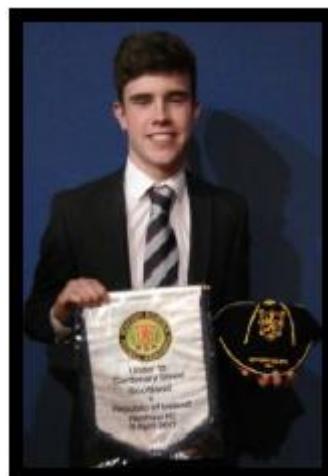
Eastwood	v	Lanark Grammar	SSFA	Senior
6		0	Shield	
C McGrory	4			
K Campbell	1			
M Mandagie	1			
Eastwood	v	St Benedicts	St Mirren Cup	
11		0		
C McGrory	3			
F Cowan	2			
C Patrick	2			
K Taylor	1			
S Downey	1			
R Dougela	1			
C MacFarlane				
Eastwood	v	Barrhead	P&D League	
1		0		
D Brash				
Eastwood	v	Trinity	HS	SSFA
3		Rutherglen		Shield
C McGrory		2		
H McLean				
K Campbell				
Eastwood	v	Dunfermline	SSFA	Senior
2		0	Shield	
K Taylor	1			
H McLean	1			
Eastwood	v	St Ninian's	SSFA	Senior
2		2	Shield	
McGrory			Eastwood won 5-4	
K Campbell			on pens	
Eastwood	v	Braidsurst		
1		2		
C James				

## Goal Scorers

C McGrory	14
K Campbell	5
S Downey	5
R Dougela	4
C James	4
H McLean	4
F Cowan	3
C Patrick	3
K Taylor	3
J Stewart	3
D Brash	2
A Keir	1

## Special Mention

Special Congratulations go to Calvin McGrory in being selected for the Scottish Schools International squad and Paisley and District Select Squad.



Also, a special mention goes to goalkeeper Scott Johnson for being selected for the Paisley and District Select Squad.

Hampden Thursday 4<sup>th</sup> May 2017



# Senior Girls Football

Miss Boyle

## The squad 2016-17

S3 - Leigh Edgar; Rebecca Hickey; Rebecca Monaghan

S2 - Maja Paszenda; Niamh Gorman; Ella Harrison; Emma Garner; Mia Hepburn

S1 - Chloe Colquhoun (c); Lyndsay Martin; Emma Armstrong



Eastwood girl's had yet another productive season participating in the Paisley & District U15 league, the East Renfrewshire Junior league as well as the St Mirren U15's cup and the SSFA Cashback 7's tournament. The girls finished the East Renfrewshire League in second position with strong performances at U15 level by first year pupils Chloe Colquhoun, Lyndsay Martin and Emma Armstrong who were playing against older and stronger opposition, but displayed a high level of skill.

The girls have reached the National Final of the Scottish School's Cashback 7's tournament having performed well in both the district round in February, and the West Region Final in May (picture above). The National Final will be held at Toryglen Football Centre on the 6<sup>th</sup> June.

Reaching the Final stages of competition is becoming a bit of a habit and on the 7<sup>th</sup> June, the U15's squad will take on our neighbours St Ninian's in the final of the Paisley and District's St Mirren Cup. The venue for the final has still to be confirmed but with 2 final's appearances in 2 days, we wish the girls well.

As for the league..... The girls competed very well throughout the whole season to win the Paisley and District U15 League. The girls were a credit to the school. Hopefully next season will be as successful. Well done girls!!



At this time of year, I always have mixed feelings. It's great to look back on a fun year of sport and appreciate how far the girls have come, but there is always a bitter side to the end of a school session as this means we have to say goodbye to some of our seniors. This year, I have to acknowledge the contribution of one of our S6 boys. Jared Keir

Jared undertook his SFA Refereeing Certificates whilst in fifth year and has been officiating all of the girls' home games ever since. Jared will be out of the country for the next few years as he decides on his next career move. I wish him (and his two brothers) the best of luck. If anyone knows a good ref, please pass me their details!



Jared Keir S6

And finally,

Congratulations to two of the Eastwood Girls for making it into the SFA West Region Performance Squad this session. Chloe Colquhoun (S1) who captains the Celtic Ladies U13's squad and Maja Paszenda (S2) who plays her club football for Glasgow City Orange U14's. Well done Girls.

## Manchester Football Trip

**Mr. Higgins / Mr. Reid / Mr. Williams / Mr. Phillips**

In April 46 S1/2 pupils made their way to Manchester to experience an English Premier League Fixture. First stop on our journey was a trip to the service station where a number of boys found success on the 'claw machines' with their prizes pictured below.

After this we made our way to the Etihad Stadium to get a tour of Manchester City's stadium. Here we were given information from the maintenance of the pitch to UEFA regulations of individual changing rooms. The pupils were given access to Manchester City's changing room and were even shown the ball used to score Sergio Aguero's league winning goal which secured them the 2011/12 English Premier League.

Once we had visited the club shop, we then made our way to Old Trafford to watch Manchester United play West Bromwich Albion. We were placed in excellent seating where we could view the full pitch. Unfortunately we didn't see any goals that day but the pupils did get to see some of their heroes which they were looking forward to.





# Hockey

# Mrs MacGregor



Every year we are so fortunate to have a great group of players join or return to play hockey and this year has been no exception. We have had a strong squad of S1 players who show real potential and have added to our existing team.

This year Eastwood hosted the S1 - S3 mixed East Renfrewshire schools tournament. Competition was hard with other schools fielding more S3 pupils than ourselves; however our two teams played really well and never gave up. They were a real credit to the club. Our second tournament was a combined activities day led by Sport Scotland and the results from our hockey team helped Eastwood come 3<sup>rd</sup> overall in the competition.

This year special mention goes to Murdo McTear S6, Ben McGarry S5 and Joshua Bell S4. All have been outstanding coaches helping the younger members in the club by leading groups and working with the squad to help improve their skills. In addition they have been great role models demonstrating commitment and leading by example. Thank you all.

As we look forward to next session we are sorry to lose two of our seniors, Murdo McTear and Emma Wilkinson as they leave to start university. They will be missed but we wish them the very best for the future. I also have to say well done to all players who consistently train on a Wednesday after school. Despite the rain, snow, gales and sometimes sunshine, the pupils show real dedication and are great fun to work with.

We also want to welcome new members to the club for next session, no experience necessary, just enthusiasm.

Get fit everyone because we start training in August.

# Netball Club Miss Watt & Miss Shannon

It has been an exciting and successful year for the netball club at Eastwood HS. With over 60 girls involved, Tuesday night training has been busy, so busy those who were keen began training on a Thursday night as well. S1, S2 and S3 teams entered the Scottish Cup and all achieved some success with the highlight being the S1 team reaching the bronze final against Hawick HS at Ravenscraig Sports Centre. We entered the new S1 & 2 East Renfrewshire League giving all pupils more opportunities to play netball competitively. In May all S1-3 girls also had the opportunity to compete in the East Renfrewshire school tournament at St Ninian's HS. Miss Shannon joined us in October and has been invaluable to the team as another coach; we would not have been able to compete as often without all her help.

We've travelled to the Emirates Arena twice to support the new Scottish Netball team - The Sirens. We hosted another fantastic bake sale raising £310.50 in aid of the charity Malawi Leaders of Learning thanks to all the generosity of pupils and their parents/carers. A netball bake sale really is special, so many talented girls on our team and persuasive salespeople!

Our sports journalists, Ayesha Khan and Abigail Watson (S3) have been committed to attending all games and spent a great deal of time writing match reports for us all to enjoy.

The girls, as always are a pleasure to coach. They are a lively bunch with a real enthusiasm for the game and they have all developed so much in the last year, both on and off the court.

Well done to everyone who has been committed to netball club this year, we'll look forward to next season.

## S1 Bronze Scottish Cup Runners Up

### Sirens trip and Bake sale



# S1 Netball Team

It has been an exciting first year of netball for the S1 team, with a large number of enthusiastic girls joining us, entering both the East Renfrewshire League and the Scottish Cup tournament.

The introduction of the East Renfrewshire League allowed all the girls many opportunities to play competitively and develop their skills.

Then Scottish Cup team played very well, they were placed in the Bronze league after the 1<sup>st</sup> round and had their 1<sup>st</sup> home victory against St Peter the Apostle. They then travelled up to Forfar Academy to play the quarter-final and won, Belmont Academy in the semi-final and won which resulted in them facing Hawick High School in the final at Ravenscraig where they ended as runners up. This is a fantastic achievement for their 1<sup>st</sup> year playing together.

We look forward to trying again next year!

S1 V St Peter the Apostle



S1/2 V Woodfarm



S1 v Forfar



Team Players	
Nimrah Shah	
Preetika Samra-Kaur	
Sophie Orr	
Daniella Takon	
Mia Walker	
Keira Welsh	
Eva Chong	
Ellie Delahunt	
Maaria Khan	
Zara Redpath	
Kushdeep Kaur	
Uppal	
Daisy Moodie	
Grace Russell	
Laura Thompson	
Nicole Strachan	Katie Grant
Jenna Fellows	Beth Wood
Sarah-Jane Nichol	Karys Wood
Skye Nyamakanga	Lois McLellan
Maryam Khan	Aliyyah Waheed
Eilidh Mitchell	Millie Blair

# S2 Netball Team

The S2 netball team competed well this year, participating in both the East Renfrewshire League and the Scottish Cup tournament. We have had a committed group of players, with experience as well as new members who joined the team this year. The biggest highlight for the team was beating Castlehead High School, in the first round of the Scottish Cup taking them to the silver round. Unfortunately, they were defeated against Lathallan School but the girls enjoyed the experience and the journey to Montrose. The girls have progressed well as a team and we look forward to next year!

Team
Players
Hana Afzal
Ammarah Ali
Hannah Colville
Alex Cuthbertson
Kirsty Dougall
Emma MacDonald
Natalie Hendrie
Rachel McCutcheon
Hannah McGeogh
Aamina Naeem
Louise Rafiq
Keira Thomson
Khushi Virhia
Erica Winning
Disha Yadav
Emma Garner
Lauren Agnew
Katie Shields
Abigail Ewen
Flora Robertson
Eilidh McCrone

S2 V Lathallan School



S2 v Castlehead



# S3 Netball Team

The S3 netball team have had a great year, developing marvellously as a team, and continuing to get better with every game they play. The year began with participation in the Scottish cup tournament where they played against Mearns Castle High, and making it into the silver round after defeating Belmont House. This has been a massive highlight and achievement for the girls, motivating them to maintain their high standards of play.

This followed on to a game against Balwearie High School where they showed great potential. Despite this being a close match, this was an unfortunate loss. However, the girls continued to work hard and try their best throughout the year.

## Team Players

Aamnah Ahmad

Abbie Caddelle

Abigail Thomson

Abigail Watson

Amy McVitie

Ayesha Khan

Ellie Dallas-Mundell

Eve Bell

Jennifer Roy

Maryam Shabbir

Their involvement in the East Renfrewshire League has also been a success, with an intense game against Barrhead High, winning by 1 point in the final ten seconds with the end result of 13-12.

Belmont



Balwearie



# Basketball

# Mr Gibson

This year has seen the introduction of the East Renfrewshire Inter school basketball festivals with games being played at a variety of levels including S1 boys, mixed S2/3 boys and girls, senior girls and senior Boys. With Mrs McCarron starting her maternity leave in October, one of our ex pupils Catriona Connelly who coaches with the Culture and Leisure Trust led the Girls coaching sessions on a Wednesday with Mr Gibson and our 3 senior Coaches (Ruairidh Gordon, Louis Aston and Rheece Hamilton) taking the boys on a Friday. All teams gave great accounts of themselves with some very close results against varying opposition.

In January The S1 boys started with strong performances against St Lukes, Williamwood and St Ninians which they narrowly won overall having dropped points against a strong Williamwood team. The 2<sup>nd</sup> festival in March was again close with teams represented from St Ninians, Williamwood and Eastwood. Again, another strong performance this time saw the Eastwood Team coming 2<sup>nd</sup> out of the 5 teams competing. (S1 Team:-Sean Scott-Kiddie, Kunal Marwaha, Myles Douglas, Riordan Gavan).

In January the S2/3 Team was competing in a mixed competition at St Ninians HS with our Eastwood team putting in a good account of themselves and thoroughly enjoying the event. For many in the team it was their 1<sup>st</sup> opportunity to play competitively at this level and so with varied success winning some games they came away having had a great experience and are keen for future matches to further develop their skills.(S2/3 Team Chloe McKinlay, Rebecca Hickey, Jennifer Hepburn,Callum Ip)

The senior Girls team was expecting to play against a number of other schools at their festival however disappointingly only St Ninians was also able to field a team at this level. The girls were outstanding in their performance and worked well as a team with the more experienced players supporting those for whom this was their first outing with the school team. They posted a very convincing win with a number of excellent baskets being scored. (Senior Girls Team:- Elise Tweedie, Jennifer Palmer, Katie Cameron , Carys Mitchell, Anoosha Khan)

The senior Boys tournament was a corker of an event with 4 teams competing from Eastwood, Mearns Castle, St Ninians and Williamwood HS. The games were all very close with some outstanding defence and a range of high quality baskets being scored from all over the court by all the teams. Unfortunately the Eastwood team was unable to capitalise on some excellent plays and narrowly came 4<sup>th</sup> with only a few points separating the teams in each game. The 2<sup>nd</sup> tournament was a much more competitive affair with 5 High Schools being represented this time including Woodfarm HS. Each team won the majority of their games which set up a fantastic final game between Eastwood and Williamwood. With an electric atmosphere the game was end to end action with

baskets at both ends showing the quality of both teams. In the end it was a win for Williamwood by 2 points, but a well-deserved 2<sup>nd</sup> place went to Eastwood which was a great result for the boys well done. (Louis Aston, Ruairidh Gordon, Rheece Hamilton, Liam Dolling, Alan Yie, Jon Ithell, Chris Knox, Kelvin Bull, Chris Barber, Sohail Jerfel, Jamil Razzaq, Robbie Richford)

Senior Boys



S3 Team



S1 Boys



Senior Girls



# Swimming Club      Miss Watt/Miss Mahoney

This year we have had over 20 pupils attend swim club on Wednesday (mixed class) and on Friday (girls only). Pupils have made significant improvements to their swimming ability and now improve on their technique, water skills and sometimes lifesaving skills. New members always welcome!



## Swimming Success

Esther Jamieson and Lauren Chalmers S1 took part in the West Districts Swimming event at Tollcross Pool in September. Both girls competed in the Individual Medley Relay and qualified with one of the fastest times from their heats. The girls placed 3rd overall winning a bronze medal.

Lauren Chalmers S1 produced some excellent performances in swimming at the end of the year, winning Gold in the 200m Butterfly and Silver in the 100m Butterfly at the West District Short Course Championships. In the West District Long Course Championships she secured Butterfly Silver and Bronze over the same distances. Her performance in the 200m Butterfly at the Short Course Championships qualified her for the Scottish finals at the Commonwealth Pool in Edinburgh where she swam an excellent personal best.

Clare Wallace competed in the Scottish Schools Swimming Championships in East Kilbride finishing 6th in the 15/16 age group 200m Freestyle. Lauren Chalmers S1 in the same championships finished 6th in the 200m butterfly and 9th in the 100m butterfly in the age 13/14 category. Both girls gave excellent performances and were competing against older swimmers.

Esther Jamieson, Lauren Chalmers, Clare Wallace and Laura Beatt competed at the Scottish Swimming Championships in Aberdeen between the 29th March and 2nd April. Esther swam well in a number of events with her best finish being a personal best in the semi-finals of the girls 11-13 400m Freestyle. Lauren came agonisingly close to a medal, finishing 5th in the final of the girls 11-13 100m Butterfly. Clare was even closer to a medal swimming against older S4 girls in her events in the aged 15 category. She managed two fantastic 4th place finishes in the 1500m Freestyle and the 50m Freestyle sprint. Finally Laura, a swimmer with the City of Glasgow club, struggled with illness but despite not being fully fit managed to reach the semi-final of the 50m Butterfly in the 15yr old category.

Another great year from our Eastwood swimmers.



# Rugby

# Mr Reid

## S1 School of Rugby

The first year of the School of Rugby has been extremely successful with 22 S1 boys currently taking part in the programme. They come down to PE for 4 periods a week along with the extra-curricular club. With only a few of these boys having played rugby before, they made huge progress as the year went on. They finished 2<sup>nd</sup> in their T4 Conference out of 7 teams and also represented the school in the Scottish Power Glasgow Warriors Championships winning 3 of their 4 games. Charlie Barber top scored with 9 tries and 79 points overall with Joshua Coverdale (6), Lewis Zanforlin (5) and Jack Verschueren (5) the other top try scorers.



**Squad:** Euan Anderson; Charlie Barber; Liam Bothwell; Jamie Burns; Joshua Carmichael; Joshua Coverdale; Matthew Deighton; Ryan Gordon; Dean Grierson; Cole Hart; Josh Holmes; Jack Kelly; Andrew Lamb; Calum Macbeth; Cameron Mallard; Moiz Maqsood; Oliver McGee; Ben Newbon; Jack Verschueren; Lewis Zanforlin; Ricky Zhang

**Most Improved Player:** Ricky Zhang

**Player of the Year:** Charlie Barber

**Results:**

Mearns Castle 5-27

Williamwood 31-36

Shawlands 0-50

Belmont House 66-19

Oban 19-22

St Thomas Aquinas 39-5

Coatbridge 17-7; 32-14

Dalziel 0-14

Warriors (Oban 15-20; Wallace 25-10; Duncanrig 35-25; St Thomas Aqu 30-15)

# S2 School of Rugby

Having committed to the rugby club last year, 23 boys were inducted into the S2 School of Rugby programme. Having come up against some very experienced and quality sides at the start of the season, the boys made great improvements as the season went on, playing some very good rugby. They finished 4<sup>th</sup> in their T4 conference and also represented the school in the Scottish Power Glasgow Warriors Championships winning 2 of 4 games. Fraser Lipp (9) and Ben Wilson (6) dominated the try scoring for the team. Both of those boys along with Gautam Kakar, Uzair Khan and Scott Fosbury were nominated for the Glasgow Pathways programme. Fraser and Ben are still currently involved.



**Squad:** Kerr Andrews; Adam Banning; Murray Brown; Scott Campbell; Max Campbell; Scott Fosbury; Ali Gondal; Ali-Hassan Gondal; Rory Henderson; Gautam Kakar; Uzair Khan; Fraser Kirkwood; Fraser Lipp; James Macdonald; Chris Malone; Clark Marshall; Alessandro Merengnage; Craig Orr; Jack Orr; Lucas Parry; Keir Roberts; Ben Wilson; Jack Varty

**Most Improved Player:** Gautam Kakar

**Player of the Year:** Ben Wilson

## **Results:**

Duncanrig 5-64

Mearns Castle 7-7

Williamwood 0-60

Shawlands 5-60

Belmont House 19-60

Oban 10-34

St Thomas Aquinas 63-14

Warriors (Oban 10-15; Wallace 30-10; Duncanrig 35-15; St Thomas Aqu 15-40)

# U16 Rugby

Our U16 boys have a mixed season winning half of their games with highlights including victories over Mearns Castle and Belmont House, 2 excellent games of rugby. This meant that the boys finished 4<sup>th</sup> in an extremely tight T4 conference. Only 5 points separated the top 5 teams. The boys also entered the Scottish Cup facing Lenzie on an absolutely horrible wet and windy day at Whitecraigs. Unfortunately due to last minute call offs, the boys had to play with 13 men for the duration and performed exceptionally well but were narrowly beaten. Alan Yie, Michael McClure and Adam Mitchell all finished on 3 tries with Pablo Da Silva top scorer with 4. Luke Barber also kicked well scoring most points from the boot. Alan Yie was selected to compete for the U16 Glasgow Squad next season in the Scottish Inter-district Championships.



**Squad:** *Temi Bello; Luke Barber; Euan Chalmers; Daanyal Mahmood; Iain Macpherson; Stephen Baird; Mark Boyle; Pablo Da Silva; Ben Hodgson; Chris Knox; Pat McCrann; Michael McClure; Adam Mitchell; Elliot Reilly; Logan Swanston; Kyle Wilson; Struan Wilson; Alan Yie; Calum McEwan; Gregor McEwan;*

**Most Improved Player:** **Elliot Reilly**

**Player of the Year:** **Alan Yie**

**Results:**

Duncanrig 7-66

Lenzie 0-15

Mearns Castle 33-31

Williamwood 10-40

Belmont House 32-15; 39-15

Oban 0-50

St Andrews 49-41

# S1-3 Girls' Rugby      Miss Barr

The first year of the Girls' Rugby team has been very successful, with up to 15 girls taking part in each session. With the majority of these girls having never played rugby before, they have made massive progress throughout the year with their rugby skills and their confidence. They faced their first ever game against Coatbridge High School and were victorious in a 30-3 win! The girls then faced their biggest ever challenge - representing the school in the Scottish Power Glasgow Warriors Championships. They did the school proud and won 1 game, drew 1 game and lost 2 games, and helped Eastwood come second overall in the tournament.

Through the year the girls have overcome bruises and bleeding noses to develop into a talented young team, one which will hopefully continue to grow in the future!



**Squad:** Freya Black, Holland Bogan, Olivia Brady, Maja Cameron, Amy Cupples, Jennifer Hepburn, Chloe McKinlay, Amy McVittie, Lara Sturgeon, Amanda Tainsh, Daniella Takon, Alanna Temple.

**Most Improved:** Amy Cupples

**Player of the year:** Alanna Temple

# Cricket Sports Report

Mr Williams

The cricket team started this school session in the final of the Glasgow Schools Cricket Association final. Playing against a very strong Holyrood side, who had reached the semi-final of the Scottish Cup West Section, the team performed well but were unfortunately beaten by 4 wickets. Practicing well over the close season the squad maintained healthy numbers throughout the winter months and have increased their numbers significantly despite not having any indoor matches to play this year. Having waited for the season to get going the team have made a good start to their campaign. With a difficult draw at home to Hutcheson's Grammar in the Scottish Cup Eastwood performed well in a highly entertaining match. After an excellent showing with the ball, bowling Hutcheson's GS out for 122 in 17.4 overs (Gautam Kakar 4 for 10) Eastwood fancied themselves going into their 20 overs. After an excellent start sitting on 63-0 after 11 overs 4 quick wickets slowed the Eastwood progress and in the end some miserly bowling from the Hutcheson's team restricted the team, who finished 19 runs short of their total after 20 overs, with Eastwood's man of the match G Kakar top



scoring with 43.

G Kakar batting at Poloc CC on his way to scoring 43 against Hutcheson's GS

Better progress was made however in the teams opening fixture in the Glasgow Schools Cricket Association. This year playing in a group section with Lomand School, Shawlands Academy and Holyrood Secondary School the team opened started off with a trip to Helensburgh to play Lomand School. In a relatively one sided match Eastwood ran out comfortable 73 run winners with Rafay Khan top scoring with 31 and Moiz Maqsood taking 2 wickets for only 8 runs.

Next up for Eastwood will be further matches against Holyrood and Shawlands with the team again very hopeful of reaching the final in August.



Ali Abbas  
bowling against  
Lomand School

## Dance Club

## S4 Dance Leaders

In June 2016 a group of S3s took part in a dance leadership course led by Y Dance. Following this, Kirsten Burningham, Ellie Marshall, Rachel Tait and Heather McKie started a S1/2 dance club on Friday lunch times. This has been a hugely successful club with over 25 girls attending every week. The now S4 pupils have been excellent role models and their love of dance has really inspired the younger pupils. The highlight of the club this year has to be choreographing, practicing and performing in the East Renfrewshire dance championships. Well done!

## East Renfrewshire Dance Championships

Well done to all the Eastwood High pupils who participated in the East Renfrewshire Dance Championships in March 2017. The dance club led by S4 dance leaders entered the group category and S1s Eilidh Robertson, Maja Cameron, Sarah McMenemy, Katie Grant, Cameron Rae and Lauren McKinnon also entered the group category and placed 3<sup>rd</sup> overall. Zoe Jamieson (S4) entered the solo category performing ballet.

Well done to all involved, we hope you enter this competition again next year.



# Gymnastics

Two Eastwood High pupils have been making their mark in Gymnastics this month. Mia Hepburn (S2) took part in the "Zippy's" Gymnastics Christmas event winning level 5 gold overall with a score of 45.7. Mia has now moved up to level 4. Naomi Chin (S1) and her team were placed 4th overall at the recent level 4 Women's Artistic Gymnastics team Championships.

In early October Naomi Chin (S1) finished first overall in the age 12-13 Scottish Gymnastics Celebration of Life event held in Cumbernauld. Naomi then followed this up at the Scottish Gymnastics Levels event in Perth with a second overall incorporating a second on the beam and 3rd on the floor.

In December Katie Shields finished 2<sup>nd</sup> in her club Tumbling competition.



## Girls Fitness

## Miss Black

A massive well done to everyone that has come along to Girls Fitness Club since January. Each week the numbers have grown and they have never been short of enthusiasm, showing consistently high energy levels and hard work throughout. Every Wednesday the girls have been put through their paces during circuits, HIIT, yoga and spin to name a few (with the addition of a freestyle dance "cool-down", not to be missed!!). The sessions have been as much fun as they have been challenging and have hopefully encouraged the girls to have more confidence and continue to maintain an active and healthy lifestyle.

## Badminton Mr Murray/Mrs McIlhargey/Miss Barr

The Eastwood Badminton club has had a great year. A number of pupils, new and old club members, have dedicated their Wednesday afternoons to keeping fit, making friends and perfecting their smash!

There have been many games of 'Around the World' played with pupils using this game to perfect their technique. Our beginners have worked on their confidence and are now playing games with our oldest members.

After school on a Wednesday you will also find some fierce battles taking place. Our S2/3 boys are some of our most competitive players, all aiming to be crowned Badminton Champ!

Eastwood badminton club continues to be one of the most popular clubs to be involved in. We are more than just a sports club. We are a social club where you will most definitely meet new friends and have a SMASHING good time.



# VOLLEYBALL Miss Workman/Miss Lyons



**Junior Players:** Amelia Bain, Nuvneet Kaur, Abigail Watson, Maryam Shabbir, Louise Rafiq, Emma MacDonald, Katie McMillan, Erin Cupples, Rachel McCutcheon, Hannah McGeogh, Emma Wilkie, Khushi Virhia, Alex Cuthbertson, Amy McDonnell, Laura Thomson, Ismail Nasir, Riordan Gavan, Ross Meneely.

**Senior Players:** Lucy Hemmingsley, Ailsa Roy, Abigail Jardine, Emma Wills, Justina Tai, Jennifer Orr, Rhys Cramb.

The club continued to build upon the experiences of established and new players. The core group of senior players continued to train together on a Monday after school and welcome younger players in. We had a strong group of S3 and S2 girls that committed to training and got ready to compete at tournaments. The main challenge of the year was to prepare and compete in the MACVOLLEY tournament hosted by the Scottish Volleyball Association; the junior S2 and 3 teams competed well against difficult opposition and earned their place in the tournament next year. We also had a visit from Andy Flemming, an international and GB player, who led a couple of training sessions and spotted talent amongst our players. This led Amelia Bain the S3 team captain to join a rising starts training programme with the S.V.A led by Andy Flemming on a Sunday morning at Eastwood. Amelia has since been encouraging Eastwood players to go along and develop their skills in training. Looking forward to next year we aim to host a local authority wide senior and junior tournament and improve our tournament performances and junior team entries. We are excited about our enthusiastic new group of juniors and aim to work hard to develop their playing skills. We will continue to work with the SVA and hope to see Andy Flemming and other lead coaches back. The photos are from this year's MACVOLLEY tournament.

## KARTING

Mrs Ross



2017 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.

Late last year, 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 standard of driving and lap times was excellent and the decision was taken to enter two teams into the 2017 BSKC championship.

### Eastwood A

Craig Macfarlane  
Kevin King  
Max Skillen

### Eastwood B

Robbie Imrie  
Jack Graham  
Daniel Gill

Both teams took part in the Regional Final at Scotkart in February. All of the boys drove excellently with Eastwood A gaining a place in the National Final - the first time that an Eastwood team has reached the final stage of the competition.

The National Final will be held at Whilton Mill Race Circuit in Northampton on 1<sup>st</sup> July. This will give the boys an opportunity to display their driving talents once again, when they compete against other top schools in the UK.

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

Mrs C Ross



# Skiing

On the 30th of September Eastwood High School Ski Teams competed in the Scot-tish Schools Dual Slalom Series regional heats held at Bellahouston Ski Centre. In the red category Ben Hodgeson (S4), Adam Inglis (S2), Caitlin Rae (S4) and Ellie Marshall (S4) skied well but just finished outside the medals. However the blue category team of Caitlin Parry (S3), Lucas Parry (S2), Cameron Rae (S1) and Charlie Barber (S1) came out winners of their group after a ski-off. That qualified them for the Scottish Dual Slalom Ski finals held at SOAR, Intu Braehead on 27th October where they placed a very creditable 4th.



# Ice Hockey

Sisters Rachel (S4) and Olivia Brady (S2) have again been playing for Scotland Girls ice hockey team in the British League. Olivia and Rachel play with Scotland based in Dumfries and travel all over the UK for games. Approaching the end of the season Scotland are sitting mid table. Well done girls.



# Fencing

There has been a coach from Scottish fencing who has been delivering extra-curricular sessions from August to December. Uptake for this activity has increased and 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'!!



# Thai Boxing

Well done to Scott McCulloch (S4) who has become the Scottish Thai Boxing <50Kg Junior Champion.



# Judo Club

# Miss. McCloskey

At the Judo Club this year, our members have made fantastic progress and have grown as judoka (judo players). Our members range from S1-S6 including new and existing members. Going forward, we hope to continue to grow and learn as a club while still always welcoming new members.

This year, we will be sad to lose our two senior assistant coaches; Scott Dempster and Paul Duff. Over the past few years, these boys have given up a lot of their time to help out, inspire and to share their judo skills with younger judoka at our school. Although they'll be a huge loss to the club, we wish them every success!



# Weight Lifting

In weightlifting S1 pupil David Cameron came first in his age and weight class in the recent Development Cup competition. David lifted 20 kg for Snatch and this was flawless. He also lifted 27 kg for Clean and Jerk which too was flawless.



# Equestrian

Kirsty Jamieson (S3) and Sophie Knox (S5) competed in the Kilgraston Schools Equestrian Championships in May. Both competed well with Kirsty achieving 4<sup>th</sup> place in the dressage.



# Snooker

Liam Graham S1, U16 Scottish Snooker Champion, represented Scotland in the European U18 and U21 Snooker Championships in Cyprus in March, despite being only 12. For those of you who understand snooker Liam's highest break in practice is 144 and he has scored 113 in competition and is currently ranked 22<sup>nd</sup> in Scotland for all age groups - that is how good he is.



# Rifle Shooting

Head Girl, Laura Shoveller, has had a very successful summer participating for the ATC in rifle shooting. Laura secured the following places in various national competitions.

## Individual UK Cadets Championships UK Team Cadets Championships:

100m rifle - 3rd place

The Gill Championship and top UK ATC team - 1st

Bosson Cup - 3rd place

Frankfurt Shield (Top Interservice Cadet Team) - 3rd

Boulter Cup - 2nd place

Campbell Cup - 2nd place.

Laura was also asked to trial for the GB junior team in England.



# Kendo

In martial arts David Graham (S4) has become the youngest person ever in the UK to pass a 2nd Dan black belt in Kendo.

# Tae Kwon Do

Cameron Paterson (S2) won gold for patterns and bronze for sparring whilst participating at the recent Scottish Tae Kwon Do Championships.

Congratulations also go to Leigh Edgar (S3) who secured a silver medal at the Scottish Tae Kwon Do Championships. This is even more remarkable because she competed in the 14 - 17 age group on the day of her 14th birthday!



# Cycling

Congratulations go to Euan Chalmers (S3) on becoming the Scottish National Champion for the Scottish Cycling National Youth Road Race Series (U14 boys). The series involved road races held all over Scotland from Aberdeen to Kilmarnock and culminated in a thrilling finish where Euan won the final race to clinch the overall title. He collected his leaders jersey and medal certificate at Scottish Cycling's Awards held at the Hilton Hotel in Glasgow. Euan also came 6th in the Scottish 10 mile time trial and due to his success has been invited to attend coaching sessions led by the Great Britain Cycling Team Regional School of Racing.



## East Renfrewshire Secondary Games

Mr. Higgins / Miss Lyons

This year was a very successful year for Eastwood High School at the Secondary Games. With nearly 50 of our pupils competing this year, we achieved an all-time best of 3<sup>rd</sup> place! This was due to the outstanding effort and talent displayed by our pupils across a variety of activities: Basketball, Football, Hockey, Lawn Bowls, Rugby and Table Tennis. Bronze medals in Girls' Football and Rugby set us on our way to achieving our best result. Silver medal in Lawn Bowls consolidated this which is a fantastic achievement from our pupils who are relatively new to the activity. Individual Gold medals for both male pupils, who won all their matches and Bronze medals from our female participants, ensured the Table Tennis team won Gold overall.

Special thanks to Active Schools who organised the event from start to finish and made this an enjoyable experience in our sporting calendar. Eastwood pupils are already looking forward to next year's event with a number of people requesting a place on the team to try and better our best ever finish!





# Sports Council

**Platinum Young Ambassadors** - Justine Ling and Ruairidh Gordon

**Young Ambassadors 2016/17** - Kirsten Burningham and Jamie Dougall



Sports Council meet most weeks and discuss ways to increase participation in sport at Eastwood. This year highlights have been the annual sports fair, becoming part of the Community Sports Hub, Active Girls Day, Play Unified, setting up the PE Twitter account @EastwoodHS\_PE and the decision to introduce year group house captains. The sports council also organised S1-3 inter-house dodgeball for all pupils to participate in as well as interhouse S1 basketball and S1-3 football.

Interhouse Dodgeball was well organised by our competition organisers Amy McVitie and Chloe McKinlay (S3) who planned and led the event with the support of the sports council involving all year groups S1-3. This was hugely successful and is likely to become an annual event.

The sports council also organised Active Girls Day where over 60 girls and teachers participated in sport together.

Young Hub Leaders, Ben McGarry and Erin Hunter now sit on the Community Sports Hub committee aiming to build stronger links between the community clubs and Eastwood HS.

If you would like to join Sports Council please speak to our Young ambassadors or Miss Watt.

## Sports Council

Kirsten Burningham

Jamie Dougall

Erica Hunter

Ben McGarry

Chloe McKinlay

Amy McVitie

Megan McBride

Ruairidh Gordon

Lewis Morgan

Justine Ling

Holland Bogan

Maja Cameron



# Sports Young Ambassadors 2017/18

[sportscotland](http://sportscotland.net)



To do want to promote sport in our school and community?

Are you interested in driving forward our school sports council in a leadership role?



Would you like to organise new sports events in Eastwood?



## Applications now open!

*Available in the PE Department*

*Deadline 16<sup>th</sup> June 2017*



## Play Unified

This year saw the introduction of Play Unified where pupils across the school are invited to play sport together in an inclusive environment. We have held 2 blocks of lunchtime clubs with Ronan Cassidy, Abbey Miller, Andrew Paton and Declan McLean all being involved in organising the club this year. Leaders took part in a training day in June 2016 applied for funding to help promote the club and increase opportunities to access new types of sport. We've had over 30 interested pupils this year and are looking forward to next year.



# Active Girls Day 2016

# Miss Watt

Active Girls Day was on Friday 2<sup>nd</sup> of October, this was the second year that Eastwood HS celebrated this national event and this year was bigger and better! The Sports Council had a voting stall over lunch to allow girls to decide the activities which would be on offer. Then then signed up for 2 activities and came along after school to participate in trampoline led by Mr Williams and Mrs MacGregor, netball led by Miss MacLellan and Miss Watt, volleyball led by Miss Workman and Mr Higgins or Dance where the girls learned the official Active Girls Day dance taught by our young dance leaders Kirsten Burningham, Ellie Marshall, Heather McKie and Rachel Tait. A great afternoon was had by all with over 60 girls involved!



## House Sports Championships

Mr Reid

Throughout the year the pupils have competed in various events organised by the House Captains such as Dodgeball and Athletics. The competition is always high as there are precious points available. The final results are as follows:

**1<sup>st</sup> Auldhouse 79pts**

**2<sup>nd</sup> Duncarnock 77pts**

**3<sup>rd</sup> Balgray 62 pts**

**4<sup>th</sup> Capelrig 48pts**



# **Eastwood High School Physical Education Department**

## **Primary Transition Programme**

### **Primary 7's Visit to Eastwood on 31<sup>st</sup> 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. After lunch the sun was shining 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 7<sup>th</sup> annual France watersports trip during which 41 S2 pupils enjoyed a variety of activities. Our first 3 days involved descending the Ardeche Gorge on 2 person canoes surrounded by stunning scenery. We had absolutely stunning weather, timing it to perfection arriving the day after 3 solid weeks of rain!

Day 1 included canoeing through the incredible Pont D'Arc with the pupils learning the ropes of paddling and turning. Day 2 was a much longer paddle going for over 16km and finished with a 40 minute hill walk up La Mas. The final day not only included 20km of paddling but also the return of "capsize canyon", probably the teachers' favourite part of the trip! As a reward we got some ice creams in the sun with some of the pupils doing the modern languages department proud ordering in French! This was followed by a much needed recovery day in Avignon where the pupils to do a bit of gift shopping in the beautiful city, baked in glorious sunshine again.

After this we moved on to Mimosa where again we were very lucky with the scorching sunny weather. The pupils did a variety of activities including the exhilarating catamarans and the ever popular banana boat. The evening activities included superhero challenge and robot wars during which the pupils very creatively dressed each other up with some cracking outfits.

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



## **East Renfrewshire Schools Fishing      Mr Keogh**

We currently have seven S1 and one S2 pupil (as a mentor) involved in the SANA programme. The programme is run by Scottish Angling Network Association (SANA), who is backed by Sport Scotland. They are a voluntary organisation working with Police Scotland that successfully delivers the programme in a number of East Renfrewshire schools. The programme is one period a week and lasts for around 10 weeks. The programme focuses on developing the skills involved in fly fishing. As well as angling pupils gain valuable opportunities to develop skills in group work, patience and perseverance. In the past many pupils have found that the course helps improve self-confidence and personal development. Working in collaboration with serving police officers helps pupils to develop a positive view of the role of Police Scotland in their local communities. The course culminates in a fully supervised and funded fishing trip around the very end of this term to a local fish farm where pupils get a chance to catch fish with their newly acquired skills.

### S1 Pupils

Dean Grierson  
Josh Coverdale  
Hugh Macpherson  
Connor Armstrong  
Robyn Turner  
Kyle Dailly  
Andrew Lamb

### S2 Mentor

Scott Fosbury

# Sports Awards Dinner 2017

On the 6<sup>th</sup> June our annual Sports Awards Dinner took place. 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!!



## Sports Dinner - Awards

Staff Member	Club	Awards	Winners
Mrs MacGregor	Girls Hockey	Player of the year Players' player of the year Most Improved	Leah Howie Holland Bogan Ellie Delahunt
Mrs MacGregor	Boys Hockey	Player of the year Players' player of the year Most Improved	Innes Garmany Sam McGarry John Allan
Mr Reid	U14's Football	Player of the year Most Improved	Kerr Scott Callum McNaughton
Mr Reid	S1 Rugby	Player of the year Most Improved	Charlie Barber Ricky Zhang
Mr Reid	S2 Rugby	Player of the year Most Improved	Ben Wilson Gautam Kakar
Mr Reid	U16's Rugby	Player of the year Most Improved	Alan Yie Elliot Reilly
Mr Higgins	U13's Football	Player of the year Players' player of the year	Matthew Bell Ayaan Ali
Miss Workman	Volleyball	Senior Player of the year Junior Player of the year	Amelia Bain Hannah McGeogh
Miss Boyle	Girls Football	Player of the year Players' player of the year	Niamh Gorman Maja Paszenda
Miss Barr Mrs McIlhargey Mr Murray	Badminton	Player of the year Most Improved	Nuvneet Kaur Preetika Samra-Kaur
Miss McCloskey	Judo	Most Committed	David Martin

Miss Watt Miss Lyons Miss Shannon	S1 Netball	Player of the year Players' player of the year Most Committed	Daniella Takon Kiera Welsh Maaria Khan
Miss Watt Miss Lyons Miss Shannon	S2 Netball	Player of the year Players' player of the year Most Committed	Alex Cuthbertson Rachel McCutcheon Kirsty Dougall
Miss Watt Miss Lyons Miss Shannon	S3 Netball	Player of the year Players' player of the year Most Committed	Amy McVitie Abigail Watson Ayesha Khan
Catriona Connelly	Girls Basketball	Junior Most Valuable Player Senior Most Valuable Player	Chloe McKinlay Elise Tweedie
Mr Gibson	Boys Basketball	Junior Most Valuable Player Senior Most Valuable Player	Sean Scott-Kiddie Liam Dolling
Miss Watt Mrs Mahoney	Swimming	Most Improved (x2)	Haider Sajid Haleena Nasir
Mr Williams	Senior Football	Player of the year Players' player of the year	Kyle Taylor Calvin McGrory
Mr Williams	Cricket	Player of the year Batsman of the year Bowler of the year	Rafay Khan Rafay Khan Gautam Kakar
Miss Barr	Girls Rugby	Player of the year Most Improved	Alanna Temple Amy Cupples
Kirsten Burningham Rachel Tait Ellie Marshall Heather McKie	Dance	Most Committed Most Improved	Sarah McMenemy Ellie Gourlay
Mr Gibson	Skiing	Skier of the year Most Improved	Adam Inglis Cameron Rae

	Team	Team of the year - Nominations	Girls' Football Team Table Tennis Team Senior Football Team S2 Football Team S2 Girls' Athletics Team S1 Netball Team
	Team	Team of the year	Senior Football Team
	Volunteering	Coaching and Volunteering Award	Cameron Keir - Refereeing Jared Keir - Refereeing Rheece Hamilton - Basketball Louis Aston - Basketball Ruairidh Gordon - Basketball Paul Duff - Judo Scott Dempster - Judo Kirsten Burningham - Dance Rachel Tait - Dance Ellie Marshall - Dance Heather McKie - Dance Joshua Bell - Hockey Ben McGarry - Hockey Murdo McTear - Hockey Abbey Miller - Netball Abigail Catterson - Netball Jenni Palmer - Netball Katie Cameron - Netball
	Elite Athletes		Liam Graham - Snooker Erin Wallace - Athletics Calvin McGrory - Football Kate Richardson - Athletics

			Helen Chong - Athletics Alyson Bell - Athletics Fraser Lipp - Athletics Rhea Campbell - Athletics Clare Wallace - Athletics Euan Chalmers - Cycling Katie Shields - Gymnastics Naomi Chin - Gymnastics David Graham - Kendo Rachel Brady - Ice Hockey Olivia Brady - Ice Hockey Leigh Edgar - Tae Kwan Do Cameron Paterson - Tae Kwan Do Guatam Kakar - Table Tennis Abtaha Maqsood - Cricket Rafay Khan - Cricket Kess Sajjad - Cricket
		William Hood Award for Sporting Excellence	Calvin McGrory
Mr Reid	School Championships		S1 1 <sup>st</sup> Naomi Chin 2 <sup>nd</sup> Keira Welsh 3 <sup>rd</sup> Libby Young  1 <sup>st</sup> Jack Sinclair 2 <sup>nd</sup> Nathan Pugh 3 <sup>rd</sup> Matthew Bell  S2

1<sup>st</sup> Alyson Bell  
2<sup>nd</sup> Helen Chong  
3<sup>rd</sup> Lara Sturgeon

1<sup>st</sup> Fraser Lipp  
2<sup>nd</sup> Ben Wilson  
3<sup>rd</sup> Cameron Mackerrow

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1<sup>st</sup> Eve Bell  
2<sup>nd</sup> Chloe McKinlay  
3<sup>rd</sup> Tiana Marenah

1<sup>st</sup> Calum Anderson  
2<sup>nd</sup> Ramis Ali  
3<sup>rd</sup> Jack Grant/Isa Mohammad

