

# *Eastwood High School*

## *Sports Report*

*2019-2020*







"YOU CAN'T BE AFRAID TO FAIL.  
IT'S THE ONLY WAY  
YOU SUCCEED.  
YOU'RE NOT GONNA  
SUCCEED ALL THE TIME,  
AND I KNOW THAT."  
LEBRON JAMES



# Foreword

This year has certainly been a great success when it comes to the number of pupils across the school who have attended our sports clubs, represented in one of our teams, or supported the PE department as part of our sports council.

The PE Department at Eastwood High School has been a hive of activity throughout the year with numerous events, club sessions and games taking place at every level, providing an opportunity for all pupils to get involved regardless of their age, stage, gender or ability. For some pupils it is the social aspect of attending a club that encourages them to keep going, for others it's the high drama of competition and the opportunity to test their skills on the field of battle. But for all of us the same is true, being part of the wider PE 'family' and working together to develop our skills, fitness and friendship is vital to our personal development, health and wellbeing.

***'This is the law of the jungle, as old and as true as the sky....***

***For the strength of the Pack is the Wolf and the strength of the wolf is the Pack'***

***Rudyard Kipling (The jungle book)***

As the poem by Rudyard Kipling above suggests, we can all gain just as much from working together and being part of something bigger, making new friends and teammates along the way, as we can from striving to be the best we can be in our own individual endeavours.

Congratulations to everyone on what I hope you can see over the coming pages has been another very busy and successful year and I look forward to seeing you all back, with renewed energy when the school returns.

Keep safe, healthy and active!

Best wishes

**A Gibson**

Mr A Gibson

Head of Faculty for Physical Education, Sport and Fitness







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# Basketball Clubs

## U15 BASKETBALL TEAM 2019-2020

COACH: MR GIBSON

After their successes at both the district and inter-district competitions in May/ June of 2019 the U15 boys basketball team were entered for the Scottish cup season 2019-20.

The boys were placed into West 1 for the group stages of the competition along with five other teams from Clydebank, St Ninians, Gryffe, Stewarton and Park Mains.

The first game was away to Clydebank where the boys performed well and secured a sound victory, winning by 60 points to 42. This gave them confidence going into their next matches where they were to play St Ninians and Gryffe which were both very close games and saw the Eastwood team win both 48 – 35 and 66 -62 respectively. By this point the team's performances became more polished with their movement on court and understanding of the game developing with each game they played. The next game was away to Stewarton where the team recorded their biggest win and performed very well against strong opposition, working hard to cover the court and support in both offence and defence. The last game of the group stages was at Eastwood where they were to play a very strong team from Park Mains who had several players who were currently playing National League Basketball.....and it showed! The Eastwood team were pushed hard and punished for sloppy handling or passing with the Park Mains team taking all their chances and executing a very well-rehearsed performance. The eventual score was 32-84 to the visitors.

With only 1 defeat in our West 1 group stage we were able to progress to the knockout stages (round of 16) of the tournament, where we were to play away against Hillhead High School in Glasgow's West end. We started the game strongly going up by 10 points in the first quarter but they slowly pulled it back and were leading by 7 points going into the final 10 minutes. The Eastwood team played well with everyone throwing their bodies on the line and even finding the net with a long range shot from near the halfway line finding the net in the final second of the game! Unfortunately it was just not enough though, with the Hillhead team winning by just 1 point 64-63. The Eastwood team had played really well with many of the players having no experience of playing at this level before embarking on their Scottish Cup campaign and should all be very proud of their efforts and how far they managed to progress. Each of the players made improvements in their game with some developing their dribbling or ball handling skills, while others developed their game awareness and teamwork. The team Captain (Jack Tuck,) led his team well, guiding and supporting them on court and pushing them over the full campaign to further develop their skills and understanding. Well done to all!!!



### TEAM:

|                     |                |                  |
|---------------------|----------------|------------------|
| Jack Tuck (Captain) | Devesh Marwaha | Finn Rafiq       |
| Lewis Vincent       | Saad Ansari    | Alexander Laing  |
| Max Bannerman       | Isa Ansari     | Rohit Samra-Sigh |
| Kacper Kielban      | Adam Berry     |                  |



**COACH: MR GIBSON**

## SENIOR BASKETBALL TEAM

The boys senior Basketball section( with Chloe as guest) this year had a very committed group coming along on a Friday after school, with many of them choosing to stay on after training to work on their skills and enjoy game time together. They have all improved massively from the start of the year and each week would help with the warm up for the junior section by helping with individual coaching and providing feedback to the younger ones who were trying to get to grips with lay-ups and shooting accuracy. They truly led by example and helped to make the practices and conditioned games run smoothly. Due to the fact that many of them are or have been Sports ambassadors or involved with the sports council, they are very good at organising themselves and contacting other local schools to arrange games and tournaments. Unfortunately not all their fixtures were fulfilled, however they still managed to arrange a local fixture with St Ninians and attend a festival at Williamwood High School. As they said 'its great to train together but really fun to test your skills against other schools and be put under pressure'.

They all played really well and were a credit to themselves and the PE department. The 6<sup>th</sup> years who are leaving us will all be really missed next year!!! Good luck to you all and as Mr Gibson always says....."**reach for the stars but keep your feet on the ground**".



## JUNIOR BASKETBALL CLUB 2019-2020

This year the junior basketball club has gone from strength to strength with regularly over 30 boys attending on a Friday after school. The sessions have focussed on skill development and game related fitness with plenty of small sided games to allow the boys to hone their skills and test them against their friends. I was really pleased to see so many of our S1s from last year returning and encouraging our new intake of S1s to come along and join the club.

In December around 25 boys took part in a basketball festival that was held at Woodfarm HS. Pupils from Eastwood, Woodfarm, St Lukes and Barrhead were all in attendance, with the boys taking part in a 'round robin' tournament format. Each game only lasted 4 minutes with lots of games being played over the tournament and everyone thoroughly enjoying the experience with many closely contested and hard fought battles taking place on the court.

We also enjoyed a 'house challenge' tournament which saw all pupils put into their relevant houses (Auldhouse/ Balgray/ Capelrig/ Duncarnock) and battle it out on court for house points. The event was a great success with many of our senior pupils helping out to referee, keep scores and record the results. Well done to all who took part and congratulations to our winning house on the day which was Duncarnock!

Unfortunately our season has been cut short by the school closure but I look forward to seeing you all back at the club soon to shoot some hoops!



# GIRLS BASKETBALL TEAM 2019-2020

**COACH: MRS MCCARRON**

Another successful year for our girls' basketball club with high numbers of girls regularly attending training on Wednesday afternoons. The girls always demonstrate a positive attitude, work hard to develop skills and fitness and are a pleasure to coach. This year we only managed to play one match unfortunately but it will be a match we remember for a long time! Each and every player working hard on the court and never giving up. It was closely fought throughout but in the last few seconds our opponents put up the winning shot beating us by 1 point in the end. We look forward to more exciting games like this next year.

We have also had a large number of seniors along this year who used the club as an opportunity to improve their National 5 or Higher PE single performance marks. Their hard work and commitment certainly paid off. Hopefully now they have completed their course they will still come back to join the training the next year.

Unfortunately the season was cut short and I didn't manage to get a photo of all of the girls.





# Gymnastics Club

**COACHES: Mr Judge & Miss Sefton**

This year the gymnastics club had the exciting opportunity to learn from Kate Sefton, an excellent gymnastics coach with many years' experience. Kate ran the club throughout this session, enabling Eastwood's experienced gymnasts to further develop their technique as well as providing a safe and fun learning environment for beginners to develop their skills. We thank Kate for all her efforts and look forward to building upon this in the next academic year.

## Eastwood High Gymnastics Team

Team gold for the Level 2 team of Eva Jenks, Eilidh Robertson and Katie Grant. Each pupil performed to the highest standard with both their floor routine and vault. They will now go on to represent Eastwood at the Scottish Schools finals in Perth.



All the hard work paid off for the Level 1 team of Melody Nehme, Kiera McArthur, Olivia Bryers and Tia Noon as they achieved the bronze medal.



Eilidh Robertson (gold) and Eva Jenks (bronze) receive their individual medals at Level 2. This was an exceptional achievement on an individual basis as they were competing against over 40 other pupils.





## Scottish Schools Championships

On the 29<sup>th</sup> February Eilidh Robertson, Eva Jenks and Katie Grant represented Eastwood at the Scottish Schools Floor and Vault Championships in Perth. It was a very tough competition that consisted of 24 other teams at their level. All three girls executed a very strong performance on the day and should be extremely proud of their efforts, finishing as the 15<sup>th</sup> best Level 2 gymnastics team in Scotland.



## Trampoline Club

We have had a great year within the Trampoline Club and a change we made was we opened it up to include all years groups (not just S1-3). There was a great response and a record amount of attendance for the first session.

We covered the basic skills/foundations of the sport. Everyone has had the opportunity to learn new skills and progress at their own pace. The class is very much a recreational format where participants can have fun with friends and also meet new friends.

The club is growing in popularity and we hope this will continue to grow in the future.





# Netball Club

## Bake Sale

The club organised a bake sale to raise funds to buy some new equipment. As always the players, along with their families produced a fantastic selection of cakes and treats – a netball bake sale really is something special! We raised £236! Thank you to all involved.



## District Players

Well done to Zara Redpath (S4) who played for the district U17 team this year and Sophie Halliday and Ava Thorpe (S3) for the U15 team. Zara's team were the U17 district performance champions! Sophie and Ava's team were 2<sup>nd</sup> missing out on gold by only 2 points. All three players are a credit to our school teams and have excelled in developing their skills this year.

## National Team

Amy McVitie (S6) is an elite netballer and has been playing for Scotland since she was U15s. Most recently she was also selected for the U21 Strathclyde Sirens squad! Amy has been an incredible asset to our school netball team since S1. As well as a valued player, she has become a qualified UKCC level 1 coach and level C umpire and she has volunteered so much of her time with the school club supporting the junior players and her teammates. We look forward to following her netball career as she moves on to university.

Good Luck Amy !





### Coach V Pupil

Amy and Miss McNair's netball clubs, Bella-houston and Scotstoun met earlier this year with Amy playing GK and Miss McNair GS. After a very close game, Amy's team took the win!

## S1 Netball

COACH: Miss Shannon



S1 Netball was all about participation and teamwork as the girls made an excellent start to their netball journey here at EHS! We had over 20 pupils coming along to training each week, giving their best and developing their skills and fitness. The girls have shown dedication and determination not only at training but also when in competition. The S1 team qualified for the Scottish Schools Cup Silver League, narrowly missing out on a Quarter-Final spot. Their third round game displayed their commitment and improvement throughout the year, losing to Hermitage Academy in a thrilling game which finished 15 – 16.

The girl's great team spirit has made this year so enjoyable, always encouraging each other and their opponents. Their passion for the sport has also been so refreshing to see, with some S1 pupils already playing netball for local clubs. They have made excellent progress and the Netball Club look forward to seeing them continue to grow next session!

### Participants

*Ella Black, Anisa Butt, Erin Coubrough, Olivia Cuthbertson, Carly Duncan, Holly Hastie, Louise Jeffrey, Hiba Khan, Hazel King, Sophia Li, Hannah MacKay, Millie McLean, Ella MacMillan, Lilly Malone, Lexie Martin, Mahek Mazhar, Bella McCluskey, Evie McFarlane, Ruby McGratten, Kendra McLean, Caitlin Miller, Beth Robertson, Amy Vincent, Tiya Virhia, Morven Wallace, Julia White, Faith Wilson*



The S2 netball club had a good start to the season when they gained a place in the Silver League of the Scottish Cup by winning several of their games within the authority tournament.

The Scottish Cup run ended at Trinity HS when they unfortunately were defeated in the 3<sup>rd</sup> round of knock out games. The girls played with maximum effort right until the final whistle which demonstrates their commitment and dedication to the school netball team. This year they also had a fabulous helper and coach, Laura Thompson. Well done girls, more of the same next year!

## S2 Netball

COACH: Miss Barrie

### Participants

Erin Ashley, Sophie Violaris, Hira Arshaf, Devon Mallard, Sana Shah, Piper Peebles, Freya Cooper, Ellie Cassidy, Eva Walker, Ellie Watson, Katie Watson, Tess McVicker, Hannah Brown, Amina Khan, Ruby Small, Hannah Mitchell, Abigail Fulton, Eilidh Hunter



COACH: Mrs Lloyd

## S3 Netball

The S3 netball team have had another exciting season. In the first round of the Scottish Cup we challenged our local East Renfrewshire schools. We had a strong start winning our first game against Woodfarm HS 22-4. Our next game against Williamwood HS was neck and neck throughout and finished 19-19. We were defeated by a strong St Ninian's HS team 25-39 and completed round 1 by winning against St Luke's HS 27-4.

These results saw our S3 team moving in to the gold league of the cup. Our first game was at home against Glasgow Gaelic School. Probably one of the toughest games our team have played as the score was so close throughout, each team pulling ahead by only 1 or 2 points then it returning to a draw. In the last few minutes of the game we had to call injury time for Melissa as she unfortunately went over her ankle. The final score was 32-32 and as it was an elimination round this meant we had to play extra time. This ended in 34-37 to the away team which knocked us out of the cup. The team as always were a credit to our school, showing excellent sportsmanship and team spirit looking after our injured Melissa.

S3 Continued.....





Leaving the competition in January gave the S3 team the opportunity to develop their leadership skills with the S1 and S2 teams. They led warm ups and drills and umpired during training and played with the younger players to help challenge and develop their skills. Some of the girls also volunteered with the Crookfur Primary netball club. Thank you to Keira Ratter and Emilie Thomson for all their hard work and dedication to volunteering at Crookfur.

I love working with these girls, it really is a highlight of my job they are all so friendly and hard-working and make me proud! I am so excited for the girls to move up to the open league next year joining our new S5 and S6 girls, this new team will be one to watch!

*Volunteer of the Year: Amy McVitie*



### **Team Line up**

*Beth Allan, Lauren Allison, Rachael Berry, Niamh Breslin, Melissa Burningham, Miriam El-Harek, Sophie Halliday, Hafsa Haseeb, Aimee McClure, Keira McArthur, Keira Ratter, Sophia Revicka, Caitlin Smillie, Zoha Subtain, Emilie Thomson, Ava Thorpe.*



# Seniors S4-6

COACH: Miss McNair



This year our senior netball squad drew interest from just over 20 girls from our S4-S6 cohort. For each game, a squad of 12 was selected to play, with the remainder of the club showing out in support where possible.

A number of our players train with clubs and districts outside of school and trained on a Monday within school. The competition that they were preparing for, was Netball Scotland's Scottish Schools Cup. The first round of the Scottish Cup consists of regionalised matches. Within this round, the girls won all of their games! A special thank you goes to Mrs Lloyd, Miss Shannon and Miss Barrie for coordinating the senior team in Miss McNair's absence. The results of the first round were as follows:

23<sup>rd</sup> October – vs. Woodfarm: 17-4

24<sup>th</sup> October – vs. St. Ninians: 29-20

29<sup>th</sup> October – vs. St. Lukes: 24-20

Winning each of these games meant that the girls placed at the top of their group. As a result, they secured their entry to the Open Gold competition; the team were thrilled and highlighted the point that this was the furthest/highest position that the school had achieved to date! Unfortunately, this was to be the end of their journey as they lost their next game to Mackie Academy.

Also a special thank you to St Cadoc's coaches Pauline and Christine for all their help umpiring the Scottish Cup games this year. Its very much appreciated.

## Team Line up

Lauren Agnew, Eve Bell, Alex Cuthbertson, Ellie Delahunt, Kirsty Dougall, Emma Garner, Natalie Hendrie, Lois Hood, Esther Jamieson, Maaria Khan, Abbie McQuat, Amy McVitie, Zara Redpath, Preetika Samra-Kaur, Nimra Shah, Mia Walker, Abigail Watson, Kiera Welsh



This season was undoubtedly a success for the team and we were sad to exit the competition when we did. However, the work put in this year has allowed us to build a strong starting platform for the upcoming season. We look forward to welcoming our current S3s into the senior team. We are thankful especially for our S6 teammates and will miss playing and training with them. We hope that they continue to play and wish them all the best for the future.

Coaches Player of the Year: Amy McVitie

Most Committed Player: Kirsty Dougall

Most Improved Player: Alex Cuthbertson



# Golf

## Secondary Schools Golf Championship 2019

The 2019 Secondary Schools Golf Championship took place on Thursday 3<sup>rd</sup> October at Mearns Castle Golf Academy. Organised by the East Renfrewshire Active Schools team, in partnership with the Golf Academy, 6 schools, 9 teams and 27 pupils participated in the 18 hole competition and despite the cold conditions, some excellent scores were recorded.

Players competed in both team and individual competitions with some fantastic prizes on offer for the winners. Jamie Ferguson from Williamwood High School recorded the lowest net score of 59, whilst Euan Urquhart from Barrhead High School shot a 68 to win the best individual gross competition. However, it was the Williamwood High School triplet of Luke Brown, Jamie Ferguson and Christopher Currie who carried home the Team Trophy with a total of 88 stableford points.

A massive thanks goes to Russell Gray and his fantastic staff at Mearns Castle Golf Academy for their support in making this event a great success and to all the schools and pupils for taking part. Well done to everyone!!



Huge congratulations to our Eastwood High Golf Team who achieved 3<sup>rd</sup> place in the competition.

**The team consisting of:**

*Jamie Richmond, Brandon MacDonald and Cameron Percy*

# Futsal Club

Post-Christmas an S1 Futsal Lunchtime League started with 6 teams participating to win the coveted trophy. After much deliberation about team names and changes made to the 'Scrambled Legs' all 6 teams were entered: Balotelitubies, Cheesy Badgers, Fittie FC, The Famous, Turtle FC and United All Stars.

Every week saw four teams playing 15 minute fixtures trying to outwit their opponents and look to get the upper hand. With no shoulder tackles allowed players had to show their technical ability and flair to move the ball and create goal scoring opportunities.



A total of 6 teams saw 36 pupils involved with each team running a sub. Well done to all those involved and particular mention to team captains Jack Brown, Oliver Glass, Kayden Jones, Arran Paterson, Alexander Nehme and Haaris Ibrar for organising their teams and ensuring the fixtures could go ahead.

Below is the league table with each team still to play their final fixture. A very close competition with teams competing for 1<sup>st</sup>, 3<sup>rd</sup> and not to finish last! Maybe we'll get to complete the final fixture at some point...

**S1 Futsal League Table**

| Teams            | Pl | W | D | L | GF | GA | GD  | P  |
|------------------|----|---|---|---|----|----|-----|----|
| Balotelitubies   | 4  | 4 | 0 | 0 | 22 | 4  | +18 | 12 |
| Cheesy Badgers   | 4  | 3 | 0 | 1 | 17 | 3  | +14 | 10 |
| Turtle FC        | 4  | 2 | 0 | 2 | 7  | 6  | +1  | 8  |
| Fittie FC        | 4  | 1 | 2 | 1 | 3  | 4  | -1  | 8  |
| The Famous       | 4  | 0 | 1 | 3 | 3  | 17 | -14 | 5  |
| United All Stars | 4  | 0 | 1 | 3 | 2  | 31 | -29 | 5  |

Points

Win - 3 points

Draw - 2 points

Lose - 1 point



# Volleyball Club

**COACH: Ioannis Panayiotakis**

**COACH: Miss Workman**



The club started well this year with our core group of senior players keen to compete and develop their skills. We adopted a new approach by extending training opportunities after school by running a Junior session on a Monday with Miss Workman (with some Seniors attending to train and coach) and Ioannis focusing on match play with Seniors on a Thursday and extending training to Friday mornings.

The Monday sessions allowed new players to enter the club and start building up core skills. We were encouraged to see a good number of Junior players building up skills alongside Seniors who integrated into match play to help develop understanding of the game. We had a friendly club tournament in December and we were focusing on hosting a local tournament in April with other schools. Looking forward to next year where we will focus on ensuring that juniors can participate in a local tournament and can go on to enter SVA indoor and beach tournaments



## Junior Players:

*Ross Buchanan, Morven Edwards, Mark Thompson, Lucy McDonnell, Keira Ratter, Evan Howie, Lewis Kyles, Kendra McLean, Morven Wallace, Dominic Haggerty, Saad Ansari, Isa Ansari, Zain Shariff, Aleenah Chaudry, Shareen Faraz.*

# Seniors

This year marked a change to our volleyball club by meaning that Monday trainings focussed on the juniors with the priceless guidance of Miss Workman while Thursdays allowed Ioannis Panayiotakis to coach a talented group of seniors in more detail and specificity. This differentiation also allowed seniors to help with coaching on both Monday and Thursday trainings and allowed committed players to train twice a week.

## Senior Players:

*Amelia Bain, Donald Bolton, Marcus Matheson, Callum Ip, Al-Harreth Musbahi, David Campbell, Zainab Mahmood, Euan Anderson, Laura Thompson, Eve Bell, Myles Douglas, Isabel Jardine, Bethany Marsh, Jamie McDonnell, Amanda Tainsh, Rio Gavan, Son Ta Quoc, Euan Chalmers, Innes Garmany, Nuvneet Kaur, Ellie Delahunt, Jennifer Hepburn.*



Furthermore, the introduction of trainings on Fridays before school trainings for the seniors highlighted the desire and commitment of Eastwood Volleyball club players to improve. I can't speak highly enough of the seniors this year. They were a joy to coach and made a big improvement on their game. It was unfair and heart-breaking that our seniors team saw their competitions cancelled and a year ending prematurely without gaining silverware. However, I am positive that players who are graduating will continue their volleyball journey thanks to their involvement with Mets, a local volleyball club. I am also confident their university teams will be very glad to have them on-board.

The senior boys played with a complicated system which meant that we had to sacrifice early results to master the new game structure. The first tournament saw Euan Anderson receiving the spirit of the game award and our team learning a lot from their first competitive tournament.

Better days followed with a victory of 3-0 against Belmont high and in January a very good performance against Stewarton proved that the team was on the right track. Improvements were visible on system, serve-receive and character by our teams. We were the only senior boys team to introduce playing with the 5-1 system and very proud to do so. We will look forward to a challenging next year counting on the great support from the PE department and the good linkage with the Scottish Volleyball Association.





# Football Clubs

U13 Football team

Coach: Mr Higgins



The U13's Football club was a great success this year with nearly 60 pupils attending throughout the year. After an extremely well attended first couple of training sessions they started their league campaign with a resounding 6-1 victory. This was a sign of things to come. With successful performances in the league, the team qualified for the 'Champions League' section after Christmas.

With some great results against St Ninian's High School and Gleniffer High School the team finished second in a very challenging league. With a large number of S1 pupils involved in the team this year, we look forward to starting the campaign again next year in S2.

There were a total of 6 different players picking up 'Man of the Match' throughout the season with Sam McGrory receiving this twice and Oliver Glass receiving this on three occasions. In total there were 6 different goal scorers throughout the season, with Sam McGrory finishing as top scorer with 17 goals





## U14 Football team

Coach: Mr Williams



2019-20 saw the under 14's team show some strong performances against some tough local opposition, with the team's best result a 2-1 away win against St Ninian's in their Paisley And District Schools Europa League section. That result set the team up well before the abrupt end to the season with the team in pole position to win the section.

Other excellent performances came in home and away wins against Barrhead, with a particularly impressive performance winning 6-2 at home.

Next year the team will be hoping to take their strong end of season form into their league and cup early season fixtures.

### Squad 2019-20

*Nathan Adams, Ross Bradford, Ral Chira, Felipe Da Silva, Ewan Doig, Ross Duncan, Justin Hoey, Jack Hoiles, Adam Farron, Logan Blair, Andrew McKenzie, Oliver McKendrick, Steven Sands, Calum Shearer, Ben Whiteford, David Whitelaw*



## U15 Football team

Coach: Mr Higgins



The U15's Football team competed well this year after being placed in another challenging league. The squad saw the introduction of a few new players this year due to others unfortunately unable to commit their time to playing with the school and their club.

The highlight of the year was a hard earned victory away to a very good Williamwood side after losing out to them earlier in the season. Two of the team, Kacper Kielban and Max Bannerman were nominated for the U15's Paisley and District team and were unfortunate to miss out on a very strong squad.



# Girls Football

Coach: Mr Brown

It was another great year of development for the U15 section as they competed in various competitions throughout the year. We managed to double our numbers of participants from last year and started working with local primary schools to start transitioning younger players in.

The season kicked off with the U14s attending Toryglen and competed well against much more experienced opposition. The new S1's Lia Spence, Faith Wilson, Skye Ballantyne, Sophie Cairns, Hannah Mackay and Millie Mclean all made a great impact. Winning their 2<sup>nd</sup> game and giving national champions St Ninians a scare with leading most of game before losing 2 late goals.

However, it was in the East Renfrewshire League that we witnessed the greatest development. A surge in interest from girls in S1 to S3 year groups meant that we went from losing most games in Round Robin 1 to winning our majority in Round 3. Although winning is a great marker (and it helps with motivation levels) our real success has come from engaging more girls in the beautiful game and increasing participation.

Next year we will be looking to develop further by increasing participation with primary focused sessions to develop interest earlier and will continue to cater for all who are keen to represent at High school. A special mention should go to the 6 or 7 S3 girls who kept the club going last year and have been integral to our success this year. Onwards and upwards as they say!



# Dance Clubs

Our dance clubs are delivered by a team of senior dance leaders. They have been fantastic this year and are excellent role models to our younger dancers. Each leader has brought their own set of skills to the club from choreography ideas to organisation of hoodies, rehearsals and fundraisers. Thank you to you all for your dedication this year and well done! Our dance show, organised by the dance committee and sports council was unfortunately cancelled this year due to current circumstances. This was very disappointing for everyone involved, especially the dancers who had dedicated countless hours to rehearsals.

## S2 Dance Leaders

Eve Wengel, Abigail Thompson  
Elleigh Thompson

## S1-S3 Dance Leaders

Natalie Hendrie, Kirsty Dougall, Alex Cuthbertson, Emma MacDonald, Rachel McCutcheon, Hannah McGeogh

## Senior Dance Leaders

Flora Robertson, Lamaya Ogunlesi  
Morven Monaghan-Brash

## Senior Dance Club



**Dance Leaders** –Flora Robertson, Morven Monaghan-Brash & Lamaya Ogunlesi

The senior dance club this year learned a hip hop routine which was a remix of four different songs. We rehearsed once every week after school on a Monday, although as it got nearer the dance show and single performances the girls would come down at lunch times and some days after school for extra practice. The girls put in a lot of effort and commitment into the dance and worked hard to learn all of the moves. They came up with lots of ideas for different formations we could use which made the dance look even better. We were all disappointed that the show was unable to take place but we were still happy to be able to perform our dance for single performances so the girls could show off all of their hard work and the dance looked amazing.



**Dance Leaders** – Natalie Hendrie, Alex Cuthbertson, Kirsty Dougall, Emma MacDonald, Rachel McCutcheon, Hannah McGeough.

This year in the S1- S3 dance club we had a very impressive number of 28 dancers working on 2 dances throughout the year. Six seniors led the club this year who all have different dance backgrounds which we all brought to the club and the choreography. The first dance was for the 'Old Folks Party' in December, this was a very nice dance and the elders loved it! The girls looked amazing on stage and it was good practice for the upcoming dance show.

## Junior Dance Club



As soon as the Christmas holidays were over we started preparing for the show and also the competition. We held a valentine bake sale and hamper raffle to raise money for costumes. Sadly, the performances did not go ahead however the dance was an energetic hip hop routine and the girls looked amazing in it. The girls were able to perform the dance at the dress rehearsal so the dance leaders and other students got to watch and they looked amazing in their full outfits. This did not come easy, we practised every Thursday since August and even a few extra practices near the end to make sure everything was perfect. We hope to see some of you back at the club next year or at the S4-S6 dance club because you are all great dancers and hopefully we get to compete next year!

## S2 Lunchtime Club



Most Committed: Holly Coubrough

Most Improved: Hannah Brown

The S2 Dance club took place weekly on a Wednesday lunch time. The club ran with roughly 12 members throughout the year. From August to Christmas we experimented with a new style of dance each week. These included Contemporary, Lyrical, Commercial, Hip Hop, MT Jazz and others. We began classes with a warm up and technical exercises, including leaps, turns and kicks to allow our skills to develop and then worked on a new routine each week to help improve choreography retention. This also allowed us to experiment with lots of styles so that we could decide which was the best style for us to choreograph our final routine to. We took an anonymous vote at the start of December and it was decided that we would dance a lyrical routine to Lost Boy. We started the process of choreographing by asking the girls to break into small groups and choreograph to the song themselves, which allowed us to see where strengths and weaknesses lay, as well as providing inspiration for the dance. Over the course of the next few months we slowly put together our dance. We are incredibly proud of the final dance that we created and would like to thank our 12 dancers for their outstanding commitment from start to end.

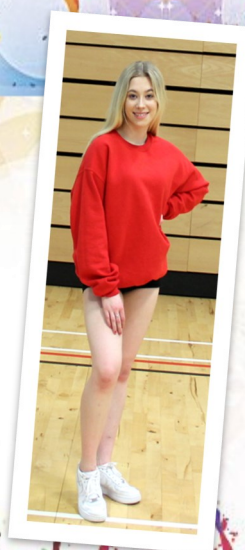


# East Renfrewshire

## Dance Championships

Unfortunately the annual East Renfrewshire Dance Championships were cancelled this year. As well as the three dance clubs, the other entrants were able to perform to one another before school closed to showcase their work. Well done to you all – the hours of practice to prepare and create your dances really show how dedicated and talented you all are. We look forward to next year!!

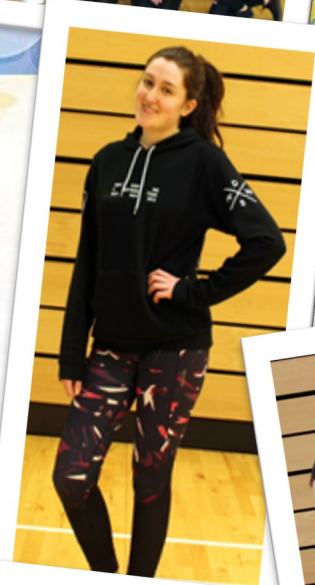
All these girls also competed in the Eastwood High Dance Championships. This also could not officially go ahead however we did manage a performance behind closed doors so the girls could still demonstrate their fantastic work.





# Eastwood High

## Dance Show





# School of Rugby

## S1 Boys Team

This year the S1 team has made significant improvement as the season has progressed with no fewer than 30 boys representing the team. They played 15 games in total, winning 8 of them and 4 of their losses were by a solitary try. They had some outstanding games with narrow losses to Shawlands and Oban as well as excellent victories against Stonelaw and Wallace High. In addition the boys took part again in the SPEN Warriors Championships at Scotstoun winning 3 of their 4 games contributing heavily to the qualification to the semi finals of the tournament (which were then unfortunately cancelled).

Of the 30 boys who played, 22 were totally new to rugby when they arrived at Eastwood and it has been great to see their progress as individuals as well as a team. Oliver Glass was top try scorer with 9 and Lochlan Kidd and Craig Andrews next in line crossing the whitewash 8 times each. Sam McGrory (22) and Callum Grant (18) converted the most posts with the boot. It was an incredibly difficult decision to name the 2 award winners this year with so many worthy candidates.



Player of the Year: Max Ferguson



Most Improved Player: James Ratter

**Squad:** Craig Andrews; Adam Berry; Hamish Black; McKenzie Black; Harry Brennan; Sam Brown; Gregor Cameron; Calan Chong; Fraser Cunningham; Josh Cuthbertson; Andrew Dinsmore; Max Ferguson; Matthew Fishlock; Max Fleming; Oliver Glass; Callum Grant; Lochlan Kidd; Thomas Lappin; Callum McEwan; Sam McGrory; Daniel More; Alex Nehme; Arran Paterson; Deacon Rae; Marcus Ralston; James Ratter; Riley Smith; Hasan Yusuf

Wallace High 40-35;

Shawlands 40-47, 34-40;

St Thomas Aquinas 17-7;

Lenzie 0-50;

Jordanhill 5-45, 5-10;

Oban 38-42;

St Andrews Sec. 42-7, 48-15;

Stonelaw 38-29, 20-15;

Hutchesons 19-38;

Lockerbie 25-5;

Northwest Community Campus 30-5.



## S2 Boys Team

This year the S2 team has the best record of the rugby teams winning 11 of their 16 games, including a narrow loss to the full Hutchesons A team towards the end of the year. This showed the development that the boys had made since last year. The team continues to bond well and are starting to play some excellent rugby, with a good number of the pupils stepping up a level from last year. Of their 16 games the highlights included that excellent performance at Hutchesons as well as 2 outstanding wins against the vastly more experienced Lenzie and Jordanhill, as well as defeating Shawlands becoming the first boys' team to achieve this since the School of Rugby began. Having performed well in getting to the final of last year's edition of the SPEN Warriors Championships at Scotstoun, the boys won all 4 of their games this year to help Eastwood qualify for the semi finals of the tournament (which were then unfortunately cancelled).

Player of the Year: Chris Rae



Most Improved Player: Euan McNaughton

This year 23 boys represented the school this season and it was great to see Miles Hampton, Andrew McKenzie and Marcus Sabba scoring their first tries. Having come 2<sup>nd</sup> in last year's Junior Kicking Competition, Euan McNaughton took on the role of team kicker this year scoring no fewer than 46 points with the boot. Chris Rae and Cameron Healy used their experience and power to finish as the top 2 try scorers with 26 and 17 tries respectively, with Olly McKendrick 3<sup>rd</sup> on 13 tries. Overall 14 of the boys scored points this year.

**Squad:** *Sopan Acharya; Logan Blair; Ross Bradford; Calum Campbell; Botan Demir; Ewan Doig; Ross Duncan; Harry Galbraith; Sam Gallaher; Miles Hampton; Cameron Healy; Jack Hoiles; Harris Lovatt; Devesh Marwaha; Gabriel McGillivray; Oliver McKendrick; Andrew McKenzie; Euan McNaughton; Chris Rae; Marcus Sabba; Steven Sands; Ben Whiteford; Shriyans Yadav;*

Wallace High 15-35;  
Shawlands 40-34, 60-35;  
Hutchesons B 15-32;  
St Thomas Aquinas 79-24;  
Lenzie 27-24;  
Jordanhill 26-5, 20-5;  
Oban 14-60;  
St Andrews Sec. 65-12, 27-35;  
Hutchesons A 14-34;  
Stonelaw 50-5;  
Lockerbie 20-10;  
Northwest Community Campus 50-5.



## U14 Girls Team

This was the first year that U14 girls played as a team with the restructuring of girls' age groups and they had a very busy year. They played 10 games as well as participating in the SPEN Warriors Championships and a Glasgow North Festival. They were also lucky enough to play at half time on the main pitch during the Glasgow v Kings match at Scotstoun. This was definitely a highlight as well being unbeaten at the Warriors Championship qualifier. The other highlight was beating Shawlands for the first time ever at S2 level.

The S1 girls were totally new to the game and it was great to see just how much progress they made which was down to their hard work and commitment to the extra curricular club where numbers were excellent all year. The S2 girls had also developed well being in the 2<sup>nd</sup> year of the programme. The most improved player in the S1 group was a very difficult decision given how well all of them had progressed. Sophie Cairns was the top try scorer but nearly all of the girls managed to score at least 1 try through the season. In S2 Pinky Li topped the try scoring charts followed by Rhona Brown and Miya MacGregor.

S2 Most Improved Player: Abigail Grierson



S1 Most Improved Player: Erin Kirkland



Player of the Year: Pinky Li

### S1 Squad:

*Sophie Cairns; Hayley Dunn; Alex Goldie; Erin Kirkland; Lily Leiper; Molly McLellan; Tyeghyn Motley; Sofie O'Donnell; Beth Robertson; Rachel Roodt; Beth Tait; Zion Townsend;*

### S2 Squad:

*Rhona Brown; Ellie Cassidy; Freya Cooper; Alisha Gattu; Abigail Grierson; Kimmi King'ori; Pinky Li; Mollie Long; Neve MacDougall; Freya MacFarlane; Miya McGregor;*

Wallace High Win;

Shawlands 15-39, 9-18, 54-36 (S2), 36-42 (S1);

St Thomas Aquinas 39-18;

Notre Dame 30-3, 22-9;

Stonelaw 30-6;

Lockerbie 12-12;

Jordanhill 36-3;

Northwest Community Campus 30-3;

2<sup>nd</sup> place and 3<sup>rd</sup> place out of 10 teams at Glasgow North Festival



## U15 & U16 Boys Team

This year the S3 and U16 teams had a difficult year as a team and only came away with 1 victory, although they were involved in a number of excellent games. The commitment from a number of the S3 boys to training was excellent and there were some very good individual performances but unfortunately they didn't gel together as well as they would have hoped. Their victory came against St Andrews' Secondary but their 3 other defeats against Lenzie, Biggar and Oban were excellent games to watch. Lenzie came out victorious with a few late long range tries, however prior to that it was a real end to end battle and we were beating Biggar at half time before running out of steam. Our game against Oban was played in glorious sunshine and was a game to match the conditions. After going behind Eastwood then blitzed back to go in front before finding themselves pushing for the winning try at the death. However a late interception then took the game away. The S3 team also had 2 games as a year group against Jordanhill and Hutchesons.

Mac Thompson progressed to the Glasgow U16 squad and represented them in the Scottish Inter-District U16 Championships. Well done to him! He also top scored along with Ricky Zhang with 3 tries each with Charlie Barber top scoring the kicking charts with 10 points.

**Most Improved Player: Euan Currie**

**S3 Player of the Year: Addison Linden**



**U16 Player of the Year: Mac Thomson**

### **S3 Squad:**

*Cameron Black; Ethan Brennan; Jamie Campbell; Euan Currie; Finlay Gordon; Cameron Hepburn; Kacper Kielban; Addison Linden; Josh McAleese; Lewie McEwan; Kyle McLean; Oliver Miller; Suhail Mohammed; Finlay Orr; Ethan Ralston; Rohit Samra-Singh; Jack Tuck;*

### **U16 Squad:**

*Charlie Barber; Liam Bothwell; Max Campbell; Joshua Covedale; Dean Grierson; Cole Hart; Rory McKendrick; Ben Newbon; Craig Orr; Mac Thompson; Ricky Zhang*

### **Results:**

U15: Jordanhill 0-50;

Hutchesons 14-50

U16: Lenzie 19-42;

Biggar 14-47;

Oban 17-27;

St Andrews Sec 41-25.



## U16 Girls Team

The U16 girls unfortunately only played 4 games for a variety of reasons however they again showed why they won the team of the year last year. They played some excellent rugby at times, showing a great skill base that has been developed through their commitment and hard work during training. Their first 2 games were against the very experienced Shawlands and Wallace where once more they competed admirably but ultimately lost to schools containing multiple club players. However they then followed this up with good wins against St Thomas Aquinas and Notre Dame.

Holland Bogan and Amy Cupples were both selected to be part of the Glasgow and the West U16 Development Hub and been training with that group. Good luck to them as they hope to progress further in the programme.

Holland, Amy, Olivia Bryers and Kiera McArthur were the top try scorers this year but nearly all of the girls scored tries this year. This group of girls' attitude was excellent throughout the year and shows both during training and on the pitch. Melody Nehme, Fiona MacDonald and Kiera were also all part of the SPEN Warriors Championship team



Pictures from the Glasgow Warriors Championship and a Six Nation trip to Murrayfield to watch Scotland V England



# Badminton Club

The badminton club has gone from strength to strength this year with on average over 40 pupils attending each week! The Club has been running on a Wednesday after school with pupils mainly from S1-S4 in attendance, although it is open to all year groups. It was great to see lots of S3 pupils who had been at PE during period 6 choosing to stay on and work on their skills and play badminton in a relaxed, friendly and social setting. I was hugely impressed with the number of pupils attending the club who were keen and eager to help set up the courts and equipment in order to squeeze every bit out of their playing time, it helped immensely and allowed those coming down from further afield around the school the opportunity to get in and get on quickly. This year we also had a large increase in the number of pupils who were wishing to use the badminton club to develop their skills and fitness as part of their Duke of Edinburgh Bronze Award. This was great to see as many of them chose to stay on longer than required as they were enjoying their time at the club.



Throughout the weeks I have tried to challenge the pupils while keeping as many involved with the running of the games and tournaments as possible. This meant that although there was always time to socialise while off court there were also a variety of roles to be carried out. These included score keeper, line judges and umpires, which gave the players an opportunity to take on some responsibility and improve the quality of the game through accurate scorekeeping and decision making.....well that was the idea and as always some were a little more involved and diligent than others when undertaking their roles!!



If the numbers attending a club is a sign of a success, then the badminton club was a huge success, with some weeks in excess of 50 pupils attending! Unfortunately we only had 1 gameshall at our disposal which obviously meant very limited court space. However through playing a number of ½ court 'round robin' fixtures, the pupils learned how to organise, run and record their own tournaments. We also had our year group challenge at Christmas which ended up displaying some very hotly contested games! Well done to all who took part!

I have thoroughly enjoyed taking the club this year and working with all the pupils who came along and made the club their own through their good nature and friendly outlook. I really look forward to next year when we can get back to school, back to our club, and start playing our games and developing our skills further. I would also particularly encourage those pupils in S3-S6 who are thinking of using badminton as one of their single performances for National exams to come along from the start of the year and develop your skills and game awareness.



### East Renfrewshire Team Championships

This year our Eastwood badminton team again took part in the East Renfrewshire Schools Badminton Quaich which was held at the Barrhead Foundry, on 29<sup>th</sup> October. The event consisted of a 'round robin' tournament with each team competing in singles, doubles and mixed doubles games. Every point was important in this format with points scored across all games being totalled up and used to determine the winner. With really strong performances against Williamwood, Woodfarm and Barrhead the team missed out on the top spot after the narrowest of defeats to Mearns Castle. Well done to all our badminton players who showed true grit and determination throughout the tournament. Hopefully we will be back on next year when our players will have another opportunity to test their metal against great opposition.



# Sports Council



**Sports Ambassadors 2019-2020**  
Kirsty Dougall (S5) and Callum Ip (S6)

Sports Council meet most Tuesdays during lunch and discuss ways to increase participation in physical activities across the school. This is led by our young ambassadors Callum Ip and Kirsty Dougall and our platinum ambassadors Amy McVitie, Donald Bolton and Chloe McKinlay.

The Sports Council have taken time throughout the year to discuss and organise sporting events for our school community. Our highlights this year have included the Annual Sports Fair, many Inter-House competitions – Dodgeball being our personal favourite, Active Girls day for the junior school, the 5K Santa dash, the Dance Show and Food Drive to donate to our local food bank.

We welcomed our new Active Schools Co-ordinator, Tony Bryson who helped us along with Mrs Lloyd and the house captains to plan our events.



For the third and final year Amy took charge of promoting our extra-curricular clubs by designing and displaying posters with the help of Kirsty in the PE classroom windows. She also updated our sports council board and new house point board regularly showing the events and results of competitions each month.

Kieia Ratter and Lucy McDonnell (S3) successfully planned and led the inter-house dodgeball tournament with the support of the sports council. Pupils from S1-3 participated with enthusiasm and the event was greatly enjoyed.



Tony, with the help of Melissa Burningham and Caitlin Smillie (S3) created an Eastwood Wall of Fame with all former and present pupils of Eastwood HS who are elite athletes.

Following the success of the Eastwood Dance Show in previous years, the sports council along with our dance leaders organised what would have been a great evening for all involved. We had another sports council and teacher dance prepared, thank you to choreographers Chloe and Lucy. But sadly, due to the circumstances this event had to be cancelled. As disappointing as this was, we appreciate this is for our own safety and look forward to running the event again next year.



## Goodbye S6!

We say goodbye to many of our young ambassadors this year – Chloe, Amy, Donald and Callum. As well as the ambassadors, Euan Chalmers, Lucy Connelly, Karen King'ori, Jennifer Hepburn and Mar-yam Shabbir have all been part of the team over the years and what a great team we have been! I hope you have happy memories of your time as part of the sports council. You will all be missed!!





# House Captains

AULDHOUSE HOUSE CAPTAINS



BALGRAY HOUSE CAPTAINS



CAPELRIG HOUSE CAPTAINS



DUNCARNOCK HOUSE CAPTAINS





# Interhouse

Well done to the house captains for their work this year in promoting Interhouse events. Especially the senior House Captains who showed excellent leadership skills and led discussions and meetings with their junior captains.

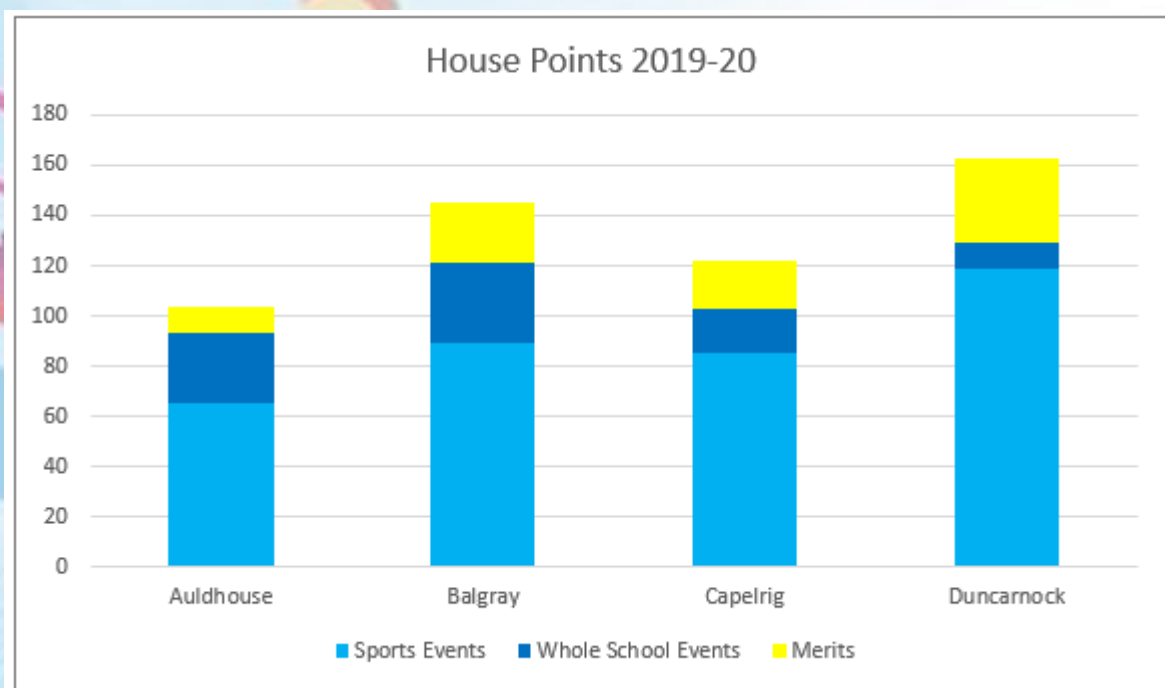
Over the year the PE department organised a number of sports events for junior and senior pupils: Basketball, Volleyball, Football, Rugby, Cross Country, Dodgeball, Netball and the 5K Santa Dash.

Points were also awarded to the winners of the art mindfulness colouring competition and to the house who collected the most food in our Christmas food drive.

In addition, this year for the first time silver and gold merits also contributed to house points.

Tony our Active Schools Co-ordinator has arranged for a flag of our winning house to be displayed in the games hall to celebrate the winners all year round.

## CHAMPIONS—DUNCARNOCK





Miss Shannon

## Couch to 5K

After the club's inaugural success in session 2018/19 Couch to 5K was back to entice pupils and staff off of their couch! The club followed the NHS training app which provides a programme designed to help people run a 5K in just 9 weeks! We had lots of new pupils participate this year, looking to take up running as a hobby and to develop their fitness levels. Even a few pupils decided they would like to do the programme again!

From the get-go, the club would aim to mark the end of the programme by taking part in Eastwood High Schools '5K Santa Dash'. The fun run took place during school time on a cold December day. Over 80 pupils and staff came together to raise money for a local charity and pushed themselves to complete the 5K distance. The run raised an excellent £177 which was donated to the Glasgow City Mission's Christmas Appeal to support the homeless over the festive period.

Starting line for the Santa Dash.



C25K members Charlie Jackson (S3) and Mr Evans getting ready for the Santa Dash!

## Athletics

### Scottish Schools Cross Country Championships

The final event that was able to take place this year was the Scottish Schools Cross country Championships which was held again in the beautiful grounds of Hopetoun House, South Queensferry. The courses at this event range from 3000m – 6000m depending on the age group and has competitors running 'loops' around a basic figure of 8 course. The grounds of the estate are vast with some very steep and challenging hill sections for the competitors to navigate their way around. As usual the underfoot conditions also go some way to providing an increased challenge as the day progressed with both uphill and steep downhill sections becoming very muddy, forcing competitors to choose their route carefully having to be . Luckily the day stayed bright but very cold for the most part with rain only setting in during the final stages of the last race. All our competitors worked extremely hard and gave good accounts for themselves with a particularly noteworthy performances from Calan Chong who secured 6<sup>th</sup> place out of a field of around 190 competitors in the boys D category, while Helen Chong and Clare Wallace came 15<sup>th</sup> and 20<sup>th</sup> respectively in the girls A race. Well done again to all who took part!



# Athletics

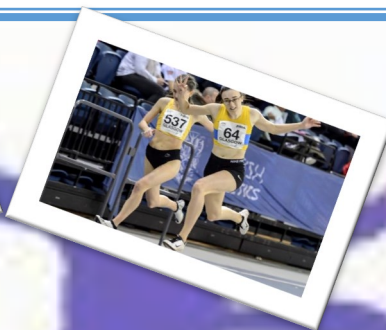
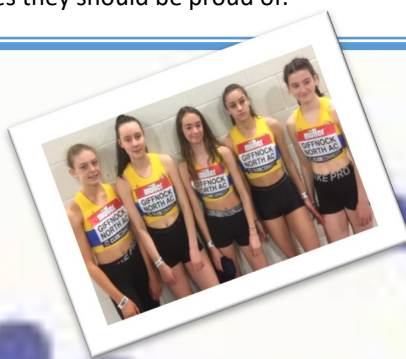
## Scottish Schools AA Road Race



**Athletes: Amy Vincent, Eva Chong, Helen Chong, Kate Richardson, Clare Wallace, Amelia Bain, Calan Chong, Jack Paterson**

This year the Scottish Schools athletics programme kicked off with the Road Race Championships. For many years this event has been held at Helix Park in Falkirk but for the first time it has now been moved to Pittencrieff Park, Dunfermline. This was a challenging new course around the paths within the park which incorporated quite a few challenging hills on its route! Once the race numbers had been collected and pinned to the vests the athletes started their warm ups, it was a beautiful October day.

All the athletes performed very well with a particularly inspired run from Calan Chong in Race 2. After a cat and mouse battle for second and third spot, Calan managed to find his reserves in the final 100m, digging deep and putting in a tremendous sprint finish where he managed to dip on the line to secure a Silver medal. The Eastwood senior Girls team also managed to come home with a silver medal but this time in the team event where they managed to narrowly beat George Watson's College by just 6 placings. It was a superb day of racing and all the athletes that made the journey through gave their all and put in solid performances they should be proud of.



**Athletes: Alyson Bell, Eilidh Hunter, Clare Wallace, Eva Chong**

The next event in the athletics calendar was held at the Emirates Arena in Glasgow, which is a superb, world class venue and was to be holding the Muller Indoor Grand Prix just a week after the Scottish Schools event.

This championship allows athletes to compete in either 'under 16' or 'over 16' categories which means that many of our school athletes in lower year groups can find it difficult to progress beyond the heats. Despite this however, over the years our pupils have put in some fantastic performances and this year was no exception. In the over 16 category Alyson Bell competed in the 60m and 200m events taking Gold in both events while securing a new championship best performance in the 200m with a time of 24.78 seconds!

Well done to all our Indoor athletes!



## Swimming Club



## Scottish School AA Cross Country



On Wednesday afternoons for an hour after school pupils from S1 to S3 have been coming along to learn to swim or improve existing swimming techniques. Some have learned to swim, others have improved their skills and are now much more confident in the water, can swim further and for longer. Others have learned to swim new strokes. Existing friendships have been strengthened, new friendships have been made and we have had fun.

If you didn't try it this year come and give it a try. Its open to all year groups. Its fun, it's a life skill, its sociable. Its great for your health and fitness and a great way to wind down after a day of classes.

Thank you to all the pupils that continue to support this club.

Mrs Mahoney.

## Equestrian

There are three main events in the Equestrian calendar -The Hunter Trials, Kilgraston and British Show jumping Just for Schools where all participants compete at Show-jumping events.

Hazel King in S1 this year had taken part in the Kilgraston show jumping event where she won the 80-85cm class out of a field of 54 competitors and coming second in the 70-75cm class in a field of 47. She has therefore qualified to compete on behalf of Eastwood High school in both the 70 -75cm and 80-85cm classes at the National Schools Equestrian Association Show Jumping Championship which will be held in Addington in October. The weekend before that she competed on behalf of Eastwood High School in the British Show jumping Just for Schools competition at Morris Equestrian near Fenwick





# Sporting Success



## Eilidh Hunter S2

Eilidh Hunter (Middle) and her team won Gold Medals at the Scottish National U15 girls 4x200m relay Championships held at the Emirates arena. This was a national event with teams from all over Scotland competing.

Well done Eilidh.

## Lauren Chalmers S4 (far left)

Bronze (200m Fly) and Silver (400m Individual Medley) at the Scottish School Swimming Championships



## Amy McVitie S6

(Front Row 2nd from right)  
Represented Scotland U21 Squad as well as continually playing for Strathclyde Sirens U21 and Scotstoun Storm U21 team



## Leigh Edgar—S6

Leigh is a fantastic young lady with amazing levels of commitment and dedication to her sport.

As a 2nd Black Belt in Tae Kwon Do Leigh is currently working towards her 3rd Dan grading.

Well done Leigh and good luck for the future.

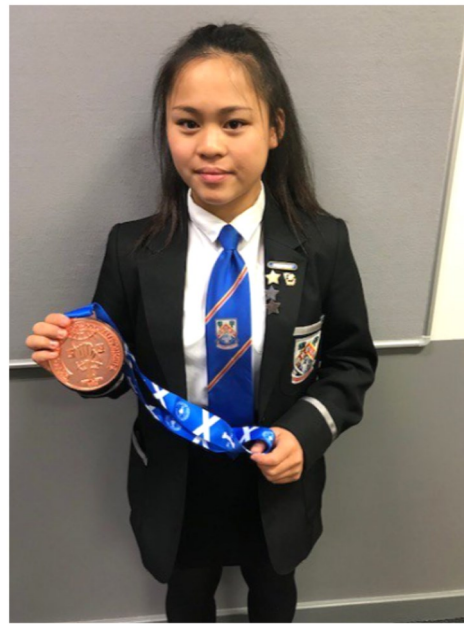


# Sporting Success

## Pinky Li S2

Competed at the World Junior Tai Kwon Do Championships achieving a bronze medal in her respective category.

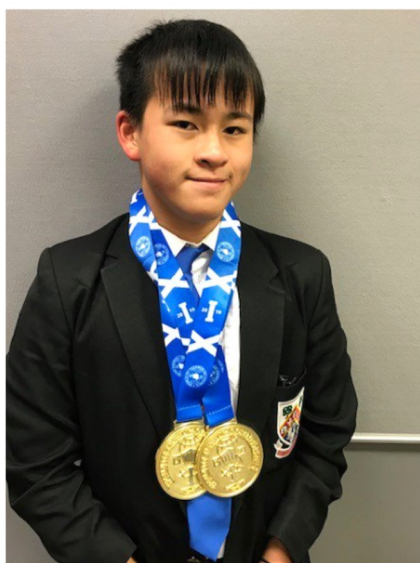
Well Done Pinky another great achievement.



## Tony Li S4

Competed at the World Junior Tai Kwon Do Championships achieving two Gold Medals medals in his respective categories.

Well Done Tony keep up that effort and determination.



## Ross Campbell S5

World Junior Tae Kwon Do Championships winning a bronze in the Team Patterns.

All together 3 Golds, 1 Bronze and Overall champion is his category.

Absolutely outstanding effort well done Ross.





# Sporting Success



**Chloe Colquhoun**  
**S4**

Congratulations on winning the league title with Glasgow City Girls.



**Maja Paszenda &**  
**Niamh Gorman S5**

Congratulations to both girls on representing U17's Glasgow City Girls Football club and winning the double (League and League Cup)



**Miss Boyle Depute Head**

Congratulations to our very own Depute Head Miss Boyle who was presented with the Scottish Schools Football Association 20 Year Award by Alex McMenemy. She is the first female in Scotland to receive this award.

She has shown outstanding commitment to girls football throughout her career and continues to do so. You are an inspiration for us all and we are all so proud. Well Done.

**GLASGOW CITY FC 17'S**  
**MOST IMPROVED**  
**PLAYER 2019**  
**NIAMH GORMAN**



**Niamh Gorman S5**

Achieving Most Improved player from Glasgow City Girls Football club 2019.

That really shows her hard work and dedication to the game. Well done.



**Greig Allen - S3**

Is a regular in the U15 Hearts Squad , however more recently he has performed for the U16's and U18's. Such a great achievement and a talent we need to look out for.



# Sporting Success



**Zara Redpath**—(2nd from left )

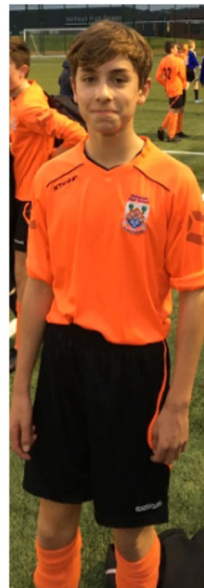
District Performance League Winners  
and U17 Scotland National Academy.

Well done Zara!



**Manik Khadiya**

Great Britain Roller Derby Squad



**Oliver McKendrick**

Scotland U15's Youth  
Football team.



**Helen Chong (far left)**

U17 Team Gold Mountain Running Championships



**Jack Bothwell**

Bronze x 2 UK Disability  
Gymnastics Championships.



# Sporting Success



**Jack Tuck**

Scotland Basketball Squad



**Clare Wallace**

15-16 years and Overall Female  
Gold Scottish Open Water  
Championships



**Alyson Bell**

Gold 60m and 200m at the Scottish Schools  
Indoor Championships



**Calan Chong (far Left)**

Silver at Scottish Schools Road race

*An absolutely fantastic effort from all our Elite Athletes demonstrating that hard work and dedication really does pay off. Good luck for your next season from all at Eastwood High.*



# Sports Awards 2019-2020

| Club                    | Teacher       | Awards                  | Pupils            |
|-------------------------|---------------|-------------------------|-------------------|
| Badminton               | Mr Gibson     | S1/2 Most Committed     | Toby Dynes        |
|                         |               | S1/2 Most Committed     | Bella McCluskey   |
|                         |               | S3/4 Most Committed     | Andrew Combe      |
|                         |               | S3/4 Most Committed     | Niamh Breslin     |
| Basketball - S1/S2      | Mr Gibson     | Most Valuable Player    | Saad Ansari       |
|                         |               | Most Improved           | Amir Minhas       |
| Basketball - S3/S4      | Mr Gibson     | Most Valuable Player    | Jack Tuck         |
|                         |               | Most Improved           | Lewis Vincent     |
| Basketball - Senior     | Mr Gibson     | Most Valuable Player    | Donald Bolton     |
|                         |               | Most Improved           | Callum Ip         |
| Basketball - Girls      | Mrs McCarron  | Most Valuable Player    | Arshvir Jillich   |
|                         |               | Most Committed          | Aliyah Shakoor    |
| Couch to 5k             | Miss Shannon  | Participant of the Year | Torin Butler      |
|                         |               | Most Improved           | Charlie Jackson   |
| Dance Club S1-S3        | Dance Leaders | Dancer of the Year      | Caitlin Smilie    |
|                         |               | Most Committed          | Tess McVicker     |
|                         |               | Most Improved           | Tia Noon          |
| Dance Club S2           | Dance Leaders | Dancer of the Year      | Ellie Watson      |
|                         |               | Most Committed          | Hannah Brown      |
|                         |               | Most Improved           | Holly Coubrough   |
| Dance Club - Seniors    | Dance Leaders | Dancer of the Year      | Sarah McMenemy    |
|                         |               | Most Committed          | Holly McKie       |
|                         |               | Most Improved           | Maaria Khan       |
| Fencing                 | David Rollo   | Fencer of the Year      | Hazel King        |
|                         |               | Most Improved           | Cara Shields      |
| Football - U13's        | Mr Higgins    | Player of the Year      | Oliver Glass      |
|                         |               | Top Goalscorer          | Sam McGrory       |
| Football - U14's        | Mr Williams   | Player of the Year      | Oliver McKendrick |
|                         |               | Most Committed          | Calum Shearer     |
| Football - U15's        | Mr Higgins    | Player of the Year      | Kacper Kielban    |
|                         |               | Top Goalscorer          | Lewis Wardrop     |
| Football - Junior Girls | Mr Brown      | Player of the Year      | Ashley Kee        |
|                         |               | Most Improved           | Nicole Harkins    |
| Football - Senior Girls | Miss Boyle    | Player of the Year      | Rebecca Monaghan  |
| Gymnastics              | Mr Judge      | Most Improved           | Tia Noon          |
|                         |               | Most Committed          | Eilidh Robertson  |



# Sports Awards 2019-2020

| Club                 | Teacher                            | Awards                    | Pupils             |
|----------------------|------------------------------------|---------------------------|--------------------|
| Netball - S1         | Miss Shannon                       | Player of the Year        | Olivia Cuthbertson |
|                      |                                    | Most Committed            | Faith Wilson       |
|                      |                                    | Most Improved             | Lily Malone        |
| Netball - S2         | Miss Barrie                        | Player of the Year        | Ruby Small         |
|                      |                                    | Most Committed            | Tess McVicker      |
|                      |                                    | Most Improved             | Devon Mallard      |
| Netball - S3         | Mrs Lloyd                          | Player of the Year        | Sophie Halliday    |
|                      |                                    | Most Committed            | Sophia Revicka     |
|                      |                                    | Most Improved             | Melissa Burningham |
| Netball - Senior     | Miss McNair                        | Player of the Year        | Amy McVitie        |
|                      |                                    | Most Committed            | Kirsty Dougall     |
|                      |                                    | Most Improved             | Alex Cuthbertson   |
| Rugby - S1 Boys      | Mr Reid                            | Player of the Year        | Max Ferguson       |
|                      |                                    | Most Improved             | James Ratter       |
| Rugby - S2 Boys      | Mr Reid                            | Player of the Year        | Christopher Rae    |
|                      |                                    | Most Improved             | Euan McNaughton    |
| Rugby - S3 Boys      | Mr Reid                            | Player of the Year        | Addison Linden     |
|                      |                                    | Most Improved             | Euan Currie        |
| Rugby - U16's Boys   | Mr Reid                            | Player of the Year        | Mac Thompson       |
| Rugby - S1 Girls     | Mr Reid                            | Most Improved             | Erin Kirkland      |
| Rugby - S2 Girls     | Mr Reid                            | Most Improved             | Abigael Grierson   |
| Rugby - S3 Girls     | Mr Reid                            | Most Improved             | Melody Nehme       |
| Rugby - U14's Girls  | Mr Reid                            | Player of the Year        | Pinky Li           |
| Rugby - U16's Girls  | Mr Reid                            | Player of the Year        | Holland Bogan      |
| Swimming             | Mrs Mahoney                        | Most Improved             | Sopan Acharya      |
| Trampolining         | Mrs Mears                          | Best Performance          | Rachel Roodt       |
|                      |                                    | Most Committed            | Hannah Shearman    |
| Volleyball - Juniors | Miss Workman/ Ioannis Panayiotakis | Most Committed            | Evan Howie         |
|                      |                                    | Most Committed            | Keira Ratter       |
| Volleyball - Seniors | Miss Workman/ Ioannis Panayiotakis | Boys' Player of the Year  | Callum Ip          |
|                      |                                    | Girls' Player of the Year | Amelia Bain        |
|                      |                                    | Most Improved             | Euan Anderson      |
|                      |                                    | Most Committed            | Al-harreth Musbahi |

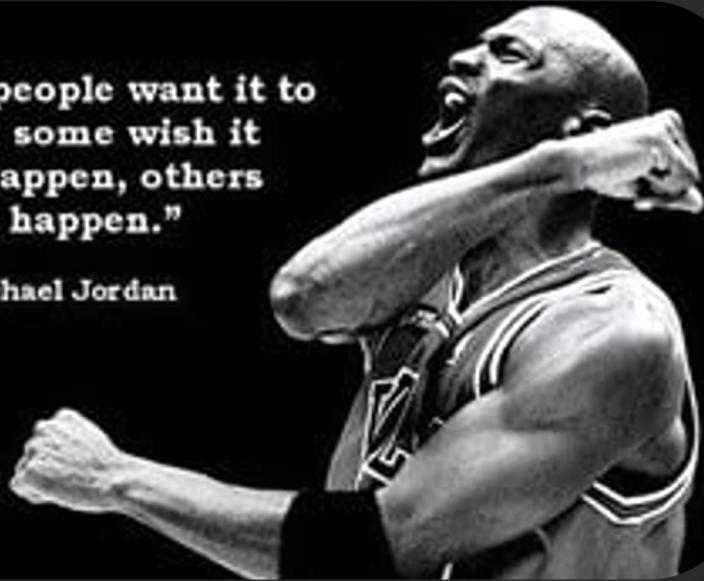
*Well Done to everyone who achieved an award this year, it's a great achievement and you should be very proud. But also a big thank you to all the staff and pupils not mentioned above who continually support our clubs because without you they just wouldn't run.*

*The PE department would like to wish you all the best and let's have a great 20-21 season.*



**"Some people want it to happen, some wish it would happen, others make it happen."**

**-Michael Jordan**



*Always believe in yourself and never give up  
on reaching your full potential.*