

## Sports Review Autumn 2009-2010

### Basketball

Basketball has really grown at representative level this year. The school has basketball teams in years 5, 6, 7, 8 and 9 who play both Dutch and international schools.

This term, the boys and girls teams from years 5, 6 and 7 have been competing in the NBB schools league on Wednesday afternoons. There were notable performances from both girls' teams, who showed excellent team spirit and commitment against older and more experienced opponents.

The Year 7 boys have been the most successful, reaching the semi final stages. A first for the BSA!

The Under 14 girls and boys teams have also produced excellent performances against quality opposition. The results at The British School of the Netherlands and The American International School of Rotterdam give an indication of how much the teams have developed since last year:

|                |                |
|----------------|----------------|
| Girls          | Boys           |
| BSA 30-30 BSN  | BSA 32-24 BSN  |
| BSA 15-15 AISR | BSA 39-06 AISR |

In the spring term, My Guide coach Danny Peer will be leading skills clinics during club time. Its also important that students attend practices if they would like to be considered for selection for the school teams. There are still a few places left so see Mr Foulke if you would like to sign up.

Basketball club times:

Monday: Senior School , Sporthallen Zuid 1600-1700  
( Donald David, Mr Foulke)

Tuesday: Upper Juniors, School Gym, 1600-1700  
(Donald David)

Wednesday: Senior School, Sporthallen Zuid 1600-1700  
(Donald David, Mr Foulke)



The girls under 14 team



The boys under 14 team



The boys under 12 team.



The girls under 12 team.

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### Running

#### The Run for Unicef- Sunday 6<sup>th</sup> December

On Sunday, in the aftermath of Sinterklass, pupils from the Upper Junior School and Secondary School met at the Olympic stadium to burn off some energy for a Unicef charity run. 18 pupils from the Upper Junior School took part in the children's 1km run.

Before we started, the kids warmed up and were entertained outside by the Piets. The course route covered half a lap of the stadium, around the outside perimeter of the stadium and then back into the stadium again. Congratulations to all the children who braved the weather and took part in this race.

A particular mention must go to Toby Deenstra from 4W who came 1<sup>st</sup> out of the BSA pupils to finish. Thank you to Miss Dillon and to all the parents who helped out as team leaders and came along to lend their support.

Next up was the 5km run. Mr Foulke, Ms Welsh, Miss Williamson and 8 pupils from the BSA ran in this race along with their parents. This route led out of the stadium, down Amstelveenseweg to the Bosbaan and back again. Charlotte Geeroms from 6S was the first girl from the BSA and the 8<sup>th</sup> female participant overall to cross the finishing line, an outstanding achievement!

Congratulations to all the pupils and parents who took part in this run. Overall we raised 270 euros for Unicef.

Well done to all!



The 1km Unicefloop BSA runners



The 5km Unicefloop BSA runners



Charlotte Geeroms from Year 6, finishing 8<sup>th</sup> in the Womens 5km race

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### Football

This year the BSA has entered an exciting partnership with local club ASV Arsenal . Coaches from ASV are working alongside our sports teachers in lessons and after school clubs. The school has U10, U12 and U14 teams who will have a full and varied programme of fixtures this year.

Next term, there are fixtures against local clubs in addition to games played in the KNVB Schools League.

In summer there will be some weekend tournaments at ASV, the Beach Soccer Tournament at Dam Square and The Zuider Amstel Cup.

All those interested in being selected need to ensure they come along to the after-school clubs. See the teachers below for more details.

Monday: Upper Juniors (Mr Edghill)  
Wednesday: Upper Juniors (Mr Edghill)  
Thursday: Senior School (Mr Foulke)



Some of our Senior School footballers with ASV Arsenal Vice Chairman Wim Teuling



Last year's Under 12 boys' team celebrating after finishing a commendable third The Zuider Amstel Cup. The boys were unbeaten in normal time, losing on penalties in the semi-final to the eventual winners.

### Squash

This term students from the Senior School have been honing their squash skills at Frans Otten Stadion, home of the Dutch national team. This is a fantastic facility and the high number of courts ensures students get a full practice session during lessons and club time.

Later in the year the students will be competing against each in the House Sports competition. There is also an after-school club on Fridays between 16.00-17.15 (places still available!) .

The Frans Otten Stadion have also put together a highly discounted British School membership. For an annual fee of 110 euros students can play free of further charge at these times:

Monday: 8.00- 18.00                      Tuesday: 8.00- 18.00  
Wednesday: 8.00- 18.00                Thursday: 8.00- 18.00  
Friday: 8.00- 23.00                        Saturday: 8.00- 23.00      Sunday: 8.00- 23.00

Please see Mr Foulke for further details (NB: this offer falls outside of the school's jurisdiction)



PE teacher Ms Ayoub with Year 8 students at The Frans Otten Stadion

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### Water Sports

Having just moved up to the Senior School, the entire Year 7 group were quite literally thrown in at the deep end! Over the course of four weeks the students learnt how to sail a small topper, paddle a canoe and kayak and how to play canoe polo. They also, importantly, learnt the value in working as a team.

The courses culminated in an inter-house competition of two halves; a sailing race and a canoe polo tournament. All participants achieved the requirements for their first Dutch CWO certificate, and had a lot of fun in the process!



### Fitness training

Over the last two months the Year 11 students have been developing their own training programme at top gymnasium Medicovision, Olympic Stadion.

All participants went through an induction with a personal trainer, who was then on hand to advise when developing their own individual fitness plan. Students selected from cardiovascular, toning or strength training programmes, and then monitored their own progress over seven weeks. This experience should stand them in good stead when developing their own fitness plan in the future.



Year 11 students Jordan Scott and Tanguy Delwart, being put through their paces by one of the Medicovision personal trainers.

Any Key Stage 4 or 5 students who wish to train every week at Medicovision are welcome to come to the club on Wednesdays 1600-1745. See Mr Foulke for further details.

### Local Sports Clubs

| Club                 | Website  | Contact  | Contact person       |
|----------------------|--|--|----------------------|
| Rugby: AAC           | <a href="http://www.jeugrugby.nl">www.jeugrugby.nl</a>                           | <a href="mailto:jeug@aacrugby.com">jeug@aacrugby.com</a>               | see website          |
| Tennis:              | <a href="http://www.AmsterdamTennisAcademy.nl">www.AmsterdamTennisAcademy.nl</a> | 0610857874   | Ingemar van der Waal |
| Football: ASV        | <a href="http://www.asvarsenal.nl">www.asvarsenal.nl</a>                         | 0651343879   | Wim Teuling          |
| Horse Riding:        | <a href="http://www.deamsterdammaege.nl">www.deamsterdammaege.nl</a>             | 0206431342   | Eva and Ramon        |
| Basketball:          | <a href="http://www.abvmosquitos.nl">www.abvmosquitos.nl</a>                     | see website  | see website          |
| Canoeing:            | <a href="http://www.Kanoschool.nl">www.Kanoschool.nl</a>                         | <a href="mailto:rick.daman@planet.nl">rick.daman@planet.nl</a>         | Rick Daman           |
| Athletics:           | <a href="http://www.phanos.org">www.phanos.org</a>                               | 06-28869968  | Tim van Wechem       |
| Fencing: Schermen SZ |  | <a href="mailto:frans37@xs4all.nl">frans37@xs4all.nl</a>               | Frans Posthuma       |
| Cricket: ACC         | <a href="http://www.acc-cricket.nl">www.acc-cricket.nl</a>                       | <a href="mailto:info@acc-cricket.nl">info@acc-cricket.nl</a>           | Guido Dukker         |
| Baseball: A.H.C      | <a href="http://www.quickamsterdam.nl">www.quickamsterdam.nl</a>                 | <a href="mailto:joost.comperen@zonnet.nl">joost.comperen@zonnet.nl</a> | Joost Comperen       |