

Sports Review Summer 2009-2010

Secondary School House Sports Trophy

Keizersgracht extended their dominance in all things sport, by adding The House Sports Trophy to The Athletics Cup in 2010. The programme on Wednesday afternoons gave both teams and individuals the opportunity to excel. In Squash, Isobel Muncer (girls) and Thomas Elgar (boys) won the Year 7 competitions in fine style. In the years 8 and 9, Kate Beerkins and Guy Warburton took the honours in their respective competitions. Below is a full record of results in all the sports competitions. Well done to all participants and congratulations Keizersgracht!!

Competition	Singel	Herengracht	Keizersgracht	Prinsengracht
Hockey Y7	5	15	20	10
Football Y8/9	10	5	20	15
Table Tennis Y7	5	10	20	15
Table tennis Y8/9	10	5	15	20
Rugby Y7	20	10	15	5
Rounders Y7	15	10	5	20
Tennis Y7	10	15	5	20
Tennis Y8/9	10	5	20	15
Frisbee Y7	7.5	20	7.5	15
Frisbee Y8/9	5	10	20	15
Squash (G)	7.5	7.5	15	20
Squash (G) Y8/9	10	5	15	20
Squash (B) Y7	15	10	5	20
Squash (B) Y8/9	15	5	20	10
Soft ball Y8/9	10	15	20	5
Soft ball Y7	15	10	5	20
Hand ball Y8/9	5	15	20	10
Touch Rugby Y7	20	10	15	5
Touch Rugby Y8/9	5	10	15	20
Basketball (1)	15	10	20	5
Basketball (2)	20	20	5	15
Athletics Cup	20	60	80	40
Total	255	282.5	380.5	350

Secondary School Athletics Cup, Olympisch Stadion, 2nd July

Keizersgracht paint the town red. Again!

On a blistering hot day at Olympisch Stadion, Keizersgracht retained The Athletics Cup in emphatic style. As the temperatures rose the records tumbled. Notable performances in the field events include Tom Bron, who broke the javelin record with a stylish throw of 19.40m and Max Winokan who broke his own shot put record with a distance of 9.73m. Timothy Macdonald also shattered his old record in the long jump, improving from 4.60m to 5.22m



The home camps take their places in the stands.



Yuki Fukunaga takes the first bend in the girls 400m.



Sarah Loiler and Jenny Snape hug after finishing 1st and 2nd in the Y9/10 100m



Emiel de Lange, Master of Ceremonies for the day. A fine performance!

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Secondary School Athletics Cup, Olympisch Stadion, 2nd July

(contd...) Sarah Loiler also improved the girls record with a jump of 4.15m. Emily Sweigart, from Prinsengracht, broke records in both long jump and javelin. In the track events Emily triumphed again, narrowly beating Emily Hickin in the Year 7/8 100 metres. The boys race was even closer, with Max Winokan and Alexander Gonzalez Lamberth finishing in a dead heat in 13.69sec. A new Key Stage 3 record, for 5 minutes! Timothy Macdonald usurped the boys with a lightning 13.29 in the Year 9/10 race. Ryo Takayama showed great potential in the longest sprint, breaking Morris Yang's 400m record with a 66.88sec finish. There were many strong personal performances to lift the spirits, but one in particular stood out. Keizersgracht's Emily Hickin, Year 7, ran every track event; 100m (2nd), 400m (1st), 800m (2nd) and the relay (1st). A crucial point grabbing performance and inspirational for the eventual winners, especially considering she was running with an arm in plaster following a fracture 2 days earlier! Well done to all, and special thanks to all staff and Year 12 students for helping make it a great day.

Event	Result
Year 7/8 Girls 100m	1 st E. Sweigart (P) 16.19 sec, 2 nd E. Hickin (K) 16.30sec, 3 rd I.Muncer (K) 16.31
Year 7/8 Boys 100m	1 st = M. Winokan (K) A. Gonzalez Lamberth (K) 13.69, 3 rd S. Rolls 14.10 sec
Year 9/10 Girls 100m	1 st S. Loiler (P) 15.38, 2 nd J. Snape (H) 16.12 sec, 3 rd G. Ngana 16.19 sec
Year 9/10 Boys 100m	1 st T. Macdonald (H) 13.29 sec, 2 nd J. de Bruin (K) 14.00s ec, 3 rd T.de Lange (K) 14.02 sec
Year 7/8 Girls 400m	1 st E. Hickin (K) 83.34 sec, 2 nd Y. Fukunaga (H) 87.72, 3 rd S. Taguchi (S) 89.73 sec
Year 7/8 Boys 400m	1 st R.Takayama (P) 66.88sec, 2 nd R. Meharg (K) 72.25 sec, 3 rd T. Elgar 74.94 sec
Year 7/8 Girls 800m	1 st O. Demriel (H) 3 min 19.31 sec, 2 nd E. Hickin (K) 3 min 26.19 sec, 3 rd E. Sweigart (P) 3.min 28.74 sec
Year 7/8 Boys 800m	1 st G. Arveladze (H) 2 min 48.44sec, 2 nd M. Barnes (P) 2 min 52.18 sec, 3 rd R.Takayama (P) 2 min 52.22
Year 7/8 Girls Long Jump	1 st E. Sweigart (P) 3.91m, 2 nd I. Muncer (K) 3.67m, 3 rd Y. Fukunaga (H) 3.44m
Year 7/8 Boys Long Jump	1 st S. Rolls (S) 4.31m, 2 nd M. Winokan (K) 4.01m, 3 rd J. Ngana (H) 3.90m
Year 9/10 Girls Long Jump	1 st S. Loiler (P) 4.15m, 2 nd E.Murkuninova (H) 3.13m, 3 rd J. Snape (H) 3.03m
Year 9/10 Boys Long Jump	1 st T. Macdonald (H) 5.22m, 2 nd Sasha Galitsky (S), 3 rd J. Heinneman (S) 4.75m
Year 7/8 Girls Shot	1st A. Higuchi 6.05m, 2nd T.Sabic 4.90m, 3 rd Aysha Ruesink (S) 4.83m
Year 7/8 Boys Shot	1 st M.Winokan (K) 9.73m, 2 nd S.Rolls(S) 9.68m, 3 rd R.Meharg (K) 8.17m
Year 7/8 Girls Javelin	1st E. Sweigart (P) 11.60, 2 nd A.Higuchi (K) 9.71m, 3 rd I.Muncer(K) 9.70m
Year 7/8 Boys Javelin	1 st T.Bron (S) 19.20m, 2 nd G.Arveladze (H) 18.40m, 3 rd G.Warburton (K) 17.00m
Year 9/10 Girls Javelin	1 st J.Snape
Year 9/10 Boys Javelin	1 st A. Hana Bunales, 2 nd J. de Bruin, 3 rd
Year 7/8 Girls 4 x 100m Relay	1 st K 65 sec 24, 2 nd S, 3rd P, 4 th H
Year 7/8 Boys 4x 100m Relay	1 st K 60sec 18, 2 nd H, 3 rd S, 4th P
Year 9/10 Mixed 100m Relay	1 st H 62 sec 37, 2 nd P, 3 rd K, 4th S
Tug of War	1 st K'gracht, 2 nd Singel, 3 rd Herengracht, 4 th P'gracht
Final Positions	1 st K'gracht, 2 nd P'gracht, 3 rd H'gracht, 4 th Singel



Max and Alexander neck and neck in the Y7/8 100m.



Come on Prinsengracht!!



It aint over 'til it's over! Messr's Bron and Warburton battle it out in the 800m



De Lange and Hana Bunales carrying the baton in the 4x100m

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Secondary School Athletics Cup, Olympisch Stadion, 2nd July

School Athletics Records Key Stage 3

Event	Athlete	House	Time/distance	Year
Girls 100m	S.Taguchi	Singel	15.85	2009
Boys 100m	T.Macdonald	H'gracht	13.29	2010
Girls 400m	B.Vickers	Singel	79.19	2007
Boys 400m	R.Takayama	P'gracht	66.88	2010
Girls 800m	O. Demriel	Singel	3.19.43	2010
Boys 800m	G.Arveladze	H'gracht	2.42.01	2009
Girls Long Jump	Grace Ngana	P'gracht	3.80m	2009
Boys Long Jump	T.Macdonald	H'gracht	5.22m	2010
Girls Shot Put	T.Murti	P'gracht	6.51m	2009
Boys Shot Put	M.Winokan	K'gracht	9.73m	2010
Girls Javelin	E.Sweigart	P'gracht	11.60m	2010
Boys Javelin	T.Bron	Singel	19.40m	2010
Girls 4x100m	Keizersgracht		69.53	2009
Boys 4x100m	Keizersgracht		60.18	2009

Key Stage 4

Event	Athlete	House	Time/dist	Year
Girls 100m	R. Wallin	P'gracht	14.89	2009
Boys 100m	J. de Bruin	H'gracht	14.00	2010
Girls 400m	R.Wallin	P'gracht	77.51	2009
Boys 400m	L.Mayhew	K'gracht	57.73	2009
Girls 800m	D. Heinemann	Singel	2.58.39	2008
Boys 800m	See KS 3 record			
Girls Long Jump	S.Loiler	P'gracht	4.15m	2010
Boys Long Jump	M.Diepraam	P'gracht	5.67m	2009
Girls Shot Put	See KS 3 record			
Boys Shot Put	See KS 3 record			
Girls Javelin	See KS 3 record			
Boys Javelin	See KS 3 record			
Girls 4x100m	Keizersgracht		67.03	2008
Boys 4x100m	Singel		60.00	2009



Take the strain....HEAVE!!!



The Prinsengracht Roar!



A fitting backdrop for the winning team.
Keizersgracht: Kampioenen !!!

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Upper School Football

Zuid Cup, 9th June

BSA entered both girls and boys teams from Years 6 and 7 in the 2010 competition at AFC's magnificent stadium. The tournament, in its second year, attracts the top footballing schools from across the south of Amsterdam.

On a baking hot day, both boys and girls teams produced convincing early performances, winning all three group games to finish top of their respective tables. On this basis hopes were high for the quarter finals.

However, the boys' teams incurred 2 injuries that had a huge impact upon their success. Ryan Meharg and Tyler D'Quino who had been highly influential in the opening victories, took no further part past the group stages.

During the midday break, Ruiari Meharg displayed his clinical dead ball prowess, winning the penalty shoot out competition. He duly celebrated in his own inimitable style.

The girls, always up against teams that were physically bigger, ran out of steam in the semi-finals. Overall, it was a great team effort. The more experienced trio of Hickin, Hickin and Geeroms were ably supported by the talented new blood. In particular, Ayse Hincal was a commanding presence as goalkeeper.

The boys badly missed the injured players and as fatigue set in so too did Zuid Cup hopes fade. As with the girls, the boys bowed out at the semi-final stage.

Through the players' commendable approach to games, the school was awarded the Fair Play Trophy. Though two fourth place finishes are respectable, let's add two Zuid Cups to that next year!

A special mention to all the Year 6 players; you did great at this level!!

Girls Squad: A.Hincal, I.Marsh, N. Milenova, C. Geeroms (capt), E. Sweigart, A. Ruesink, H. Monalescot, A.Guindo, E.Hickin, A. Hickin

Boys Squad: B. Graham (capt), S.Narayan, F.Zanetti, T.Elgar, L.D.Rita, H.Owen, J.Marsh, J.Deenstra, Ryan Meharg, Ruiari Meharg, A.Bron, J.Ngana, T. D'Quino, E.Lamberton
Mr Foulke



The boys and girls teams in action at AFC.



ASV coach Dennis Griffith leads the team talk, while below both teams 'bond'.

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Upper School Holland Beach Soccer, 11th June

Dam Square was given the Zandvoort treatment once again for the annual Holland Beach Soccer tournaments. Teams from across the city battled it out for the top silverware in sand-based futsal.

A hugely disappointing show for the Year 4/5 tournament in the morning meant BSA picked up a couple of trophies without playing a single match! The guys from Holland Beach Soccer instead laid on some special activities to develop the players' skills.

This was a big contrast to the Year 6/7 tournaments in the afternoon. BSA took five teams, including one girl's team. The competition was fierce, the girls in particular having a tough time as their league was changed to a mixed event at the last minute. BSA 4 achieved our highest ranking this year, finishing 3rd overall. Other finishing positions: BSA 3 (4th), BSA 2 (5th), BSA 5 (6th) and the girls, BSA 1 (6th). Plenty of lessons learnt for next year. Druk op BSA!!!



BSA whites warm-up.



BSA v BSA: loyalties split!

Year 6 and 7 Camp YMCA Nautilus, June 21st- 25th

Year 6 and 7 students once again had a great time at YMCA Nautilus Activity Camp. Great weather added to the enjoyment, with students taking part in raft-building, mountain biking, canoeing, sailing, rollerblading, zipwire, rock climbing and scuba diving.

The instructors commented on the positive attitudes and excellent behaviour of students. Thanks to all staff who made this happen, with special thanks to Camp Leader Ms Brady for organizing the week.



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Amsterdam Marathon, 17th October

An early 'heads up' for all those pupils, parents and staff who would like to enter one of the Amsterdam Marathon races in October. As you may remember, lots of folks from the BSA community entered races last year; the 1km 'kinderloop' for the younger children and the 7.5km, ½ marathon and full marathon for older competitors. It's a great family day out and this year we would like to get as many BSA'ers involved as possible. We would like to enter a BSA Community Team in the 8km run and/or the ½ marathon. If you are interested please let me know at p.foulke@britams.nl. We are also looking for a sponsor for some BSA running vests. If you know anyone please let me know!
More details will follow in September. Wishing you all a good summer break!

Hockey Club AMJV and Amsterdam Tennis Academy

The Amsterdam Tennis Academy and hockey club AMJV are looking for players who would like to develop their game and have some fun while doing so! Ingermar van der Waal from ATA has worked with BSA students in the past. His tennis academy is based at the Frans Otten Stadion, close by the Upper School. AMJV is a well established hockey club based at Amstelveen. Roland Slotema is the club's Technical Coordinator and would love to hear from any interested players. Contact details for both organizations are listed below.

And finally thank you so much.....

....to Ms Ayoub and Mr Edghill, who are both leaving the school this year. Mr Edghill's contribution has been instrumental in the development of sport at the school. He has set up and led The International Award for the older students; developed the PE curriculum, representative teams and sports events for the Upper Juniors; and has played a leading role in sailing, canoeing and other enrichment activities across the school. Ms Ayoub has brought fun, enthusiasm and a real sense of teamwork to PE lessons in the Secondary School. She has made major contributions in curriculum development, particularly in aerobics, yoga and dance. She also has made a major impact in the development and delivery of enrichment activities. A big thank you to both and we wish you success in your future ventures. Please come back and visit!

Very best wishes
Mr.Foulke

Local Clubs

Club	Website	Contact	Contact Person
Rugby: AAC	www.jeugdruugby.nl	jeugd@aacrugby.com	see website
Hockey: AMJV	www.hcamvj.nl	0627861963	Roland Slotema
Tennis: ATA	www.AmsterdamTennisAcademy.nl	0610857874	Ingermar van der Waal
Football: ASV	www.asvarsenal.nl	0651343879	Wim Teuling
Horse Riding	www.deamsterdammaege.nl	0206431342	Eva and Ramon
Basketball	www.abvmosquitos.nl	see website	see website
Canoeing	www.Kanoschool.nl	rick.daman@planet.nl	Rick Daman
Athletics	www.phanos.org	06-28869968	Tim van Wechem
Fencing	Schermen SZ	frans37@xs4all.nl	Frans Posthuma
Cricket: ACC	www.acc-cricket.nl	info@acc-cricket.nl	Guido Dukker
Baseball: A.H.C	www.quickamsterdam.nl	joost.comperen@zonnet.nl	Joost Comperen