



PE Newsletter **12th-15th October**

Year 7

Year 7 Boys Football

Year 7 Boys Make a Flying Start in First Competitive School Fixture

Tuesday marked a historic occasion for our Year 7 boys as they represented the school for the very first time in a County Cup fixture against Culford. The boys did themselves proud, producing an excellent team performance full of energy, determination and attacking quality.

Competition for places has been fierce, with an amazing **55 boys attending trials** for the squad. This highlights the strength of interest in football across the year group, and there will be plenty of opportunities ahead for both the A and B teams to represent the school throughout the season.

The boys started brilliantly, dominating the opening 20 minutes and putting Culford under sustained pressure. After Dec struck the crossbar and Ollie forced a good save from the goalkeeper, the breakthrough came in the 21st minute. Jake produced a delightful chip to

open the scoring, and just two minutes later Dec finished confidently on the break to double the lead. Jake came agonisingly close to adding a third when he hit the crossbar in the 27th minute.

The team continued where they left off after half-time, with Freddie finishing neatly after a square pass from Dec just three minutes into the second half. Ollie then bundled home from a corner to extend the lead, before another lively run from Jake created further danger, with Freddie striking the crossbar once again.

The goals continued to flow as Jake showed great determination to chase down the ball before pulling it back for Dec to finish. Ollie then produced an excellent run and a lovely pass to set up Dec for another goal. Dec completed his scoring with a superb finish, accompanied by a celebration that was sure to entertain the fans!

There was still time for the goal of the game, as Freddie delivered an excellent cross for Finley to volley home spectacularly. Culford grabbed a consolation goal with the final kick of the match, but it did little to take the shine off an outstanding first outing for our Year 7 boys. Final score was 8-1 to Stowmarket.

This was a fantastic team effort and a brilliant start to life representing the school. Every player contributed to a performance that showcased the talent, teamwork and enthusiasm within the squad. Well done to all the boys involved, and we look forward to seeing both the A and B teams in action as the season progresses!

Year 7 Girls Football

On Thursday, the Year 7 girls football team played their first football fixture for Stowmarket High School.

The girls faced a tough and well-drilled County Upper side, who had the advantage of having played together previously as middle school students. Despite the challenge, our girls worked incredibly hard throughout and showed great determination and team spirit.

Although the final score was 4-0 to County Upper, the scoreline certainly did not reflect the game, with the girls putting in a fantastic effort and competing well against a more experienced side.

A special well done to **Aisha**, who was our standout performer and deservedly earned Player of the Match for her excellent performance.

Well done to all the girls on their first fixture for Stowmarket High School! We look forward to seeing them continue to develop and grow as a team.

Year 8

Year 8 Boys Football

The year 8 boys football travelled over to Thurston for the West Suffolk round robin tournament against Thurston A, B, C, Stowupland and Ixworth playing 5 matches and putting in a fantastic display winning 4 matches and drawing 1, qualifying for the semi finals of the West Suffolk Cup. Stowmarket started well despite going behind, managed to come back and win 4-1 against Thurston B. The 2nd match was a tough battle against Stowupland which ended up 0-0. The 3rd match saw Stowmarket score 2 late goals in order to beat Thurston C. The 4th match and Stowmarket fell behind early but managed to comeback and win 2-1 against Thurston A showing great character and resilience. The last match saw Stowmarket needing at least a draw to progress and Stow came through to beat Ixworth 2-1. Crucial goals from Ezra B and Fletcher R throughout the tournament proved critical in qualifying but an overall fantastic team effort, showing great spirit and resilience to overcome obstacles to secure their place in the semi final and every player in the squad played their part with lots of game time for each. It is now the 2nd season running where Stowmarket are in the semi finals of one of the cups - very well done and fully deserved! Mr Andrews

Year 8 Girls Football



On Wednesday, the U13 girls football team faced Mildenhall in the first round of the County Cup.

The girls found themselves two goals down early on, but showed fantastic resilience, determination and teamwork to fight their way back into the game. With Aaliyah and Charlotte leading the press and driving the team forward, the girls turned things around to secure a fantastic **3-2 victory!**

A brilliant comeback from the team, who showed great character and never gave up. Well done to all the girls involved – we look forward to seeing how far you can go in the County Cup!

Year 10

Year 10 Boys football

The U15 boys played their first game in the Suffolk County Cup against Stradbroke on a wet Monday evening this week.

The game couldn't have started any better with the boys taking a 3-0 lead within the first 5 minutes of the game courtesy of Aras, Ronnie and Ed. After that it was one way traffic from Stowmarket with some excellent football from our midfield 3 of Cody, Jack and Theo and our substitutes who haven't yet had the opportunity to play for the team coming on and making a difference (Jack M, Bailey and Ronnie T).

The second half was more of the same with more goals from Ed and Jack as well as Cody who was a rock in the middle all game. We were not threatened by Stradbroke as our solid defence of Frasier, Ollie, Caleb and Toby - as well as substitutes Seth and Alfie who showed some great defensive and attacking displays down the flanks. And of course, our captain and rock in goal Kyron, as vocal as ever and dependable between the sticks.

Overall, it was a total annihilation from Stowmarket, winning the game 10-0 and advancing to the next round, where we face Castle Manor away.

Congratulations to the boys on another fantastic display and yet another clean sheet (yet to concede a single goal across 4 matches) and on to the next one. UP THE STOW!

WSW & TPC

Year 11

Year 11 Boys Football



The 11 boys have booked their place in the **West Suffolk Cup semi-final** following two excellent victories.

In their first game, Stowmarket produced an impressive performance to beat **Thurston 3–1**. Goals came from **Finley, Oli and Jae**, with the highlight being a **lovely volley from Jae** to help seal the victory.

They followed this up with a hard-fought **2–1 win over Stowupland**. They fell behind early but responded brilliantly, dominating the game and showing great resilience to turn the result around. **Finley** found the net again before **Leyton** added the other goal to complete the comeback.

Two strong performances and two deserved victories mean the Year 11 boys now progress to the **West Suffolk Cup semi-final**, where they will face **Mildenhall**.

All Years

Cross Country

Our students put in a fantastic effort at the **Area Cross Country competition at Royal Hospital School**, with everyone competing extremely well and representing the school brilliantly.

A number of students produced strong performances to **qualify for the next round at Woodbridge**.

The standout performance came from **Year 7 Poppy**, who produced a superb run to secure her place in the next round.

Well done to everyone who competed and congratulations to all those progressing to Woodbridge. Good luck in the next round!

Other news!

Year 7 Chloe- Represented TEAM GB!



A huge well done to Chloe who represented Team GB at the WTKA EUROPEAN CHAMPIONSHIPS on Saturday.

Chloe came away with a fantastic * Bronze in *KUMITE* in her age group and * Bronze in *PAIRS KATA* in her age group

Upcoming Fixtures:

Monday 19th October-

- Year 9 Girls football @ IES BRECKLAND (2:00-6:00pm) G.Whitfield

Tuesday 20th October-

- Year 11 Girls netball @SHS (3:10-5:30pm) J.Howland
- Year 10 boys futsal @ SHS (3:10-5:30pm) W.Swann/ T.Popham-Cooper.

Wednesday 21st October-

- Year 11 girls football @ SHS Astro (3:10-4:45pm) J.Howland

Thursday 22nd October-

- Year 7 boys football @ TCC (3:10-5:30pm) D.Wise