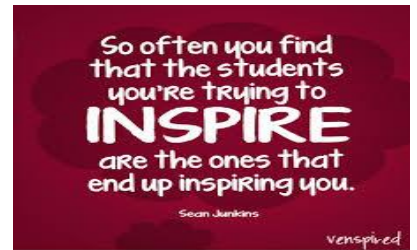




**Braes High School P.E. Dept**  
*Let us not look back in anger, nor forward in fear but around  
in awareness-James Thurber*

## NOT JUST A GAME!



Firstly, an apology to all those pupils and staff who took part in school sport before we started producing NJAG. You helped establish a strong tradition and reputation particularly in sports such as Basketball, Football and Athletics. Success is cyclical though and every school will have its outstanding sporting achievements, even more so now with their "Sports Academies" being an integral part of their programme, but I don't know of any that have such a wide and diverse range of activities. ENJOY!

*Those who can, do, those who can't, teach."-George Bernard Shaw*  
*Those who can't do, teach. And those who can't teach, teach gym." — Woody Allen, Annie Hall: Screenplay*  
*Those who can't teach gym, write about it- Anon*

The following article from Alistair Campbell (British journalist, broadcaster, political aide, and author) sums up just where we are just now and the motivation for this issue.

I miss football, but here are reasons why the game won't come back until social distancing is over.

I am missing football, quite badly. The rhythm of the week has been profoundly disturbed. For me, a Burnley game at the end of the week is crucial to that rhythm. The anticipation helps deal with other challenges through the week. The match is the fulcrum around which whole weekends are planned. For me, it is a social life, a cultural life, a sporting life wrapped into one. For football fans, there is always something to look forward to: the next match, the next season, the next transfer window, the next cup run – so many nexts. Now all we have to look forward to, in the immediate future, is emptiness, confusion, and uncertainty about when this void in our lives will be filled.

It is not just Burnley I miss. It is a weird feeling to slump down on the sofa at the end of the day and find pretty much nothing on *Sky Sports* or *BT Sport* that I want to watch. I can't help thinking *Sky Sports News* should just shut down for a while, rather than pretend that a sports channel is the best place to keep up to date with the [Covid-19](#) developments

Also, repeats of past matches, no matter how good they might have been at the time, are no replacement. I am even missing commentator Martin Tyler shouting, "And it's live", at which point, in normal times, I turn the sound down. And I am definitely missing presenter Jeff Stelling and team on the Saturdays when Burnley don't have a game.

But how can football even be played though, in the era of [social distancing](#), when we are supposed to be staying two metres apart? Behind closed doors, packing in game after game – day after day, night after night – to try to finish the season, with the teams all quarantined with each other in a fan-free football zone, these are among the ideas being kicked around...

- 1.No Keane-Vieira death stares in the tunnel.
- 2.It would take an age to get the players on to the pitch. Burnley's tunnel is not even two metres wide (Palace's is even narrower) so the teams would have to come out separately, in a 22-metre train, with another 14 metres for the subs, and, at some clubs, another 40 metres for the backroom staff.
- 3.New benches needed, along the whole of one side of the pitch, to accommodate the above.
- 4.No fair-play handshaking. OK, not a great loss.
- 5.No coin toss. We can live with that too. It is not hard to find other ways to decide who kicks off.
- 6.No huddles. Would Celtic even be able to play without a huddle before kick-off?
- 7.No throw-ins. Well, you could have throw-ins, but you would also need water, soap, and hand sanitisers pitch-side for every time a player touched the ball. This is not going to work, despite the obvious sponsorship opportunities
- 8.No tackles. This is a big one. Tackles might not be what they were in the Norman Hunter era, but they're still an integral part of the game, and I don't see how you can tackle while maintaining a two-metre distance unless every player is well over six feet tall and flies in two-footed, horizontally, flattening the other player immediately.

- 9.No man-marking.
- 10.No shirt-pulling.
- 11.No goalkeepers "charging through bodies" to claim a ball at corners.
- 12.Leads more time wasting. The new game management: go one up, then next time you've got the ball, get to the corner flag, and stay there. There's nothing in the rules of the game to say you can't.
- 13.No buying of free kicks by backing into a defender then falling over. This would seriously blunt Ashley Barnes's effectiveness, and I am not having that.
- 14.No walls at free kicks. None without very large gaps anyway.
- 15.No touchline bust-ups. Likewise, for the full entertainment factor, I need assistant manager Ian Woan and goalkeeping coach Billy Mercer to lose it with the other side's coaches. I need Sean Dyche to march to the fourth official and ask, "What the hell is that about?" as yet another decision goes the way of a "big club"?
- 16.No proper goal celebrations. When we score the 89th-minute goal that clinches that Europa League place, away at Liverpool, I want Barnesy to pile into the away end, and I want the players to pile in after him. Are they really going to just stand there and nod at each other from two metres, and say, "Well done, Barnesy"?
- 17.Oh, I forgot, there won't be any fans there anyway.

You see, this is not as easy as it sounds.

Right, now off to watch highlights of Burnley vs Stockport in the second division play-off final, May 1994, on YouTube: David Eyres with one of the finest goals ever scored at Wembley, Gary Parkinson with one of the best goal celebrations ever seen at Wembley. He jumped the pitch-side fence to pile in with the fans. It's why we love him. It's why we love football. It's why we want it back, but I think we had better get used to the idea – it won't be any time soon.





Aug 2011

## Sports School of the Year

### Sporting success celebrated

Active-Schools Falkirk held its inaugural Sports and Volunteers awards ceremony on the last week of last term. More than 200 pupils took part in an extensive prize winners' list covering 20 categories. Braes High School was named sports school of the year, having achieved most sporting success throughout the region. The school swimming team won the Falkirk Secondary Schools swimming championships last October then the athletics championships in May and the S1/S2 girls football prize.

Active-schools co-ordinator Keith Bunyan said, "This award recognizes the high school that has achieved and participated most throughout the year and this is fantastic recognition for Fiona Parkhouse and all the staff at Braes for a truly great sporting year."

Among the winners **Katie Hunter (ex S6) won Volunteer of the Year - Secondary Pupil**. This award was for a secondary school pupil who was volunteering with Active Schools and substantially contributing to the delivery of sport and physical activity within Falkirk.



### Heather McLuckie awarded the Young Coach of the year for 2010.

**New Coach of the Year** This is the Dora Crudge memorial trophy, named after a lady who was a great supporter of both the sports Council and her own sport of Blind Bowling. It is always good that when an athlete retires from competitive sport, that they use their experience to help others. This young lady was a gymnast from a very young age, competing successfully at local and international level. While at high school, she began to coach on a part time basis and is now the head coach for the pre-school and junior groups at Falkirk School of Gymnastics, where she is responsible for all aspects of their training. New Coach of the Year is Heather McLuckie.

**Calum Rennie (S5)** was a member of the Scotland Under 16 Rugby league team that won the European Youth Rugby League Festival held in Germany.

Calum plays Rugby League for Falkirk Romans and was a member of their Under 15 team that narrowly lost in the Grand Final to Easterhouse Panthers in August. In a strange quirk of fate, he was actually playing rugby union for Falkirk RFC on a pitch adjacent to where rugby league trials were being held and was asked if he would like to play. He showed his versatility by quickly mastering the skills required to play prop in rugby league-impressive considering he plays wing for Falkirk RFC under 18's.



Last season he was part of the Central Crusaders elite squad which provides an opportunity for players with strong potential at under-15 and under-16 levels to take a step up and represent the Central Scotland area.

Despite his success with the National Team, he still prefers playing Rugby Union and has progressed to training with Falkirk 1<sup>ST</sup> XV.

**However, he will revert back to rugby league once again on Wednesday 5<sup>th</sup> October when Scotland play Australia at Falkirk Rugby Club on the lower pitches. Kick Off is 7 p.m.**

Calum, Euan Cassells, and Lewis McKay were all involved in the final selection process for this season's Under 17 Caledonia Squad. The next step up from here is the National Squad.

Euan was part of the Stirling County Under team that won the Scottish Cup at Murrayfield in May.



RRS# ARTICLE 29- Goals of education

HEALTH AND WELL BEING: **So, I phoned up the spiritual leader of Tibet, he sent me a large goat with a long neck. Turns out I phoned Dial-a-Llama.**



Our Sports Day in June was opened by former pupil Sarah Inglis. Sarah is studying at Edinburgh University and graduates as a Physical Education Teacher in June 2012. Not only is she a talented athlete, but among her other sporting achievements at school, were winning the Forth Valley Girls 7-a-side Football League both at Junior and Senior Level. She was also a member of the Senior Girls Basketball Team that narrowly lost to St Andrews HS in 2007 Scottish Cup Final. Along with her sister Mhairi, they formed a formidable team and ensured Braes was at the forefront of Regional Cross-Country and Athletics Championships for several years.

Sarah was a strong candidate for the GB Athletics team in Tokyo before the Covid 19. We'll just need to wait for 2021.

## MISSION IMPOSSIBLE



*"I wonder if this resonates with the current coaching staff".*

RRS# ARTICLE 31  
Leisure, play and culture

HEALTH AND WELL BEING  
I was a trampoline salesman. It had its ups and downs

**CFE was still in its infancy so we produced this simple football test for our “experts”. Have Fun!!**















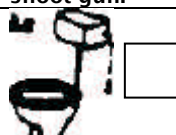




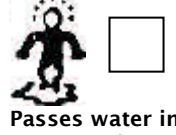



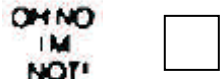

Football Glossary	Third year Answer	Explanation
Advantage	<i>What some teams try to get when they arrange the game for astro then change it to wet grass.</i>	Short term for the Advantage Law 2. An advantageous result in a soccer match
Ball watching	<i>Not recommended or the coach goes nuts!</i>	Playing in a match without getting involved
Clean sheet	<i>No chance of this on our playing fields at present.</i>	when a keeper doesn't allow the opposing team to score
Closing down	<i>What happens when you don't pay the bills-like Rangers and Hearts?</i>	putting pressure on an offensive player so they have no space or time to operate
Dead ball	<i>Coach forgot to pump the ball up.</i>	Static situation such as a free kick or corner
Diagonal ball	<i>What these rugby types use!!</i>	just what it is, a cross field pass or diagonal ball that opens up the game
Down the line	<i>Polmont is just down the line from Falkirk Grahamston station!</i>	A ball played down the line is one that travels along the touchline, down the wing/edge of the pitch
Dummy	<i>Someone who forgets to bring their kit on match day.</i>	Letting the ball go past or through your legs to a teammate.
Dummy run	<i>A run made by the above player.</i>	A run by player without the ball to draw a defender away
Far post	<i>Sending a letter to Dubai</i>	The furthest vertical goal post from the ball
Fresh legs	<i>You need these after playing volleyball and football on the same day.</i>	Substitute who has not played in the current soccer match
Get stuck in	<i>Happens every time we walk across the pitches to play the game-particularly if it has been raining.</i>	to make a hard tackle that sets a tone or makes a statement that your team is there to play
Hat trick	<i>Magic trick performed with hat!</i>	The scoring of three goals in a single match by one player
Hospital ball	<i>Is this a ball with a red cross on it?</i>	a poor pass to a teammate that puts them in danger of being hurt (a slow pass that doesn't quite get to your teammate)
Man on	<i>What we need to do to get the nets down at the end of the game when the coach forgets the ladders.</i>	Warning term used by footballers to caution a teammate who has the ball that he is being pressured
Moves into Channels	<i>Are SKY Sports going to film our games?</i>	A striker who likes to move into wide areas to receive the ball"
Nutmeg	<i>Is that not something we might use in HE?</i>	Dribbling move in which a player slips the ball between the legs of an opponent
Second Ball	<i>This is required when certain players hog the ball and refuse to pass.</i>	The first ball is a cross, goal kick, throw in, etc. If the ball isn't cleanly controlled or dealt with there may be a "second ball". Basically, it refers to flick ons and knock downs from crosses or long balls when the ball is still there to be won
Square pass/ball	<i>There's a lot of balls in this test-who on earth would play with a square ball?</i>	A ball played across the pitch by the attacking team, usually into the opposing penalty area
Whip it in	<i>Not covered this yet-don't know the answer.</i>	cross the ball into the box at pace so it's easier for the player to redirect the ball on goal

Curriculum for Excellence is the curriculum taught in Scottish schools; it spans preschool to secondary and sets out what children aged 3-18 should be able to do as they progress through school. The idea was that pupils should get a more rounded education in which broader achievements would be recognised alongside academic attainment. So, as well as creating “successful learners”, the goal of CFE was to turn pupils into “confident individuals”, “effective contributors” and “responsible citizens” – the so-called four capacities of CFE.

RRS# ARTICLE 29- Goals of education

HEALTH AND WELL BEING- I was going to join the debating team, but somebody talked me out of it.

## FACTORS IMPACTING PERFORMANCE

PERFORMANCE FACTORS	FAR EXCEEDS JOB REQUIREMENTS	EXCEEDS JOB REQUIREMENTS	MEETS JOB REQUIREMENTS	NEEDS SOME IMPROVEMENT	DOES NOT MEET MINIMUM REQUIREMENTS
<b>QUALITY</b>	 Leaps tall buildings with a single bound. <input type="checkbox"/>	 Must take running start to leap over tall buildings <input type="checkbox"/>	 Can only leap over short buildings or those with no chimney. <input type="checkbox"/>	 Crashes into buildings when attempting to jump over them. <input type="checkbox"/>	 Cannot negotiate buildings at all never mind jump them. <input type="checkbox"/>
<b>PACE</b>	 Faster than a speeding bullet <input type="checkbox"/>	 Only just faster than a speeding bullet <input type="checkbox"/>	 Not quite as fast as a speeding bullet <input type="checkbox"/>	 A slow bullet. <input type="checkbox"/>	 Wounds self with bullets when he attempts to shoot gun. <input type="checkbox"/>
<b>STRENGTH</b>	 Is stronger than a locomotive <input type="checkbox"/>	 Is stronger than a bull elephant <input type="checkbox"/>	 Is stronger than a bull <input type="checkbox"/>	 Shoots the bull <input type="checkbox"/>	 Smells like a bull <input type="checkbox"/>
<b>ADAPTABILITY</b>	 Walks on water consistently <input type="checkbox"/>	 Walks on water In emergencies <input type="checkbox"/>	 Washes with water <input type="checkbox"/>	 Drinks water <input type="checkbox"/>	 Passes water in emergencies <input type="checkbox"/>
<b>COMMUNICATION</b>	 Talks with god <input type="checkbox"/>	 Talks with the angels <input type="checkbox"/>	 Talks to himself <input type="checkbox"/>	 Argues with himself <input type="checkbox"/>	 Argues with himself and loses <input type="checkbox"/>

**TICK WHERE APPROPRIATE**

### SCOTTISH VOLLEYBALL ASSOCIATION S1-3 4V4 NATION COMPETITION Grangemouth Sports Complex Tuesday 22<sup>nd</sup> November 2011



The boys finished 5<sup>th</sup> and the girls finished 4<sup>th</sup>. Unbelievable after only a couple of weeks practice.

RRS# ARTICLE 13- Freedom of expression. ARTICLE 29- Goals of education  
HEALTH AND WELL BEING: Does refusing to go to the gym count as resistance training?

This year's Stirlingshire Schools Championships took place at the Bowhouse on Saturday 4th February with 43 competitors making up the final entry.

#### U14 Boys

Semi-finals:

**Chris Wheeler (Braes HS, Falkirk)** bt Jack Gordon (St Mungo's HS, Falkirk) (4,1,6)

**Jamie Arnott (Braes HS, Falkirk)** bt Connall Bonner (Graeme HS, Falkirk) (13,-9,7,3)

In the final Chris comfortably overcame Jamie in 3 sets:

**Chris Wheeler bt Jamie Arnott (3,2,4)**

#### U16 Boys

10 made up the field here and the semi-finals saw number 3 seed Conor Gordon (St Mungo's HS) cause an upset defeating the number 2 seed James Bundy (St Mungo's HS) while the **number 1 seed Blair Fowler (Braes HS)** overcame Mark Exton (Dunblane HS). In the final Blair defeated Conor in straight sets in a repeat of their earlier group match :

**Blair Fowler bt Conor Gordon (7,7,8)**

#### U18 Boys

**Alex Wheeler (Braes HS)** easily topped the final group here. Boris Mingay (Queen Anne HS, Dunfermline) took the runner up spot.

#### Girl's Events

Scottish U15 international Rachel Crawford (Balfron HS) took the U14 title defeating the improving Kirstie MacMillan (Cambusbarrow PS) in the final. **Lara Stirling (Braes HS)** took the U18 title defeating Kirsty Jones (Grangemouth HS) by 3 sets to 1. The overall title went to Rachel Crawford who defeated Lara Stirling by 3-0.



Six swimmers from Falkirk are London-bound, hoping the streets are paved with gold... medals.

The aquatic Dick Whittingtons - Julie Hunter, Rebecca Murray, Charlotte McKenzie and Kayley Davidson will join Ian Elrick (all pictured below) and Ross Muir in the Olympic pool bidding to qualify for the summer's event. They'll join huge names like Hannah Miley, Rebecca Adlington, and world record holder Jemma Stofforth in the water at the purpose-built Aquatics Centre. Not only will they be competing, warming-up and training alongside the country's best-known swimmers in the Olympic village, they'll also have the gaze of 5,000 spectators watching them in the water.



And Rebecca will not only share a name with Olympic gold medallist Adlington - she could also share a training pool with her as the athletes take advantage of the £262m swim centre.

In it, the youngsters from Falkirk will truly be mixing with the biggest names of the swimming world and the 14-year-old Braes High pupil told HeraldSport: "I'll be honoured to swim along the likes of Rebecca Adlington and my favourite - Hannah Miley.

"I had to go 9.06 for the 800m freestyle but managed it in 9.03 to get a chance to go to London. I'm nervous, but you never know.

"It'll be my first time in London, but the facilities look amazing - a big step up from the Commonwealth in Edinburgh and Tollcross in Glasgow."

RRS# ARTICLE 31- Leisure, play and culture

HEALTH AND WELL BEING- A computer once beat me at chess. But it was no match for me at kickboxing."



Shieldhill horse-rider Jodie Crawford was named BlueChip Best Newcomer at the Horse of the Year Show in Birmingham at the weekend. As the only Scottish Junior in her category, she was riding Birchgrove Tiger Woods who she has almost single-handedly reared to competition winning standard. Crawford took Birchgrove on just three months after it was broken and has found success on the horse and on Moorepark Flash who she took to Birmingham last year. The Braes High pupil is now leaving full time education to concentrate on her career riding and training horses. She'd like to thank two supporters in particular-International Timber Ultrabed and Winning Transport.  
Falkirk Herald October 11th



BRAES HIGH SCHOOL pupil Taylor Watson will achieve a lifetime's ambition in April when she represents Scotland. The 14 year old defender, signed for Celtic last week, but caught the eye playing for Falkirk Academy Girls and further impressed selectors when the national squad met up for their first training session together. Taylor now joins 17 other players in the Lloyds U15 Girls' International squad for the Bob Docherty Tournament in Dublin later this year. "I found out I was in the team when I got home from school the other day and I was really happy" she said. "It's a big honour to play for Scotland. I'm lucky enough to have done it before and I can't wait to pull on the jersey again". It's difficult to know how we'll get on because I haven't played against Wales, Northern Ireland or the Republic of Ireland"

**Ailie Gardner (s6)** who was in the Scotland under- 16 girls' basketball team which won the Euro-C Championships in Andorra will this summer be competing in the Euro-B Championships in Macedonia as part of the Scotland Junior Women's team. Euro-B will be the highest level Scotland has competed at in Basketball, so Ailie and her team-mates will be up against a standard of opposition they have not yet encountered. This tournament will be the pinnacle of their basketball "career" to date. Ailie has been a great ambassador and role model for basketball in Braes High and Falkirk Fury and we wish her all the best for her PE studies at university



Heather Valentine scoring our first goal in our 9-1 win over Wallace HS in the 3<sup>rd</sup> Round of the U-15 Girls Scottish Cup. She went on to complete her hat-trick.

RRS# ARTICLE 29-  
Goals of education

HEALTH AND WELL BEING  
**Without a doubt, my favourite  
Robin Williams movie is Mrs. Fire.**



The under 15 Boys Football team won the Forth Valley League title for the second year running when they played the much vaunted Stirling High at Ochilview Park in Stenhousemuir

## McGinlay earns Braes High School League Play-Off glory

### Braes High School Under 15s

Competition: Forth Valley FA Play-off Final

vs

Venue: Ochilview Park

### Stirling High School Under 15s

Date: 23/03/2012

Author: Andrew Jenkin

A second half Pete McGinlay goal ensured Braes High School came out on top against Stirling High School in the final of the Forth Valley FA play-off final.

The game started at a lively pace with both teams creating chances whilst trying to get a foothold in the game.

Stirling's Alistair Pete almost opened the scoring as early as the 3<sup>rd</sup> minute, but he headed just wide following Innocent Maramba's cross.

Then, Braes Mark Scott's curling effort from the edge of the area fell into the arms of Stirling's keeper Taylor Jackson.

Chances continued to flow and a mazy run from David Churchill fed a Scott attempt, this time off target.

Then it was Stirling's turn again. The tenacious Jay Ewan set up Innocent Maramba, but his weak effort ran timidly wide of the Braes goal.

However, it was Braes that did eventually open the scoring in the 13<sup>th</sup> minute when captain Jordan Paterson latched onto a long ball forward and slotted calmly past Jackson whose defence has been caught off guard by Paterson's pace.

After the initial flurry of chances, the goal-scoring opportunities dried up. However, seemingly out of nowhere, Stirling did manufacture an equaliser.

A Sam Davidson corner was eventually bundled over the Braes goal line, although with which part of the body was highly disputed by Braes. Appeals fell on deaf ears. Contentious, but that goal did give Stirling a way back into the match

Stirling then had a glorious opportunity to take the lead. Jay McEwan was fed down the line and having moved goal wards, knocked the ball beyond the onrushing Brae keeper. Unfortunately for Stirling, Maramba couldn't arrive at the back post in time to finish into the empty net.

**Half Time:** Braes High School 1-1 Stirling High School

The second half was relatively uneventful considering the first's explosive start.

Braes did have the best of the chances though but found Stirling's stopper Jackson in inspired form between the sticks. A smart stop from a Braes header from close range kept the scores level.

However, he was eventually beaten again. With the game approaching its climax, Pete McGinlay proved to be Braes' hero when he poked home just outside the 6 yard box, a goal which proved to be crucial.

McGinlay then had the chance to put the game beyond doubt. With Stirling exposed at the back, Braes were creating chances aplenty and when a cross came into the box, it bounced to the unmarked McGinlay with the goal at his mercy. He however contrived to lash over the bar and Stirling were thrown a life line.

Stirling, facing defeat in face, started to throw the kitchen sink at the Braes backline and despite some nervy moments, held strong to preserve their lead and see out the victory.

On the balance of play, Braes just did enough to deserve the victory but on another day, it could have ended oh so differently.

**Full Time:** Braes High School Under 15s 2-1 Stirling High School Under 15s

#### Braes High School Under 15s

1. Sean Brown
2. Mark Bennie
3. Andrew Preston
4. Ryan Hoggan
5. Gregor Monro
6. David Churchill
7. Neil Highlands
8. Andrew Morrison
9. Jordan Muir
10. Jordan Paterson
11. Mark Scott
12. Ross Binnie
15. Pete McGinlay
17. Sean Elderbrant

**Givova UK Man of the Match:** Pete McGinley

#### Stirling HS Under 15s

1. Taylor Jackson
2. Connor Forsyth
3. Innocent Maramba
4. Daniel Szarvas
5. Alistair Petrie
6. Kevin Robertson
7. Ryan Forsyth
8. Ross McGowan
9. Jay McEwan
10. Sam Davidson
11. Greg Brown
12. John Fairley
15. Connor Hird
16. Callum Bus
17. Shaun Teven



RRS# ARTICLE 29-Goals of education

HEALTH AND WELL BEING- Why does quicksand work slowly?





As mentioned, this was the second year in a row that this team had won the league title. Mr McWhirter couldn't claim all the credit though as he had inherited the team from Mr Statham who left to teach in Dubai.

Not the first football team to win a league title though Miss Campbell's team had beaten them to it before started producing NJAG. Sorry ladies!

### SCOTTISH SCHOOLS TEAM FENCING CHAMPIONSHIPS

We had teams competing in the Junior and Senior categories at the above competition. Our Junior team of Callum Freeman (s3), Ben Robertson (s1) and Charlie Sears (s1) gained third place in the epee and a third place in the sabre.

Our Senior "A" Team gained first place in the epee with our "B" Team finishing fourth. The "A" Team finished third in the sabre with the "B" team finishing in fourth.

The "A" Team finished first in the foil with the "B" Team again finishing fourth.

Each of the "A" Team members were awarded a medal and the team brought home the Scottish Schools Fencing Trophy to add to their extensive haul of silverware.

Members of the Senior Team :- Calum De Sainte Croix, Finlay Reynolds, Kelvin Thomson Andrew Thomson, Robin Thomson, Mathew Mitchell, and Jack McNight



RRS#ARTICLE 29-Goals of education  
HEALTH AND WELL BEING-"Why do scuba divers fall backwards out of the boat?"  
"Because if they fell forwards, they'd still be in the boat."

Braes High's Senior Boys team have recorded their first victory at home against Denny High School. After only two training sessions and with little rugby experience the Braes' boys did themselves proud. With only four of the starting line up playing club rugby, Braes did extremely well to emerge 44-29 winners over more experienced opposition. The match was a scrappy, fierce, and unstructured affair played in good spirit by both teams. Braes took an early lead through Marcus Williamson as early pressure and ball retention in the opponent's 22 paid dividends. The try was converted by Euan Cassells.



More tries followed in quick succession with touchdowns from Calum Rennie, John Stewart, Lewis McKay and Myles Howieson all crossing the whitewash. These quick successive scores allowed Braes to storm to a five try lead at the interval.

The second half saw the switching of Braes' players to Denny High as they were short of players. Early pressure and poor defence from Braes High lead to Braes pupil Calum Rennie touching down under the posts for Denny. This spell of Denny possession continued as they began to build the phases and scored another three tries without a Braes response due to poor defence. After a team talk Braes regrouped and began to play some sensible Rugby.

Braes were spurred on by the vocal home support and some well executed running rugby lead to tries by John Stewart and Andrew Leadbetter converted by Euan Cassells. Denny's response was immediate with pressure on the Braes' defence however Braes stood strong and solid defence held out. Poor handling from Denny lead to a counter attack by Euan Cassells and Phillip Campbell. The ball was recycled and passed wide to Johnathan Wilson who crashed over for a try in the corner.  
Report Euan Cassells/ Pictures Erin Petrie



26/04/11. Braes High School. Hockey tournament for secondary schools - first in the district

Braes High School hosted the first Falkirk Schools Hockey tournament in April - and won the final. The home side's senior team was victorious and followed up by a Junior Section win for Graeme High. Teams from St Mungo's, Larbert, Graeme and Braes High entered. The Hockey club continues to attract healthy numbers and aims this year include setting up a more regular fixture list.

Braes High school was the school's winner at the Grangemouth Stadium as Forth Valley Active Schools held their annual athletics championship for secondary school pupils. Last year the sun split the sky, this time around it wasn't quite so nice, but the youngsters still excelled. Braes topped the school's competition with 416 points, followed by Falkirk High in second and Denny High in third. The school was helped on by winners in the 4x100m relay race for S1 and S2 boys. Braes' Nic Hammerton excelled in the javelin, throwing more than 30m and gaining 12 points for the school in the S3/S4 category. Heather Young also threw 13.75 winning distance in the S1/S2 girls' event. The other winner for Braes was Ross Callaghan who jumped 4.7m in the long jump. He also shared top spot in the S1/S2 boys 200m race, tying with Denny High's Blair Forbes on 28 seconds. Other medal winning performances came from Lois Henderson (silver) in the shot Jodie Crawford (silver) in the javelin. Andrew Morrison and Ian Elrick also won silver medals in the shot putt. Bronze medals went to Jodie in shot putt and Alison Goodbrand in the long Jump. However, it was Braes' runners up and performances out with the gold medal position that pushed their tally up. St Mungo's High had the most winners - with 12, followed by Denny High's seven and Falkirk High's five. (Courtesy of Falkirk Herald) It really was well done to all our team as every point proved valuable. Some schools had outstanding athletes winning every event they entered but forgot it was the TEAM that mattered

<i>S1/2 Girls 4x100m Relay</i>		<b>pts</b>	
<b>2</b>	Braes High School	59.6	14
<i>S1/2 Girls 100m</i>			
<b>4</b>	Hannah Eunson	14.0	13
<b>10</b>	Sheena Elmslie	15.2	8.0
<i>Girls S1/S2 200m</i>			
<b>3</b>	Hannah Eunson	29.3	13.0
<b>5</b>	Taylor Bardsley	30.2	11.0
<i>Girls S1/S2 800m</i>			
<b>7</b>	Rebecca Murray	2.56.4	6.0
<i>Girls S1/S2 Shot</i>			
<b>2</b>	Lois Henderson	8.01	15.0
<i>Girls S1/S2 Javelin</i>			
<b>1</b>	Heather Young	13.75	10.0
<b>3</b>	Rebecca Murray	11.32	8.0
<i>Girls S1/S2 Long Jump</i>			
<b>10</b>	Lois Henderson	3.66	7.0
<i>Girls S1/S2 High Jump</i>			
<b>5</b>	Megan Bardsley	1.30	10.5
<b>12</b>	Courtney McNiven	1.10	2.5
<i>Girls S3/S4 4x100m</i>			
<b>2</b>	Braes High	62.4	6.0
<i>Girls S3/S4 100m</i>			
<b>4</b>	Emerald Jeffrey	14.8	6.0
<b>5</b>	Alison Goodbrand	15.0	5.0
<i>Girls S3/S4 200m</i>			
<b>3</b>	Charlotte Bibby	32.2	5.0
<b>4</b>	Alison Goodbrand	32.5	4.0
<i>Girls S3/S4 800m</i>			
<b>2</b>	Sophie Anderson	3.17.5	5.0
<b>3</b>	Nicole Paterson	3.26.1	4.0
<i>Girls S3/S4 Shot</i>			
<b>3</b>	Jodie Crawford	6.77	5.0
<b>4</b>	Kirsty Forsyth	6.42	4.0
<i>Girls S3/S4 Javelin</i>			
<b>2</b>	Jodie Crawford	12.09	5.0
<b>4</b>	Kirsty Forsyth	10.62	3.0
<i>Girls S3/S4 Long Jump</i>			
<b>3</b>	Alison Goodbrand	3.78	7.0
<b>4</b>	Sophie Anderson	3.66	6.0

<i>S1/2 Boys 4x100m Relay</i>		<b>pts</b>	
<b>1</b>	Braes High School	54.8	12
<i>S1/2 Boys 100m</i>			
<i>Boys S1/S2 200m</i>			
<b>1</b>	Ross Callahan	28.0	12.5
<b>8</b>	Ross Heenan	30.1	6.5
<i>Boys S1/S2 800m</i>			
<b>4</b>	Mark Scott	2.29.3	9.0
<b>6</b>	Craig Hunter	2.42.6	7.0
<i>Boys S1/S2 Shot</i>			
<b>2</b>	Andrew Morrison	10.71	10.0
<b>8</b>	Sean Brown	9.64	5.0
<i>Boys S1/S2 Javelin</i>			
<b>6</b>	Ian Hutchison	23.45	6.0
<b>8</b>	Andrew Morrison	21.12	4.0
<i>Boys S1/S2 Long Jump</i>			
<b>1</b>	Ross Callahan	4.79	14.0
<b>5</b>	Colin Riddle	4.09	10.0
<i>Boys S1/S2 High Jump</i>			
<b>2</b>	Sean Brown	1.25	12.0
<b>5</b>	Ciaran Nelson	1.25	8.5
<i>Boys S3/S4 4x100m</i>			
<b>5</b>	Braes High	55.6	2.0
<i>Boys S3/S4 100m</i>			
<b>3</b>	Nic Hammerton	12.9	10.0
<b>13</b>	Ross Habberfield	14.1	2.0
<i>Boys S3/S4 200m</i>			
<b>6</b>	Nic Hammerton	27.2	6.5
<b>7</b>	Callum Rennie	27.5	5.0
<i>Boys S3/S4 Shot</i>			
<b>2</b>	Ian Elrick	10.89	10.0
<b>3</b>	Callum Rennie	10.84	9.0
<i>Boys S3/S4 Javelin</i>			
<b>1</b>	Nic Hammerton	102.25	12.0
<b>5</b>	Ian Elrick	77.95	8.0
<i>Boys S3/S4 Long Jump</i>			
<b>7</b>	Nic Hammerton	4.64	7.0
<i>Girls S3/S4 High Jump</i>			
<b>5</b>	Jodie Crawford	1.25	3.0

There was a healthy rivalry between the boys and girls Under 15 football teams. Following the girls last 16 win against Wallace HS, the following happened.

**Under 15 Girls Shield-Sponsored by Lloyds TSB Scotland-QUARTER FINAL  
OUR LADY'S AND ST PAT'S HIGH SCHOOL 4-13 BRAES HIGH SCHOOL**

Our Under 15 girls' team travelled through to Dumbarton for this quarter final tie and emphatically claimed their place in the last four. It was a super display in all departments of the team but as the score-line might suggest, we were slightly more convincing whilst attacking rather than in our defending.

We made our usual slow start and it took a fine save early on from Heather Young to prevent the home team from opening the scoring. After that though we quickly established control and we took the lead in eight minutes when Rebecca Read thumped the ball home from the edge of the penalty area. The same player then doubled that lead with a similar effort. Taylor Watson and Kerry Monro both scored soon after with fine shots as we overpowered the home girls and with only fifteen minutes played, we were 4-0 ahead. Having established this comfortable lead, we began to pass the ball about much



Rebecca Read 1-0



Kerry Monro 4-0

Having established this comfortable lead, we began to pass the ball about much better and it soon became 5-0 when Kerry and Melissa Brisbane combined to set up Heather Valentine. Melissa then got on the score-sheet after a fine solo run. Kerry got her second when she converted Taylor's "peach" of a corner-kick. The only spanner came after some slack defending following a rare OLSP corner which saw them score but a brilliant individual effort from Taylor saw half-time arrive with us 8-1 ahead.

Wholesale positional changes took place at half-time and the home girls restarted in a far more positive mood and as a result the game became more even. We continued to pass the ball about really well, but the final pass or cross wasn't as effective. OLSP began to exert a little bit of pressure and our defence had to look lively on a couple of occasions. Heather Young, now playing in attack converted a great cross from Kerry but the home side got their reward for their hard work when they scored three quick goals but further goals from Rebecca, Kerry and an absolute cracker from Chloe Penman made the final score 13-4 in our favour. Considering the nature of the game our girls produced some really impressive football. Seven different goal scorers is an indication of how good we are going forward. "The best form of defence is attack" is a sound philosophy but it's just as well the coach has no hair!!!

*Team: Heather Young, Chloe Penman, Abbie Stevenson, Lowenna Cook, Beck Morley, Hannah Ironside, Rebecca Read, Taylor Watson, Heather Valentine, Kerry Monro, Melissa Brisbane, Sammy Burns, Megan Bardsley, Courtney McNiven*

We then played MINTLAW ACAD in the Semi-Final at Links Park Montrose . They were the top school in the country for girls' football at the time and we lost 1-4.

RRS# RRS# ARTICLE 29-Goals of education

HEALTH AND WELL BEING- *As I get older and I remember all the people I've lost along the way, I think to myself, maybe a career as a tour guide wasn't for me.*

## Faulds revels “in best 48 hours”

Kris Faulds was tipped off good news was coming his way, but the sixteen year old debutant received a double whammy with a Falkirk start and a new contract. The midfielder started his first game for Falkirk in the 3-0 win over Queen of the South and went close to opening his goal account late on.

It would have been the perfect way to cap a whirlwind 48 hours, but it didn't take the shine off a special day for the youngster.

“I knew some news was coming-Alex Smith had told me that much-but when the team was announced I was buzzing, and I thought that was my good news.”

“But then the boss called me into his office-I thought to discuss the game a bit more, but he offered me a two-year deal and I accepted straight away. It was one of the best days I've ever had”.

Kris was pitched in beside Jay Fulton and Stewart Murdoch and didn't look out of place during a comfortable Bairns victory.

“We opened them up and settled into the game the longer it went on. My family were all watching and were really proud. I was so pleased to be playing- I told everyone my news as soon as I could, because this is all I've ever wanted to do.



## Forth Valley School's Football Association Under 15 Girls Regional Cup Final- Thursday 31<sup>st</sup> May at Stirling Sports Village BRAES HIGH SCHOOL 9-0 LORNSHILL ACADEMY

Our Under 15 Girls team emphatically won the regional cup against their opponents from Alloa and showed just what a school that has been awarded school of excellence for girls' football status should be looking to achieve.

Our girls are good and when they are in the mood they are very, very good. From the sidelines, you would never have guessed that we only had nine players such was the work-rate and standard of football produced.

It took us a couple of minutes to adjust and during that time Megan Bardsley pulled off a fine save. That seemed to be the catalyst for wave after wave of attacks that brought goals from Rebecca Read and Taylor Watson. Chloe Penman then dispatched a penalty with such ferocity that the Lornshill GK didn't see it as it flew over her head.

Kerry Monro and Rebecca added further goals before the break.

The second half was much of the same. Taylor Watson scored a “peach” with a shot that swerved into the top corner, but that was the icing on a twenty pass move. Heather Young added a couple more before Rebecca completed her hat-trick.

Leading by nine goals you would expect that team to take it a little bit easier, but our girls' outstanding effort and attitude was exemplified when the Lornshill centre broke free and faced a one on one with Megan in goal. Megan bravely dived at the girl's feet and diverted the ball wide, but the centre recovered first and regained possession and looked certain to score when out of nowhere Abbie Stevenson appeared and cleared both the ball and opponent out of harm's way. A brilliant piece of defending. Ordinarily you wouldn't expect a team with nine players to put on such a display-but as mentioned earlier our girls are no ordinary team!!

Well played girls.



RRS# ARTICLE 29-Goals of education

HEALTH AND WELL BEING- If nothing ever sticks to TEFLON, how do they make TEFLON stick to the pan?



At the Scottish Age Group Swimming Championships held in Sunderland **REBECCA MURRAY** achieved five gold medals taking Scottish titles in the 100m, 200m, 400m, 800m and 1500m freestyle events and broke the 1500m Scottish age group record. She was also part of the winning 4x200m relay team.

Rebecca also won bronze in the 400m individual medley **MARC ELRICK** took Scottish titles in 100m and 200m freestyle and 100m butterfly. He also won silver medals in the 100m backstroke and 200m butterfly and a bronze in the 200m backstroke

Hardly surprising when:

**REBECCA MURRAY (S4)** was awarded the **JUNIOR SPORTS PERSON OF THE YEAR** for her achievements throughout the year in swimming. Christopher Wheeler (s2) was second in this category for his table tennis exploits.



*Jordan Coe winning the CCC Scottish Championship 50-55kg , Won by stoppage 2nd round.*

**“I think Jordan Coe from our gym will be one to watch for the future as well. He's strong as an ox and trains harder than 99% of adults”**

## Falkirk Community Trust Active Schools Awards Ceremony

**Christopher Wheeler (s3)** was awarded the **Junior Sports Person of the Year** award for his achievements throughout the year in table tennis at the above ceremony held in June.

The ceremony was once again organised by Active Schools to honour and reward sporting excellence in its local schools as well as recognising the work done to provide sporting opportunities by teachers and volunteers.

Chris was runner-up in the same category last year when Rebecca Murray won the award.

At the same ceremony, **Euan Cassells** (formerly S6) was awarded **SPORTS LEADER OF THE YEAR** for his contribution to various school activities throughout his final year. Euan was one of the driving forces behind the Senior Boys Rugby team and also contributed greatly to the P.E. Department through his school service. Euan is about to start his P.E. degree course at Stirling University



*Congratulations to Christopher Wheeler on winning the Senior Schools under 14 title at the British Schools Championships held in IOM over the weekend (28-30 June) He beat Hugo Pang (England) 3/0 in the final. There was also a silver medal for Christopher in the under 14 boys' team event where the team of Christopher and Yaser Razouk lost out to England by 2/3 in the final.*  
Monday, 01 July 2013

**Chris Wheeler wins at the Junior 6 Nations**  
*Congratulations to Chris Wheeler on winning the Cadet Boys Title at the Junior 6 Nations in Preston on Sunday 10 March, he beat Alex Ward (Eng) by 3/1in the final. Blair Fowler achieved a bronze in the junior boys Blair lost to the eventual winner George Downing in the semis*  
Sunday, 10 March 2013



Our athletics team triumphed again at the **Secondary Schools Athletics Championships** held at Grangemouth Stadium in June. The S3/4 Boys won their age group and the S1/2 Boys came a close second in their age group. The s3/4 Girls squad finished third whilst the S1/2 Girls came fourth.



This helped to the overall success ahead of Larbert High and St Mungo's High School. We had some excellent individual performances on the day. Ross Callahan won the S3/4 100m and the 200m, Anja Hanekom the S1/2 200m and Heather Young the S3/4 shot putt. John McLennan won the S1/2 High Jump, but it was the ability of everyone in the team to pick up valuable points that contributed to the overall success. This was the second time in three years that we have won this competition, made all the more satisfying as we had a major number of injuries and call-offs prior to the event.

**RUGBY Review 2012-13**

The Senior Boys Rugby team did extremely well to reach the final of the Forth Valley Cup Competition. In a tight quarter final, they edged past Alva Academy and then rather fortuitously gained a walkover in the semi-final when Queen Victoria's couldn't field a team. That earned their place in the final at Stirling Rugby Club against Maclaren High School. Unfortunately, the school from Callander proved to be too strong and won convincingly.



JODIE FERGUSON (S2) and her younger sister LUCY (S1) competed at the European Junior Karate Championships in Serbia

JKA Scottish Junior and Cadet Championships 2013 Paisley Lagoon Centre was the venue once again for the JKA Scottish Championships, held on Saturday 9th November. The standard of karate was high, and students had to bring their "on game" in order to progress through the eliminations.

Emma Eaton  
 First Place - 11-14 years Dan Grade Kumite  
 Second Place - 11-14 years Open Kata  
 Third Place - 11-14 years Dan Grade Team Kumite



RRS# ARTICLE 31- Leisure, play and culture  
 HEALTH AND WELL BEING: **Is there ever a day that mattresses are not on sale?**

## BRAES HIGH PUPILS" LEADING" THE WAY.



Stevie Begen of Sports Leaders UK (third left), PE teacher Mr. MacWhirter, head teacher Mrs. McCulloch and S4 pupils celebrate the school's achievement.  
Picture: Michael Gillen 2013-14

Braes High School has become the first High School in the country to be given a prestigious status for sport. Sports Leaders UK has awarded the school "Leadership Academy" status, a first for a secondary school, making it one of only five educational establishments in Scotland to achieve this level. Mr MacWhirter has led the charge on introducing new programmes that give pupils leadership skills both in and out of school. Pupils in S4-S6 are following the sports leader qualification and take part in and organise all manner of sporting events, help out with local sports clubs, assist P.E. teachers, and help run the school's extra-curricular programme among other tasks.

Ryan Weir (S4) said "The leadership course is teaching me a lot of different skills including ways of communicating with younger pupils to explain what I want them to do, and it has really helped me coach younger pupils in basketball."

"I hope I get my level three qualification in basketball and my ambition is to coach at club or national level after I leave school.

Head-teacher Mrs McCulloch says the programme has had a huge effect on morale in the school and it is encouraging other pupils to do more leadership courses. *"I am absolutely delighted that we are the first secondary school in Scotland to achieve this award. Thanks are due to Mr MacWhirter in the P.E. Department who led the initiative and also to the outstanding pupils who have shown such great leadership skills. A growing number of sports leaders are involved in the region too."*



S6 pupils Cara Maclure and Karen Brown have once again trained the winning team at the Transition Dance Competition which took place at Falkirk Town Hall. The theme of the event was the Commonwealth Games. All the pupils in the Dance Group are in P6 and P7 of our associated primary schools

*"Since Fourth Year we have thoroughly enjoyed taking the Transition Dance Club. This involves working with pupils from P6/7 from the Braes Cluster Primary Schools along with S1/2, with the end aim being to compete in the Transition Dance Competition. The competition is between all schools in the area always contains fabulous talent from all over the authority. In the three years we have taken the class and competed in the competition, we have won twice and came third once."*



*"This is an achievement which we are both extremely proud of.*

*It has been a great three years working together and our teamwork has delivered great success. We hope our success has inspired others to give dance leadership a go! We are thankful to have had this opportunity and will miss it when we leave"*

RRS# ARTICLE 31- Leisure, play and culture  
HEALTH AND WELL BEING:

A pizza's shape is round. It's delivered in a box. And you cut it into triangles!



## FIRST YEAR GIRLS BASKETBALL WIN SCOTTISH CUP

It's always nice when a plan comes to fruition and so it was for our S1 Girls Basketball team. In a tense, nervy final, they overcame Arbroath High School 21-12 at Grangemouth Sports Centre. Never a classic but our girls ultimately proved too strong for the opposition and managed to hold on despite what seemed a constant onslaught throughout the second half. Basketball Scotland had pulled out all the stops to turn this two day festival of cup finals into a major occasion. Our opponents Arbroath High School are another school with a tremendous reputation in girls' basketball and probably started the game as slight favourites having beaten some strong teams in the play-offs including St Thomas of Aquins who had beaten us in the group stages.



The opening quarter set the tone for the game. Caitlin Munro got us off to a flyer with a great lay-up in the opening seconds but after that it was extremely difficult for either team to score. Our full court pressure was proving hard to penetrate but did not yield as many turnovers as our previous games and once we were confronted with Arbroath's tough defence, we in turn found it hard to score. We led 6-2 at quarter time and although it was exciting it was not pretty to watch.

Second quarter and much the same. We managed to score three baskets thanks mainly to Mhairi McGill and our defence remained solid and at half-time we led 12-2

Despite the break the pattern remained the same. Both teams trying desperately hard to score, the other team stifling their best efforts. The scoreboard didn't have much to register but our foul count was beginning to mount, and this gave Arbroath more opportunities to score from the foul-line. But they couldn't convert, and we did manage to score a few more.

The final quarter felt like it was going to last forever. Arbroath hit a few early baskets and the comeback suddenly seemed to be on. The deficit was cut minute by minute and it wasn't until Rhona Kerr scored a couple of close in shots near the end that we could be sure of victory.



RRS# ARTICLE 29= Goals of education  
HEALTH AND WELL BEING- Why do people think that swaying their arm back and forth would change the direction of a bowling ball?



Falkirk Integrated Regional Swim Team (FIRST) was created in 2006 to improve the level of competitive swimming of clubs in the Falkirk area. It was intended that the program would achieve this by providing a focused training environment headed by a dedicated full time professional coach. This unique integrated partnership incorporates Falkirk Council Community Trust, Bo 'ness ASC, Falkirk Otter ASC, Grangemouth ASC and Scottish Swimming.

The swimming clubs involved in the partnership have a total of 400 swimmers.

The program has established itself as one of the leading programs of its kind with athletes competing successfully at District, Scottish, UK and International level.

The program has established its own FIRST Open meet and FIRST Graded meet in the swimming calendar both of which are very successful and are regarded as excellent competition opportunities by other clubs.

Marc Elrick was presented The Nigel Scott Trophy for FIRST swimmer of the year.

"His professional approach to swimming is outstanding"

The first ever Braes High School DANCE SHOWCASE took place in the Assembly Hall in early April. Performances included a wide variety of routines incorporating various dance styles. The majority of the routines were choreographed by the dancers themselves.

Mrs White (English) Miss Wilkinson (Guidance) Mrs Eckles/ Miss Taylor (Drama) Cara Maclure/ Karen Brown (Primary Transition Dance Group) Sophie Anderson/ Catherine McLelland (Chear-Leaders) and all the back stage crew are to be congratulated on putting on such a successful evening.



**DANCE SHOWCASE:** Pupils from Braes High School have this week been putting the finishing touches at rehearsals for their dance showcase tonight (Thursday). The school's dance group will perform routines, choreographed by themselves, in contemporary and hip hop styles along with cheerleaders and special guests. Tickets are £2, free for concessions.

RRS# ARTICLE 29= Goals of education  
HEALTH AND WELL BEING- Why is it that when we "skate on thin ice", we can "get in hot water"?

## JKA Scotland Squad for JKA Junior European Championships 2014 – Prague, Czech Republic



This year's JKA Junior European Championships will be held in Prague, Czech Republic on Saturday 24th and Sunday 25th May. Following squad training sessions, the JKA Scotland Junior Squad has now been selected.

Lucy Ferguson (S1) and Jodie Ferguson (S2) were selected to be part of the Scotland team for the above event and then were selected to take part in the Karate World Championships in Japan in October at their age group level. A great achievement for both girls.



Chris Wheeler won the National Table Tennis Championships at Under 15's and Under 18's in Perth. He also combined with Blair Fowler in the doubles and only lost one set in the Under 15's competition. In the doubles, Juniors one and two, the pair might have expected an easy win but with time running out it was reduced to a one set competition. In the semi-final they found themselves 9-3 down only to win 9-11 in front of an enthralled crowd

## JKA/UKTKF National Championships March 2014



There was a big attendance for these Championships and the level of karate was extremely high which meant that people had to be at their best right at the very start and there were some tough competitions but the JKA WFS students excelled.

EMMA EATON (S2) was a triple Gold Medal and trophy winner at the Japan Karate Association Championships held at Leeds Metropolitan University.

RRS# ARTICLE 29= Goals of education  
HEALTH AND WELL BEING- How do you know when it's time to tune your bagpipes?



The spectacular newly-transformed Hampden Park saw its first competitive action in June when more than 1,200 school children from across Scotland competed in the two-day Scottish Schools Athletics Championships. Ahead of the Commonwealth Games, Hampden provided the young competitors at the Scottish Schools Athletics Championships with an exciting chance to sample some of the same facilities awaiting the elite athletes of the Commonwealth.

Although a closed event due to the continued build programme in preparation for the Games, 3,500 friends and family of competing athletes were given an exclusive invitation to attend the two-day Championships free of charge.

JOHN MCLENNAN (S3) won the group C boys **100 m title** in 11.0 secs. having already won **silver** in the **long jump** with a personal best of 5.82m

You can see both these performances at the following  
<https://www.youtube.com/watch?v=pfSFxfButiE>  
<https://www.youtube.com/watch?v=Pd8JceewXl0>

100metres  
long jump



**BLACK BELTS:** Sisters Lucy and Jodie Ferguson have been selected to compete for Scotland at the JKA Karate World Championships in Tokyo in October. The duo, of Braes High, are two of six heading for Japan and were also in Prague recently for the European Championships where Lucy (12) won a gold medal. The pair are second degree black belts.



Blair Fowler (formerly S6) was one of the people chosen to carry the Queen's Baton as it made its way around Falkirk District. Blair was nominated for his prowess at Table Tennis and the role he played as a young Sports Ambassador but also for the way he dealt with his illness of last year.

Christopher Wheeler was also one of the people chosen again for his role as a sports ambassador prior to the Games and also being the Young Sports Person of the Year for the second year running. Blair carried the baton in Callander Park at the same time as pupils from all the local schools were in attendance.

RRS# ARTICLE 29= Goals of education HEALTH AND WELL BEING-  
 Why is it called a funny bone, when if you hit it, it's not funny at all?





Charity STAFF vs PUPILS Match. Pupils won on penalties- I think!!



Cheerleading and Dance groups now firmly established.



The Scottish National Open Water Championships held at Loch Venacher provided a challenge and proved very testing at times. The Grangemouth ASC team included Cara Mullen, Rachel Calvert, Jack Calvert, and Jake Love. The first event was the 5km where Cara secured 3rd place and Rachel 5th place in the Ladies Junior 15-16 age group. The 2km event ...saw Cara again secure 3rd place in the Ladies Junior 15-16 age group and Rachel gained 4th place. In the mixed relay event, the last event of the day and one which proved to be the most exciting the "A" team was included, Cara, Rachel, and Jake. The lead exchanged hands a number of times throughout the race and culminated in a three team fight for the finish line. South Lanarkshire, REN 96 A Team and Grangemouth A Team literally took the race to the line with the spectators still unsure who had won even after the last swimmers, had crossed the finish line. Jake Love was the final swimmer though and he ensured Grangemouth are now Scottish National Open Water Mixed Relay Champions!!

RRS# ARTICLE 29= Goals of education

HEALTH AND WELL BEING: **When French people swear do they say 'pardon my English?'**

## LONDON OPEN DEVELOPMENT COMPETITION



Amazing results for Aidan Jordaan (S2) at the very prestigious London Open Development Competition which was held at the Redbridge Sports Centre In Ilford.

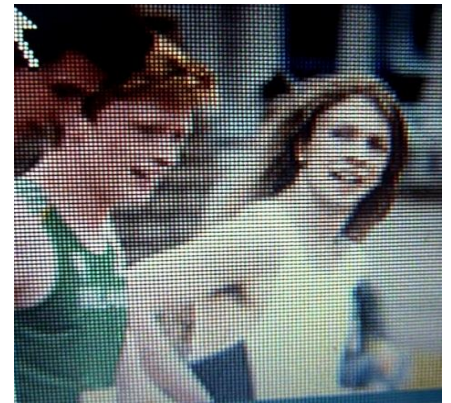
West Lothian's star Aidan took the overall Gold medal plus first place on Parallel Bars and first place on High Bar.

You can watch Aidan's parallel bar routine at <https://www.youtube.com/watch?v=4nkBueb3t4Y>



The **Celtic Games International** took place in its 40<sup>th</sup> year at Grangemouth and there was plenty to enthuse over in terms of the Scottish performances. Scotland won the overall match with 170 points from Ireland on 156 and Wales on 147. There were category wins for Scotland in three of the four sections – at U18 Boys, U18 Girls and U16 Boys. Ireland won the U16 Girls, with Scotland second.

John MacLennan (S4) competed in the Under 16 competition and was another athlete close to his personal best with 11.30secs for silver in the 100metres. John went on to anchor a mixed Scottish Under 16 boys' and girls' team to victory in the 4x100metres.



## Sprinter John MacLennan took home gold from Grangemouth

**CENTRAL AC's John MacLennan was on top form at the Scottish under 17 championships at Grangemouth last weekend as he took gold in the 100m, one of five medals Central athletes won in this age group.**

After running a wind assisted PB of 11.10s in the semi-final to qualify fastest John had to work hard in the final to hold off Giffnock pair Adam Clayton and Andy Moses.

But John crossed the line first in a wind-legal PB of 11.11s to claim the gold medal.

The club record on electronic timing is 11.10s so John just missed this twice but goes 4th on the club senior all-time list for 100m.



Quite a year for John MacLennan. He was part of the Scotland Athletics team at the UK School games in Loughborough University and was also picked for Scotland to run the relay at the Celtic Games. You can see full results on Scottish athletics website.

RRS# ARTICLE 29= Goals of education HEALTH AND WELL BEING: How fast do hotcakes sell?



CATRIONA THOMSON (S3) became the Under 16 Girls Sabre Fencing Champion at the Scottish Schools Fencing championships held at Linlithgow Academy over the weekend of Saturday 28th & Sunday 29th November 2015.



Gymnastics Club Members getting ready to help at P7 Transition Evening.

Looks like a bouncy Castle but actually called a Tumble Track. Good try!!!

CHRISTOPHER WHEELER (S5) continued his globetrotting year when he was part of the Scotland Men's Table Tennis Team that finished fifth in the Commonwealth Table Tennis Championships held in Surat in India. After winning their group they beat Sri-Lanka but then lost an epic battle against Northern Ireland and then the same fate befell them against India. In the final play-off games, they comfortably beat South Africa 3-0.



RRS# ARTICLE 29= Goals of education  
HEALTH AND WELL BEING: What was Captain Hook's name before he got the hook?



We have three teams competing in the Forth Valley Leagues this year. There are high hopes for the first year team which includes a number of the successful Wallacestone Primary team from last session. T



**(Under 13's)**

### **Braes High 2-3 Larbert High**

Braes start with the first goal, a through ball from Lochlan Bryce straight to Euan Hunter and he calmly finished it. Then Calum McAuslan played the ball down the line, Euan Hunter crosses it in to Marc Heeps and he lobbed the keeper. Larbert then played a long ball over the Braes defence and the striker toe poked it in.  
HALF TIME: Braes 2 - 1 Larbert

The second half kicked off and for about 20 minutes nothing had happened. Then, no communication at the back led to a Larbert easy tap in. 2-2, Larbert are back in it. Braes gave there all to get a winner with a nice piece of skill by Cody Courtney and he crossed the ball to Matthew Heenan, who hit the post. Great play by Braes! Near the end of the game Braes got caught on the break, Larbert square the ball across the box and Larbert hit the shot and it goes in.

**FULL TIME: Braes 2-3 Larbert.**

The full team including the coaches deserved a win. Man of the Match: Calum McAuslan

Written by Lochlan Bryce and Gregor Fullerton.

### **GRANGEMOUTH HIGH 2-12 BRAES HIGH**

Our next game was against Grangemouth High School. We got off to a great start with a goal From Euan Hunter. Mathew Heenan and Euan increased our lead before Grangemouth scored from a free-kick. Some tactical substitutions followed at half-time which allowed Mathew McNeil to score four goals. The home team scored another before Lochlan Bryce who had been playing a "blinder", got the ball and took on so many men and scored what was one of the best goals for individual the match reporter has ever witnessed.

Man of the Match: Lochlan Bryce

**Match Reporter Lochlan Bryce**

### **Interview with S1 Football Captain Zander Thomson**

**How have the S1 team started the season?**

*I think we have started the season really well. We lost the first game 3-2 but that was really just because of a few mistakes and being a bit unlucky. We have been playing really well since and have scored a lot of goals.*

**What is your highlight of the season so far?**

*Probably the win over Grangemouth. The whole team played really well. We scored lots of goals and we showed how good a team we are when we play to our potential.*

**What do you think the main strength of the team is?**

*In most games we have played well in the second half. We keep going in games, work hard and have shown we will battle for each other. I think we have passed the ball well in the last few games too and have scored goals because of this.*

### **Team mates**

**Who is . . .?**

**The funniest member of the team?** *We have a good team spirit, and everyone likes to make jokes and have fun. I would maybe say Matthew Heenan or Gregor Fullerton crack the most jokes!*

**The hardest trainer?** *I would like to think I train really well. I think most of the team try hard at training. If I picked someone though I would say Scott Love.*

**The worst dress sense.** *Probably me!*

**The best/worst taste in music?** *Gregor Fullerton has good music taste, not sure about the worst.*

**Quickest player?** *It would probably be between Euan Hunter and Lochlan Bryce. However, Matthew Heenan might be in with a chance too.*

**Most intelligent?** *We are all clever pupils at Braes!*

RRS# ARTICLE 29= Goals of education

HEALTH AND WELL BEING: **Why do people say they "slept like a baby" when babies wake up every few hours?**



The 2016 British Taekwondo National Championships took place on the former Olympic Park in London over the weekend of the 24<sup>th</sup> and 25<sup>th</sup> September. Tegan O'May was competing in the Cadet girls -41kg category and after a 12-4 semi-final win, she faced her Central Taekwondo club-mate for the gold medal. Unfortunately, after a great game she lost narrowly 9-8 to claim the silver medal. Prior to competing in the National Championships Tegan had won the gold medal in her category at the Liverpool Open.

*Left-Tegan after winning the Braes High Sport Award*

Jordan Ferguson was selected for the Scotland Under 16 basketball; team that competed in the European B Championships held in Sofia-Bulgaria.



For five years our Senior Boys Team had suffered at the hands of near neighbours Falkirk High at the group stages of the various age groups. This meant that they had entry to the Plate Competition and although they reached Finals and winning them- a fine achievement in itself, there was a feeling of unfinished business as they reached their final year at school. Yet again it was the group stages with the winner progressing to the knock-out stages. Memories of losing a buzzer beater the previous year. Packed out Games Hall.



RRS# ARTICLE 29= Goals of education  
HEALTH AND WELL BEING: Why is the Lone Ranger called 'Lone' if he always has his Indian friend Tonto with him?

**BRAES HIGH SCHOOL Versus FALKIRK HIGH SCHOOL**  
**Open Boys Basketball Scottish Cup Qualifying Game (3<sup>rd</sup> or was it the 4<sup>th</sup> November)**  
**Game Report as seen through the eyes of Ramsay Reynolds s6**

- 15.38 7 minutes to tip-off.  
*I hope I play as well as this in the game. Reverse lay-ups, round the back lay-ups, three pointers all going in, I've never been this hot even in the warm-up.*
- 15.40 Well might as well go and take my usual place on the bench. Luke (Kerby) is bound to be in the starting line-up after his amazing thirty seconds against Larbert.  
*Crikey !!!! (or words to that effect), I'm in the starting five. It's taken six years for me to finally get there-hard work pays off plus the promise of an extra-special Christmas pressie. Hope he realises I was only joking.*
- 15.45 Nobody told me we were playing Falkirk High. Must be starting because of my cool calm exterior, either that or he's doing it for a bet.  
*Never won against these guys. Still remember last year-vaguely!! Those were the days when I had a quick snooze on the bench.-well actually it was a long snooze. Here we go!*
- 15.46 This a doddle. First pass is an assist for Jordan then back on defence and win the rebound. Who is this LeBron guy they all talk about (or at least Kerby does)?
- 15.47 Take me off coach...TAKE ME OFF! I'm absolutely done. Up and down the court so soon after the warm-up. My face must be the same colour as my vest.
- 15.48 I'm still on the court. I must be dreaming. THREE MINUTES and I've scored, and we are in the lead.
- 16.00 End of quarter one. Knew it wouldn't last. Finally benched and Falkirk High extend their lead.
- 16.05 Back on court. Found my second wind or something similar. Thought I overheard their coach asking who was marking the "big guy". Took me ages before realising he was referring to me.
- 16.08 I've scored again. This must be what they call being in the "zone". I've always thought that was some kind of defence
- 16.12 I'm too tired to remember what happened in the previous four minutes. We're ten points down at the half but I know we can still win this.
- 16.20 I could be on for a double double here. That's one of these technical phrases Kerby keeps hitting us with. Double figures in points and double figure in rebounds
- 16.30 I can't believe how much room these guys are giving me. I mean it's not as if I just ghost into position but there it is again another two points under the basket and their best player just can't get round me in defence. I might even get MVP at this rate
- 16.45 We're eight points up last quarter under way.
- 16.52 Only seconds left. I've got the ball under the basket. 5-somebody please show for a pass.  
4 -Oh no I've still got the ball. 3-Fergus has just told me to launch it long. 2- well there goes the MVP, pass has just been intercepted. What's that sound-it's the final buzzer. It's amazing the silly things you do when you have just won a big game. I nearly hugged Kerby!!  
Knockout stages here we come.

*Two good wins followed against North Berwick HS and Park Mains HS to get us into the semi-finals but that was it. Stirling High proved to be too strong.*



RRS# ARTICLE 29= Goals of education  
HEALTH AND WELL BEING: Why do they call the little candy bars "fun sizes". Wouldn't it be more fun to eat a big one?



DANCE SHOWCASE



The Under 13 Football team played some fine football throughout the year and finished high enough in their league section to qualify for the knockout stages. In the quarter finals they played remarkably well to overcome a strong Wallace High team one nil in Stirling. This led to an away Semi-Final against Dunblane High School and once again our boys held their nerve to emerge victorious albeit on penalties. So, to the final against Graeme High School at Ochilview. Another fine display from our boys but unfortunately the man of the match was the Graeme High goalkeeper with several outstanding saves which allowed his team to win narrowly 2-1. Some more fine performances at the Forth Valley 7-a-side competition in Stirling saw us reach the final and we even looked like winning before a last second equaliser allowed Dunblane High School to take the game to penalties where they exacted revenge for that earlier defeat.



RRS# ARTICLE 29= Goals of education  
 HEALTH AND WELL BEING: If money doesn't grow on trees then why do banks have branches?



## Active Schools Volunteer of the Month - March

Congratulations to our Active Schools Volunteer of the Month winners for March – Lara Pitcaithly, Katie Craig, and Chloe McClung from Braes High School. Active Schools Coordinator Johnny Bannerman said,

*“The girls typify everything we’re looking for in an Active Schools volunteer. They’re enthusiastic, dedicated and always looking to learn. They have developed into really confident coaches who are a joy to work with.”*

**Names:** Lara Pitcaithly, Katie Craig & Chloe McClung

**Ages:** (LP) 17, (KC) 14 & (CM) 16

**Occupation:** School pupils at Braes High School

**Favourite sport / activity:** (LP) dance or cycling, (KC) gymnastics, (CM) cycling

**How long have you been a volunteer with Active Schools?**

All have been volunteering with Active Schools for over a year now.

**How did you get involved with Active Schools?**

(LP) I got involved with Active Schools through my Sports Leadership Award at school, this required me to volunteer many hours towards coaching a sport.

(KC) I became involved through my Active Schools Co-ordinator – Johnny Bannerman.

(CM) I got involved with Active Schools through Sports Leaders with my school as I had to achieve so many hours to successfully achieve my level 1 & 2 Sports Leader qualifications. After successfully achieving my hours, I realised how much I loved helping the kids get better and also seeing them have fun running about with a smile on their face encouraged me to keep the club running.

**What do you enjoy most about Volunteering?**

(LP) I enjoy volunteering as it allows me to pass on different skills, I have learned so far in sport, but the kids also teach me things. I love when they take the lead and show me new games.

(KC) I enjoy working with the children and helping them develop new skills.

(CM) I really enjoy seeing the kids having fun and learning new skills, but I also enjoy the fact that it has built my confidence so much and I now have the ability to lead and talk in front of groups of people now.

**How has being a volunteer with Active Schools benefited you?**

(LP) Becoming an active schools volunteer has given me so much confidence within myself, it has also given me so many opportunities like developing my coaching to become a qualified level 1 swimming instructor.

(KC) Active Schools has helped me improve my confidence and helped me decide what I'd like to do in the future.

(CM) I've grown so much by working with different kids, I feel it has benefitted me as I can now lead sessions on my own and I have the confidence to speak to anyone as before I was very shy.

**Describe your most memorable moment from your time as a volunteer with Active Schools?**

(LP) Joining in a game of dodgeball to help a group that was down a few points and the team ended up winning the tournament.

(CM) Most memorable moment was helping one of the kids who couldn't catch a ball successfully at the start of my club to being able to successfully catch by the end.

**What would you like to be doing in 5 years' time?**

(LP) In 5 years' time I would like to be finishing my last year at uni studying a Chemical Engineering degree.

(KC) In 5 years I hope to be studying at university to become a PE teacher.

(CM) In 5 years' time I hope to be starting a career as a professional runner for Team GB.

**What advice would you give to anyone thinking about becoming a volunteer?**

(LP) DO IT!! Even if you are worried about not being confident at the start, not being able to take control, still do it as you're given so much support to help build and develop your coaching ability. It's a skill that will last a lifetime and will come in useful on more than one occasion.

(KC) Do it! It's great fun and a brilliant way to build confidence.

(CM) Honestly go for it, it has given me so much confidence and I haven't had anything bad out of my experience as a volunteer.

**If you could try one sport that you've never done before what would it be?**

(LP) I would try motocross, the speed they go at gives me an adrenaline rush just watching it, I couldn't imagine the thrill I would get if I were to do it in real life. Also, I would try skeleton from the winter Olympics.

(KC) Diving (springboard not the high board!!!)

(CM) I would love to try boxing; it has always amazed me and looks a lot of fun.

**If you were left on a desert island and could take with you a luxury item, a book, and a piece of music. What would they be and why?**

(LP) I would take a pair of my dance shoes because there is nothing better in the world than dancing about and not caring about anything else going on around you.

(KC) If my dog is a luxury item, I'd take him! I'd take a diary to write down all my experiences. Music – Dancing Queen by Abba.

(CM) I would most definitely take my running trainers because I'm always happy and feel free once I've been for a run.

RRS# ARTICLE 29= Goals of education HEALTH AND WELL BEING: Can a short person "talk down" to a taller person?

More and more of our Senior Pupils are using their leadership skills with our Cluster pupils.



Some pupils go that stage further and participate on Falkirk Trust's National Coaching Courses. This allowed them to be employed as coaches within the community, coaching at Falkirk F.C.: Stenhousemuir FC, Falkirk Golf Club and various other clubs.

Besides our sports leadership courses we also introduced the Football Referees Course, which when passed allowed students to officiate games. Not an easy course to pass but a great way of making extra money!!

One of the more intense competitions within the sports year is the Staff Vs Pupils. Football, Basketball, Softball, Athletics, Tug of War and Volleyball. No matter what the activity you just knew you could not afford to lose.



RRS# ARTICLE 29= Goals of education  
HEALTH AND WELL BEING: If you are asked to tell the truth, the whole truth and nothing but the truth and you are the main witness, what if you say "no"?



The Junior Boys' Rugby Team (s1/2) has made a promising start to the new session. Unbeaten against various schools across Forth Valley, their only blemish came when they travelled to play very strong opposition in Cambuslang against Stonelaw HS. With early morning training sessions, their hard work has paid off with some sterling performances and a bundle of tries being scored throughout the team.

The S1-2 Girls Rugby team finally made their competitive debut when they competed at the Stirling Sevens event held at Stirling County Rugby Club. Although they were probably the least experienced team in the event, they left their mark(!) by scoring some excellent tries. The work done by Mr Ledger and Mrs Paterson prior to the event and on the day began to pay dividends as the day progressed and hopefully this activity will become stronger.



**ROTARY INTERNATIONAL SCOTTISH SCHOOLS' TRACK AND FIELD CHAMPIONSHIPS**



**LOTTIE JEFFREY (S4)** had a quite amazing weekend at the above Championships which were held at Grangemouth Stadium. Competing in the 200 Metre Girls C competition, she comfortably qualified for the semi-finals with the fastest qualifying time of 26.22 secs. Although not as quick in the semi-final, she finished first again and then maintained her fine form to win an exciting final in 25.49 secs. to set a new personal best time. Lottie has been performing well all year and this was a fine reward for her hard work.

The following day it was the 100 Metres Girls C Competition. Once again Lottie won her heat posting a time of 12.96 secs which was the second fastest qualifying time. In the final she ran even faster but this time had to be content with the silver medal place. Also competing was **ROSIE SHARPLES (S2)** who took part in the High Jump Girls D competition. She also performed well to win a silver medal with a best jump of 1.53 M, another personal best



RRS# ARTICLE 29= Goals of education

HEALTH AND WELL BEING: I'm reading a book about anti-gravity. It's impossible to put down.

## Scottish Secondary Schools Floor and Vault Championships-Bells Sports Centre-Perth



Our Level Two team finished in 2<sup>nd</sup> place at the above Championships. With over twenty seven schools competing at this level this was an excellent achievement for the team.

**Adela Mayers** was given the highest score of the day and **Emma Allan** was joint second.

We also had two teams in the Level One Competition who also performed very well but failed to reach the podium.

Both teams had qualified through the Falkirk Regional Competition.



**Have you heard the one about The Hibe, The Fifer and the Bhoy???**

Teaching tactics and strategies obviously paid off for the P.E Staff in the STAFF WORLD CHALLENGE LPSYSYNC competition. An early scouting mission to heat one saw them rapidly change their music when another team used their idea and lost. With winners being chosen by audience popularity, they quickly adopted the Tony Christie classic "Is this the way to Amarillo?"

To those not in the know, this is the song that Falkirk Football Club play over the PA system every time the home team scores. A sure-fire success in the heat, they quickly sold the jerseys when they turned up in Falkirk tops for the final. There was only ever going to be one winner according to Mr Smith. C'mon the Bairns!!!

<https://www.youtube.com/watch?v=JYy0VdqianQ>



**CHRIS WHEELER**  
Falkirk Sports Person of the year-again!

**MATILDA JACKSON** receiving the Junior Sports Person of the Year at our Sports Awards. Personality presenting the awards was her dad!



RRS# ARTICLE 29= Goals of education

HEALTH AND WELL BEING: eBay is so useless. I tried to look up lighters and all they had was 13,749 matches.



As well as playing sport there were also opportunities to watch the best do their thing.



Wigan in the premier league. Three visits to watch them play West Ham, Spurs and Newcastle United. Those were the days!



Autumn Internationals at Murrayfield to watch New Zealand, Australia and South Africa and Tonga Great value-rubbishy seats



SCOTLAND games at Hampden Park.

OLD TRAFFORD STADIUM Changing rooms, Museum and Lecture.

Both organised by Mr Latimer-gone but not forgotten!



St James' Park Newcastle Think we must be some kind of jinx as the home team never wins when we visit. Great seats every time Fanatastic home support. Also memorable for one 52 point turn trying to get out of parking area.



ETIHAD STADIUM MANCHESTER Best Football match day experience and not a bad team.



GLASGOW WARRIORS at Scotstoun. Great Atmosphere and best event for actually meeting the players after the game



RRS# ARTICLE 29= Goals of education  
HEALTH AND WELL BEING: When everything's coming your way, you're in the wrong lane and going the wrong way.



Andrea Walker(S3) is in the Scottish Golf Academy Programme.

I was nominated for the Scottish Golf Academy Programme Talent Identification by Elizabeth Goodwin- the County Girls Junior Secretary. On the 9<sup>th</sup> July 2012 I attended a regional Talent Identification Day at Brucefields Family Golf Centre. The assessment day was supervised by Gregor Monks one of the Academy Golf Coaches. I was assessed on all parts of my game putting, short game and long game. We played the wee course where we had to hit the greens using 3 balls at each hole and record the results. The putting was tested from different distances again all the results were recorded. We then moved onto the long game and we had to hit targets at different distances results were recorded. I was quite nervous being the only girl there. If we were successful we progressed to the National Talent ID Day at St. Andrews 25/26 August 2012. I was really happy I made it to St. Andrews

At St Andrews we were split into groups pairing up with another girl we marked each other's results for each of the assessments this was like Brucefield putting short game and long game but more detailed. Kevin Craggs the National Coach was supervising my group -he was really good and tried to make us feel relaxed. It took 4 hours to complete the assessments and we were all really tired after-words. St. Andrews was brilliant, the sun was shining the whole day; it was a new experience for me to hit shots from links turf.

I found out on Monday 3<sup>rd</sup> September I had made it into the Scottish Golf Academy. The girls who didn't make it into the Academy will attend a development program to help them and hopefully they will get the chance to progress next time. I attend an induction at the Sport Scotland National Golf Centre Inverclyde , this is a residential event I am looking forward to it. I am very lucky to get into the Academy and I will work hard on everything that is expected of me. The FGC Ladies have been really nice to me and encourage me. I appreciate everyone's support it means a lot to me."



Mhairi McGill (no13) and Katie McEwan (no10) who played for Scotland Basketball Under 14 all the way through to Under 18

## ICE HOCKEY

Ice hockey is reputedly one the fastest paced sports you can play. It is without doubt, extremely physical and at times violent.

**Stuart Paterson** (Boys' Captain) started skating when he was two. Once he was old enough, he joined a recreational team in Stirling, then moved to play in Perth for four years. After taking a year out, he joined Murrayfield ice hockey club and has been there for the last four years. He was captain last year and is assistant captain this year. Two years ago, he was voted Player of the Year and also got to final selection for the Scotland Under 17 team.



## SCOTTISH RUNNING GUIDE March 2012

With the Scottish Government aiming to increase physical activity in teenagers through their 'Let's make Scotland more active' campaign, one school in Falkirk is following this mantra. Next Sunday (March 18) will see 8 sixth year pupils and 13 teachers from Braes High School tackle the Alloa half marathon.

Training for over six months, the staff and pupils have been raising money for the school's chosen charity, the Teenage Cancer Trust. After completing the Alloa half marathon, the runners have also committed to tackling the team relay event at the Edinburgh Marathon on May 27.

One of the teachers, Mr. Morris, explains why the school have decided to run for the Teenage Cancer Trust: "We have chosen the charity as this has most recently affected one of our pupils and is close to all our hearts at present. The events are a great opportunity for our staff and pupils to achieve something together and all for an amazing cause."

A member of Lothian Running Club since November 2011, Mr Morris will celebrate his one year running anniversary next week. After taking up the sport through the couch to 5k programme, the Alloa half marathon is one of a series of upcoming events for the teacher: "As with many of the teachers and pupils taking part, I'm a real newcomer to this but have really got the bug. After Alloa, I have registered for the Canal Run 10K in Kirkintilloch."

**RRS#ART 29 HEALTH AND WELL BEING: Seen it all, done it all, can't remember most of it.**



SOMETIMES ALL YOU NEED IS A PICTURE



RRS#ART 29 HEALTH AND WELL BEING: Vegetarian: Native American definition for "lousy hunter".



RRS#ART 29

HEALTH AND WELL BEING: My wife just found out I replaced our bed with a trampoline; she hit the roof.



RRS# ART29  
HEALTH AND WELL BEING  
Why are there no 'B' batteries?





**Scottish Schools Table Tennis Championships. held at Meadowmill Sports Centre, Tranent on Sunday 26<sup>th</sup> February 2012**

Under 14 Boys Singles

Final

**Christopher Wheeler** bt Yaser Razouk

11-8, 11-7, 11-3

(Braes HS, Falkirk) (Boclair

Academy, Glasgow)

Under 16 Boys Singles

Final

Ying Jin bt **Blair Fowler** 8-11, 14-16,

13-11, 12-10, 11-6

(Merchiston Castle, Edinburgh) (Braes

HS, Falkirk)

Under 18 Boys Singles

Final

Colin Dalglish bt **Alex Wheeler** 11-6,

11-7, 13-11

(Stewarts Melville, Edinburgh) (Braes

HS, Falkirk)

Never to be repeated either by us or any other school

**RRS#ART 29 Goals of education**

**HEALTH AND WELL BEING: I can't believe I got fired from the calendar factory. All I did was take a day off.**



**Have a chip. I dare you"**

Mr Ledger takes a big chance. Mr Fergus (in the background) knows better.

Moral: Dinnae mess with Mr Mckinlay.



Jordan Ferguson started playing basketball in primary 6 after being invited to attend an after school satellite camp to develop young players. He was one of the few people that was invited to play with Falkirk Fury for central Scotland in the Under 11s team. After central Scotland, Jordan continued to play with the Under 12s, Under 14s and Under 16s development league for Falkirk Fury. Successes at Falkirk Fury include the team winning the first ever Scottish Under 14 Boys Cup at Edinburgh University. The Under 14s team also won the National Challenge at Aberdeen University. Whilst in the Under 16s, Falkirk Fury came second in the league. Currently Jordan plays with the: Under 18 Junior Men and Senior Mens teams with Falkirk Fury Basketball Club and the Under 18s Scotland National Squad.

### Braes High School

Jordan trains every morning at school and sometimes after school. The school team were successful in winning the Scottish Plate final in 2015-16. As part of his Leadership Award, Jordan now helps to coach the S1 boys in the school. He played with the school senior men.

### Basketball Scotland

Jordan took part in Basketball Scotland's first ever 'Future Starz Programme' in the Under 12s, 13s and 14s. He was then selected to play for Scotland in the Under 15s Boys tournament in Manchester, England. During 2016, Jordan was selected to play for Scotland in the Under 16 Mens Euro B tournament in Sofia Bulgaria along with 23 other countries. Training for Basketball Scotland involved travelling to compete in tournaments other countries in Denmark, Barcelona and Ireland. In March 2017, he achieved 3<sup>rd</sup> place in the Individual Junior (under 18s) 2016 Falkirk Council Sports and Arts Awards for representing Scotland.



### Braes teenager has been selected as one of SportScotland's young ambassadors.

**My Active Schools Story**

**With Hannah Coutts**  
Active Schools Volunteer

Growing up I was a regular participant at Active Schools clubs and events during my school holidays and enjoyed the variety of sports I was able to try out.

I have always wanted to become a PE teacher, but haven't always had the confidence that I could achieve this. As part of my personal development to overcome this barrier, I became a Dance Leader in school. This allowed me to gain confidence.

Several years of volunteering with Active Schools led to a place within their Coach Academy. This opportunity allowed me to gain various qualifications including my UK Coaching Certificate (level 2) in teaching aquatics and all being well I will be able to start teaching swimming part-time.

From my time volunteering with Active Schools I have had the opportunity to see so many youngsters thrive in a positive environment, make new friends and have fun. My time volunteering with Active Schools has given me a small insight to what it would be like to be a teacher and it will hopefully enhance my application to University when I apply to study PE teaching later this year.

**Falkirk Community Trust**

#MyActiveSchoolsStory

Hannah Coutts (17), a pupil at Braes High School, has been named in a 32-strong team of young people who will help to inspire future sports leaders. They will go across Scotland to arrange and talk at six conferences. Hannah said: "I would like to inspire and motivate other young people to get involved in sport." As a Young Ambassador I helped improve the connection between primary seven pupils and the PE department at the high school. In order to establish this connection, I worked with cluster head teachers, my mentors and fellow Young Ambassadors to create a P7 Sport Induction day. The day ran in June and the P7 pupils came up to the PE department to try the different activities available to them, and were given the opportunity to sign up to extra-curricular activities. This day was a huge success and helped motivate the future S1 pupils as well as increase participation in the department. This connection helped to reduce anxiety levels of the pupils about to come up to the high school as they were familiar with working with their peers from other primary schools alongside the staff in the department.

RRS#ART 29 Goals of education

HEALTH AND WELL BEING: Diet Day #1 - I removed all the fattening food from my house. It was delicious



Senior boys' basketball team won the Scottish plate by beating Merchiston Castle 65-63 in an enthralling final ...



**UNIVERSITY OF NEVADA SWIMMING TEAM**

**2017-18 (Jr.):** Emerged as one of the Wolf Pack's most versatile freestyle swimmers, having tallied an individual victory in three different freestyle events ... Won Nevada's only individual swimming event at the Mountain West Championship with her 100-yard freestyle victory with a time of 49.44, which ranks second in program history, earning All-Conference honors in the process ... Became the first swimmer to win the 100-yard freestyle at the conference meet since Nevada joined the Mountain West ... Finished the season notching off 14 top three finishes, having claimed first place four times ... Part of Nevada's 800-yard freestyle relay team that won the program's first relay at the conference meet since joining the MW ... Served as a member of Nevada's 200-yard freestyle relay team that recorded the third-fastest time (1:31.23) in program history ... Moved into fourth on the program's all-time list in the 50-yard freestyle, swimming the event in 23.08 at the conference meet ... Letterwinner.

**2016-17 (So.):** Earned MW All-Conference honors in the 100 and 200-yard freestyle relay ... Involved in four different relay teams that recorded season-best times for the Pack ... Part of Nevada's 400-yard freestyle relay team (3:18.48) and 800-yard freestyle relay team (7:07.78) that each took second place at the MW Championships ... Also part of the 400-yard freestyle relay team that placed second at the conference meet with a time of 3:18.48 ... Served as the anchor in the 200-yard medley relay team that posted the Pack's season-best time of 1:40.79 at the MW Championships ... Contributed 62 points to Nevada's overall score at the conference meet ... Recorded the team's best 100-yard freestyle time (49.84) of the season in the A finals of the conference meet ... In 19 events, finished outside of the top five just four times all season ... Tallied off 13 top three finishes, including wins at the UNLV Invitational and against San Jose State, both in the 500-yard freestyle ... Recorded the Pack's top time of an event seven times at seven different meets ... A Silver and Blue Scholar-Athlete ... Letterwinner.



**015-16 (Fr.):** Was named to the All-Mountain West team while also earning MW All-Academic honors ... Competed in the 2016 NCAA Championships in Atlanta, swimming in Nevada's A cut, 800-yard freestyle relay team ... Swam in seven regular season meets, the MW Championship and the NCAA Championships on the season ... Advanced to the A finals and placed second in the 200-yard freestyle (1:46.89) and fifth in the 100-yard freestyle (49.46) at the Mountain West Championships ... Advanced to the B finals and placed 10th overall in the 500-yard freestyle (4:50.30) at the conference meet ... Also swam in all four of Nevada's conference relay teams, helping the Pack place runner-up in the 400 and 800 free relay, fourth in the 200 medley relay and sixth in the 200 freestyle relay ... Helped contribute to a total of 162 points for Nevada at the conference meet in individual events and relays, leading the Wolf Pack to its first-ever Mountain West title ... Swan the second leg of the 800 free relay at the NCAA Championships as Nevada placed 26th ... Tallied 14 top-three finishes in the regular season ... Helped lead the Wolf Pack to an undefeated 10-0 record, the first Mountain West championship in program history and a top 25 CSCAA national ranking ... Letterwinner.

**PRIOR TO NEVADA**

Graduated from Braes High School in Falkirk, Scotland ... Helped set a Scottish national junior record in the 4x50 meter relay at the Scottish Gas National Short Course Championships ... Earned a bronze medal with a third place finish in the 200-meter freestyle at the 2014 British Nationals ... Tallied numerous Scottish junior titles in freestyle events. Intends to major in math and statistics at Nevada ... Chose to attend Nevada because of the support the swim team has to offer and due to academics ... Also enjoys playing volleyball and basketball.





As mentioned before, any STAFF vs PUPILS EVENT was quite competitive. The significance of this picture, well it has two future Curriculum managers, but the gentleman on the far right hasn't done that badly either Mr Keir was only with the department for a short while, but I don't think we did him any harm.



**Derek Keir**  
Chief Executive Officer at Camanachd Association

This former member of staff has also done good!!!

Continuing our introduction to the new staff, we welcome Mr Niall Statham as our new Head of PE. Read his welcome message below:

Mr Niall Statham

I am joining Hartland International School from JESS Jumeirah, where I have been Head of Sport for 5 highly successful years.

My journey started in Scotland, where I completed a Rugby Union Apprenticeship with the Scottish Rugby Union. During these two years, I studied part-time, achieving a degree with distinction in Sports and Exercise Science from Napier University. After suffering a bad injury, I turned my attention to coaching, which in turn blossomed into a love for teaching. This inspired me to complete a PGCE at Strathclyde University, where I became a qualified Physical Education Teacher. After teaching in Braes High School in sunny Scotland for 2 years, I moved to Dubai with my wife in search of a new challenge.

I was also fortunate enough to achieve International honours for the UAE in both Rugby 7s and 15s, making almost 50 appearances as captain of the country. Sport has taken me to some fantastic locations around the world, but more important than the physical journey was the mental one, where I learned a lot about myself, the importance of self-belief and experienced first-hand how the right work ethic can take you a long way in life.

As a teacher, I passionately believe that sport and exercise should be an enjoyable experience for everyone. Not everyone can be the best, the fastest or the strongest, but everyone can enjoy taking part at their own level. I hope that through an exciting and varied curriculum, we can give children the best possible start on their lifelong sporting journey. Through my career I have presented 18-year-olds for exams all the way to teaching 3-year old Foundation students how to swim. I hope that with my experience, I can connect with all the students in the school community.

I look forward to meeting you in September. (2018)

[https://www.youtube.com/watch?v=F\\_4qr2DIBPQ](https://www.youtube.com/watch?v=F_4qr2DIBPQ)



Our staff faced Denny High in a challenge Basketball game that both teams felt confident about winning. Denny were well practised and were a much bigger and stronger team than the five Braes teachers and with Denny also including a former pupil we looked to be up against it.

Braes got off to a slow start with Mr Duncan missing a few easy opportunities. However, our secret weapon-Mr Scott, soon took charge and a strong scoring run put us in charge and despite having only the five players emerged with a 67-45 win.

Mr Scott scored 45 points (well he was an internationalist), Mr Duncan scored 15 points and umpteen rebounds

RRS#ART 29 HEALTH AND WELL BEING: To the mathematicians who thought of the idea of zero, thanks for nothing!



## Cheque-out!

Fencer Calum De Sainte Croix has been named Asda Athlete for the supermarket's Grangemouth depot. The youngster received funding to continue his sport from staff at the West Mains warehouse and a healthy hamper from the store.

As part of his agreement with Asda he completes this blog.

"On Tuesday the 23rd; I dusted off my fencing kit, readjusted my mask, and came engage for the first time since before the summer holidays.

The start of this new fencing season has given me a lot to think about. It's also the start of my final year at Braes High, and my Advanced Highers are well underway, and increasingly difficult. But despite my school work and other goals outside of fencing, I decided that this year I would train harder than ever before and achieve something great. It could just be because last night I watched Rocky 4, but I think that this year I would like to achieve something big with my fencing.

So, what should I aim for? The goal that sticks out from the crowd is, without a doubt, the Junior Commonwealths at the beginning of next year. It's a fantastic year to attempt to compete in it as it is going to be held in Jersey, practically in my back garden in fencing terms.

That's a long time away though, so I've thought of a couple of short term goals as well. Firstly, to fence my best in the UK School Games next weekend where I hope to reach the last eight and captain the Scottish team to either a first or second place

And secondly, to post up-to-date blogs and twitter updates, so anyone who is interested can read about what fencing is about from first-hand experiences. This last goal has become really important to me because I've realized how few people have even heard of fencing, and it's a sport that has so much history and so much potential that it would be a shame for no one to know about it.

So that's what I'm aiming for, next step is how to get there. Like I said, my training has just started up again at Braes High and Linlithgow Academy, and I'll make sure I tell you exactly what I do there either as another blog or on my new twitter account @Calum\_dsc.

Oh, and finally, a big thanks to Asda's Grangemouth Depot for all they're support"

**How I got started:** I've been involved in fencing for as long as I can remember, Although I only really started to compete seriously in the past couple of years. My dad/coach has run clubs in the central belt for a long time and, naturally, I joined in as soon as I could convince him to let me.

**My biggest achievements so far:** My biggest achievement so far has to have been my time in the GB Cadet Team. The two international competitions I fenced in with them have been real eye-openers.

**My next challenges:** This next year will hopefully bring a big change in my fencing. After the end of my fifth year at Braes High School I will have much more time to focus on my sport, rather than my higher exams. This will be combined with moving up into a new age group; the U21 Juniors. This will be the greatest challenge, fighting to gain a place in the Junior Team.

**My ultimate dream:** My ultimate dream. It's hard to say what the final goal in my fencing career is because I don't really want one. It sounds strange but I really want to keep on improving my game and getting better and better and better, no matter where that leads. I also like to think that my career won't simply end if I did well in, for example the European Championships, I'd like to stay in fencing for the rest of my life. Hopefully even passing coaching exams and starting a club of my own.

**How do you prepare for a big event?** I usually have to travel to big competitions, as they are mostly held in England. I usually try to keep myself occupied and relaxed, along with making sure my weapons are in perfect working order and eating something like pasta or rice the night before to provide some long lasting energy to help me through the day.



Calum is currently the School Dux and attended the Scottish Space School -a five day residential programme hosted by Strathclyde University's Faculty of Engineering. This gives pupils a unique insight into some of the career and educational opportunities available through studying science, engineering and technology. He has now been selected to visit Houston-Texas in October.

In Sheffield-In the Individual Foil Poules Calum recorded 5 wins and two losses. This saw him seeded n0.5 for the knockout stages and he maintained that seeding to finish 5<sup>th</sup> overall. In the men's foil team event, he captained Scotland to the final but lost out to England 45-31. So, both targets achieved-well done!

ASDA Athletes





Numerous pupils from the school have been fortunate to represent Scotland in their chosen activity. **TAYLOR WATSON** (s3) became the first girl from the school to represent her country at football. She was part of the Under 15 Girls football team that travelled to play two games in Germany in early November. Germany is one of THE top countries in the world for women's football. This is Taylor's blog on a great 4 days.



### **Monday 31<sup>st</sup> October 2011**

Met the team early on Monday morning. Everyone was really excited. Flew out to Dusseldorf airport via London Heathrow. Arrived in Dusseldorf 15.05 local time. After an hour bus journey, we arrived at the hotel. It was nice. From 19.30 to 21.00 we trained. We worked on defending and also worked as banks of four. It was really intense because we all knew there was a great chance to be in the starting eleven. Early bed-shattered!

### **Tuesday 1<sup>st</sup> November 2011**

Up early for breakfast. Then had a team meeting, talked about how both teams played. Then had lunch and a two hour rest. After the rest we had a team meeting to find out the team. Not starting today. We then had a pre-match meal and then it was time for the first game vs. Germany. Came on in the 55<sup>th</sup> minute at left back. We lost 3-0, but that's the best score any Scotland side has achieved against the Germans. We played in front of 1593 people tonight. Got asked for autographs and pictures by girls my age and younger. After the game, there was a great atmosphere between everyone. Went back to hotel and had dinner. Had a team quiz after dinner and then to bed.

### **Wednesday 2<sup>nd</sup> November 2011**

Early rise again for breakfast. Went swimming for active recovery. Came back to the hotel and had lunch. Then had a team meeting to analyse Tuesday night's game. After meeting we had a two hour rest before training. At 16.00 we started training. We worked on passing and banks of four in defending. We came back to the hotel after training and had dinner. After training we had another team meeting to find out the starting team for Thursday's game. I'm in the starting eleven. I was really excited. After meeting we had supper and went to bed early.

### **Thursday 3<sup>rd</sup> November 2011**

Up and out for an early walk. After breakfast we left for the stadium. We kicked off at 11.00. I started today. It was amazing standing in the starting eleven and singing your national anthem in front of lots of people. Best feeling ever. Unfortunately, we lost 8-0 to probably the best team in the world at this age. We played brilliantly in the second half. It took them 39 minutes to score their eighth goal (it was 7-0 at half-time) I came off after 33 minutes, which is longer than I thought I would get. I thought I played really well today. After the game we had lunch and left for the airport. We missed our original flight because of traffic so we had to get a later flight to both London then Glasgow.

It was an amazing experience playing for Scotland and an exciting one as well. We lost both our games, but the German girls were really good players and it was good to play against them."  
"Amazing time with some of my best friends, playing football and representing my country. Doesn't get much better than that."

RRS#ART 29 Goals of education

HEALTH AND WELL BEING: **With the rise of self-driving vehicles, it's only a matter of time before we get a country song where a guy's truck leaves him too.**



“The Olympic Experience”- Rebecca Murray S3

I needed to get qualification times to secure a spot at the Olympic trials. My main goal in mind was the 800 metres freestyle, for which I was only 2.5 secs away from. Each competition leading up to the trials was important as every time I missed the time, the chance of me achieving such a goal was narrowing down. It came as a surprise to me when I finally qualified for the 800, but I somehow managed to pull out of the bag yet another qualification. This time it was in the 400m freestyle. Like my 800 I was only 2.5 seconds away and each time I swam I decreased the gap. So, travelling down to London I had secured a spot for the 400 and 800m freestyle.

I travelled down by plane with a fellow team -mate, Iain Elrick. He was also considered to swim. I knew as soon as I stepped on the plane, I would be saying goodbye to what I called normal life and starting something new. Nerves started growing inside me which obviously didn't help. My main aim was to break two Scottish 14 year old records both set about two years ago. In order for me to perform to my best ability I had to follow a routine set by my coach Steve Tigg. On the travel down I had to place a peanut-two tennis ball strapped together-behind my back mainly for good posture and to relax the muscles down the spine. The flight took an hour which wasn't that long and as soon as I landed my dad had to drive us quickly to our apartment to pack our bags and head straight to the pool.



At the aqua-dome I had to collect my accreditation which would allow me to enter the building. The whole process was much the same as goes on at an airport. I had to go through security every time to ensure I wasn't carrying anything illegal. Before an in between my races I had to train to keep my fitness levels up, also drinking lots of fluids and eating healthily.



DAY 2: The day of my first event-the 400m free. The Scottish record was 4.22.45 which I was aiming to beat. I went through all my pre and post pool routines to keep relaxed and to warm me up. I was engaged to my schedule right up until I touched the wall. I eventually reached the final call-room which led me out to the pool: THE OLYMPIC POOL! Five thousand spectators watching you walk out underneath them. The whistle was blown giving you an indication to step on to the blocks. When the buzzer sounded, my body hit the water-hands entering first. Of course, it was nerve-racking but inside the adrenalin kicked in. As I usually do, I went for it and pushed through the tough lengths. Every time I breathed; I could see that I was easing ahead of the rest of the swimmers in my heat. Inside I smiled and as the last length approached, I tried to kick harder, pull stronger and keep my stream-line in tack. When my hand hit the pad, I sighed with relief. I looked over my shoulder and saw myself on the big screen- I had won my heat. My time read 4.22.40, 0.05 seconds faster than the Scottish age group record. That moment then gave me sign of confidence and I started to believe I could do this. My first time of being at a big international meet and I had swum well was over for the day.



DAY8: This was my 800m free. The same process was completed but I felt very sluggish. I normally only have two days rest but as my swims were so far apart, I had almost a week rest before my 800m. This started to knock my confidence slightly of trying to get under 9 minutes. I approached the final call-room once again and headed out from under the stands. This time my family were able to watch, and I could hear my name being shouted. There was the instruction to step on to the blocks again and then the buzzer went off. I entered the water and I didn't feel right. I was second all the way through my race until I reached the final 200m which I managed to pull through. Eventually I did finish and in first place-of my heat-my time recorded at 9.00.69. I broke another record by two seconds this time and I was exhausted, but I couldn't complain. I had the chance to compete for the Olympics- which I didn't get into-and I broke two Scottish records. This has to be the best achievement so far in my swimming career.



Rebecca Murray (s3) FIRST (Falkirk Integrated Swim team)

RRS#ART 29 Goals of education  
HEALTH AND WELL BEING: Somewhere an elderly lady reads a book on how to use the internet, while a young boy goggles "how to read a book".



"I have just met up with Cath Stewart who is the Asda Community Coordinator for Falkirk. We had a great chat which stirred up some really good ideas on ways that I can help support her with the work that she currently carries out with some local primary schools. She has been asked to support these schools with sports activities in the lead up to the Olympics and I am waiting now to find out what I can do to help her. I hope to meet up with her again after I finish my exams at the end of May to finalise details. Last weekend I attended the Sainsbury's 2012 School Games in London. The table tennis event was held in the Excel Area which will host the Olympic event in August, so it was great to be able to play at the venue. I had a good competition winning most of my games. As a team we ended up in 4th position just missing out on the bronze medal. Overall, I had hoped that we could have done better but on the whole, it was a great experience meeting other table tennis players from the other countries and regions. I also got the opportunity to watch some of the other sports and made some new friends.

Blair Fowler(S5) ASDA Blog

I am now in the middle of my Standard Grade exams so any free time that I have is being spent on training as my next competition is the Senior British Secondary Schools Championships in Guernsey on the 22nd - 24th of June".

"What a fantastic month I have just had. It started with winning the Edinburgh and Lothian's Premier Table Tennis League. I play in a team of 3 and this is the 1st time that Murrayfield the club I play for has won the title in over 9 years. This is a great achievement as the team we beat were the current holders and reigned supreme for the 9 year period!!!!

I am part of the Future Stars programme which is run by Falkirk Council whose aim is to inspire primary children to participate in sport and adopt good exercise and eating habits at a young age. Part of this is that I am invited to local schools to speak to the children and share with them my success and demonstrate my table tennis skills, which hopefully encourages them to try the sport. Two weeks ago, I was invited to Bainsford Primary and talked to the children about my International and National achievements answering their questions. We played table tennis and the children seemed to have fun trying another sport.

Last weekend I travelled to Largs for our National Interleague Competition where I played in a team with my Edinburgh team mates. We were entered in the Senior category and ended up winning the tournament. We are the youngest team to win the senior Men category with an average age of 14.

My next competition is the UK School Games which are in May. I am training and studying hard as my Standard Grades start at the end of April and need to balance both so that I can do my best in the competition and in my exams

April 2012

"I have recently returned from playing in the British Secondary Schools Table Tennis Championships in Guernsey. This event sees teams from Scotland, England, Ireland, Wales, Isle of Man and Guernsey. There are 2 events that are played over the 3 days - Team event which is made up of 2 players and an individual event. I competed at under 16 level. The team event was quite disappointing as my partner and I only achieved 6th place. However, in the individual event I managed to achieve a bronze medal which was an excellent achievement for me as I was only seeded to reach the quarter finals. So, finishing up in the top 4 was really good. On the whole though it was a fun weekend with some highs and some lows.

On Thursday I leave to travel to Austria for 10 days and will be representing Scotland at the European Youths Championships in Vienna which is at under 18 level. Over the ten days I will compete in the team event with another 2 Scottish players, the individuals, doubles, and mixed doubles events. The best players in Europe attend this prestigious tournament and it will be hard and challenging as I will be playing against players who are older than me as this is my first year as a Junior. I have trained hard for this competition and am really looking forward to gaining valuable experience."

Posted 10 July 2012



RRS#ART 29 Goals of education HEALTH AND WELL BEING:  
**What does the Easter Bunny get for making a basket? Two points, just like everyone else!**

This time last year, former pupil Jodie Crawford was winning her category at the Horse of the Year Show.  
One year on.....

## Business Gateway funding for horse riding venture



Jodie Crawford, 16, will use her £5,000 Business Gateway funding to develop a further six stables at Crawford Equestrian near Falkirk. Picture contributed by DOWNSIDE JEFF

A teenager has been awarded funding from Business Gateway to build up the horse-riding venture she launched this summer. Sixteen year-old JODIE CRAWFORD, a champion showjumper who has ridden for Scotland, will cater for other up and coming young riders with the help of a top coach. Crawford who has been riding since the age of four, took the reins at Crawford Equestrian following a refurbishment of existing stables next to her family home.

While her parents helped set up the centre, the young entrepreneur has invested her own money in the venture too, purchasing ponies to train and sell on.

New Business Gateway at Falkirk Council has approved a £5,000 cash injection from the BP Loan Fund, allowing Crawford to see through her vision by developing a further six stables. Once they are complete, she will be employing her first full-time member of staff.

She said " there are only a few yards in the Central Belt that offered all-round equestrian facilities and hardly any that offer a competition yard for riders competing at a high level. I knew we had the space, so the funding and the support I've received from the Business Gateway team at Falkirk Council has been vital in helping me create the competition yard I wanted"

The teenager plans to use the business to fund her own riding ambitions, competing in the UK and Europe.

Falkirk Herald October 11<sup>th</sup>

RRS#ART 29 Goals of education

HEALTH AND WELL BEING: When my boss asked me who is the stupid one, me or him? I told him everyone knows he does not hire stupid people.

# Little piece of Krisstory

Raith Rovers .....1  
 Falkirk .....1  
 David Rinaldi

**Teenage supersub Kris Faulds broke his scoring duck in spectacular fashion and was left feeling like a new man.**

The 19-year-old struck deep in stoppage time to cancel out Grant Anderson's early opener and earn the Bairns a point that seemed to have slipped from their grasp.

And the youngster is praying his stunner has put him in gaffer Gary Holt's thoughts for a regular berth in the side.

Faulds said: "That was my first senior goal and I'm delighted. I couldn't believe it when it went in and although I'm not a man for celebrations you have to when it's the 94th minute.

"Last year I was quite low on confidence but now I'm feeling brilliant."

Bairns boss Holt felt it would have been harsh on his men to have taken nothing.

He added: "We deserved it. Even after going a goal behind we kept going forward and dictated the play at times although maybe didn't create as many chances."

Falkirk went into the contest on the back of a 5-0 home League Cup drubbing by Aberdeen in midweek and would have been keen to banish those memories.

But they couldn't have got off to a poorer start as they fell behind less than three minutes in.

Greig Spence showed terrific perseverance to win an early corner which Joe Cardle swung in. Kevin Moon managed to get his head to it and the visitors could only partially clear to Anderson who rifled a scorching drive into the bottom corner.

Calum Elliot was a whisker away from adding a second with a blistering effort from 20 yards that went narrowly over.

Ref John McKendrick turned down what looked like a stonewall penalty when Falkirk's Conor McGrandles tumbled under a clumsy Jason Thomson challenge.

There were no changes at half-time but the Fifers almost doubled their advantage two minutes after the restart. Anderson put a terrific ball into the back post for Spence but the former Celtic youngster's six-yard strike was miraculously turned over by Michael McGovern.

But just as it looked like Raith would take the three points Faulds earned the visitors a share of the spoils with a wonder strike straight out the top drawer.

The youngster picked the ball up 25 yards out and curled a magnificent effort into the top corner.

Stark's Park boss Grant Murray said: "We had chances to go 2-0 up in the first half and right after half-time. It's come back to haunt us."



**BAIRN IDENTITY**  
 Faulds (left) gets a pat on the back from Luke Leahy after his wonder strike (below)

Kris Faulds had the buzz of first team football, mixed with a two-year full-time contract, then had it all taken away from him. Just months after his debut, he was a peripheral figure at Falkirk, out of the first team frame and in the under 20's. "My confidence was low, but I pushed on a bit and now I'm really enjoying my football" "It's come at an important time too because my two year deal is up in May so I've something to prove. I've been moved into a more attacking position and I'm enjoying it and getting among the goals. I have been doing well for the under 20's and then on Saturday that has given me a real lift" His pearler from more than 20 yards has netted him high praise, not just for seizing a point for the Bairns but for the quality of the strike too. "As soon as it left my foot, I knew it was good and it was incredible. It was my first goal for the first team, and it wasn't too bad a strike to start with. I can't count how many times I have watched it back. I knew I was going to shoot as soon as I got the ball because I had been in the same position earlier and passed and thought maybe I should have kept it, so I had the shot". "Hopefully, it has made an impression because I want a more regular place in the team. My confidence is up again, and I have a point to prove after being out the first team for so long. When you've had a shot of it you want it all the time. The under 20's is excellent for your development, especially testing yourself against the three over age players because that's close to the first team standard, but that's where you want to be."

RRS#ART 29 Goals of education

HEALTH AND WELL BEING: If Wile E. Coyote had enough money to buy all that ACME stuff, why didn't he just buy dinner

By NEIL McGLADE Published on 28/03/2013  
Murrayfield Table Tennis Club have a rare asset within their squad as 13-year-old Chris Wheeler continues to show there is no end to his natural ability.

The Edinburgh and Lothian's Table Tennis Premier Division side have virtually assured the championship title for a second consecutive year after recently defeating nearest challengers North Merchiston 1, an achievement spearheaded by their talented teen and No. 1 player.

The Braes High pupil, who resides just outside Falkirk, is a regular visitor to the Capital through his club commitments where, despite his age, he also attends Scotland's senior (18+) national training two-to-three times per week. However, it is a journey he has become fond of as he continues to strengthen his position as the country's most promising individual.

Chris said: "I've been playing with Murrayfield for about three years now where I haven't lost a league match for two seasons. I want to try and keep that record going, but it's more important just to win the games. Just last week we won the match that should win us the title for this year so it will be our second year of winning it. It's not the main thing for me at the moment but it's nice to have these titles as well.

"I am really enjoying the Scotland training at the moment too and am the youngest by quite a bit. I am ranked at No. 12 in Scotland for senior men, so I would need to break into the top six before I could play for Scotland at that level, but I am only 13. I am one of the least experienced players there, so it's about getting used to playing at a higher standard, but I am determined to improve."

You can watch Christopher in action by clicking to the following link  
[www.youtube.com/watch?v=WxGVI4mIW78](http://www.youtube.com/watch?v=WxGVI4mIW78)

His first interaction with the sport at the age of six, Chris' career with the bat and ball has progressed perhaps faster than he would have envisaged with the youngster showing little signs of naivety at these early stages of his career. Regularly pitched against opponents well beyond his years in both age and experience, Chris was recently crowned Scottish Under 15 champion in addition to powering his way to first in the Six Nations Championships down in Preston.

Reflecting on his victory down in Lancashire, Chris said: "It's definitely the best tournament I've won. We had a good chance in the team event but finished second behind England, so it was quite difficult to wipe that disappointment, but I think I managed to step it up on the Sunday to win the singles championship.

"I think some of the opponents I play whether it is in competitions or with Murrayfield get distracted because of my age as they think they should be beating me."

Chris' aptitude has not gone unnoticed further afield. He was selected by the International Table Tennis Federation (ITTF) to represent their World Hopes Team where he has had team-mates from Canada, Hong Kong and Trinidad and Tobago. Whilst future aspirations of the sport extend into a professional capacity, the youngster is taking one step at a time and remains focused on delivering on an academic front in the meantime.

Chris added: "I went over to Sweden for trials for the Hopes team, where everyone was tested. They then selected the boy who was the best and they thought I had the most potential out of everyone. I have since been to training camps in Korea, Barcelona, and Austria with them, so it's been really good.

"I want to stay in Scotland just now and achieve my Highers, but then hopefully I can go and play full-time as a professional abroad. Countries like Germany and France have big professional leagues, so it would be good to go over there and give it a try. "If I think I've got the chance of making a living out of it then great, but I want my school results to fall back on if not."



ELTTL AGM- 2013 Winners Christopher Wheeler & Blair Fowler of Murrayfield 1.

RRS#ART 29 Goals of education

HEALTH AND WELL BEING: Is there a time limit on fortune cookie predictions?



# PRODIGY CHRIS IS READY FOR ACTIVE SERVICE

■ **Gordon Waddell**

Chris Wheeler has been making waves in world table tennis since primary school – now he wants to make a living out of it.

The 14-year-old is one of the rising stars of the world game, a prodigy picked for an elite global ITTF Hopes squad at the age of 10.

The Falkirk kid is already the country's No.1 Under-18 player and has been winning British events since he was just nine.

Now he is gunning for the senior squad ahead of next year's Commonwealth Games in Glasgow.

But even if the summer showpiece is just too early for Chris, he insists it won't stop his drive to the top.

The super-confident star said: "I was five when I started through an after-school programme my brother Alex was invited to, so pretty much my whole life has revolved around the sport.

"I won the British U12s when I was nine and that was when I started to get invited to national squads.

"I was 10 when I got invited to the ITTF Hopes team. I was one of only four boys worldwide who got in.

"They select a team every year and I'm in with a guy from Trinidad, one from Canada and one from Hong Kong.

"I've been lucky to see so much of the world.

"I've been to Singapore, South Korea and pretty much every country in Europe."

Wheeler will have his work cut out to make the squad for Glasgow with at least half a dozen men standing between



**SMASH AND GRAB** our man Gordon with Chris before the challenge match – find out how they got on by visiting our website

him and selection for the three-man team.

But he said: "I just want to keep improving. If I get in, I get in – right now I wouldn't, but in a year, who knows?"

"In the long term I'd just love to make a living from the game. It's not easy though.

"Gavin Rungay, our top player for the past few years, has played abroad for teams but still needs a job to sustain him as well.

"To be able to make a decent wage you'd need to be in Germany or France in the professional leagues."

Wheeler is training with Scotland's high-performance squad in Edinburgh and his dedication seems limitless.

He squeezes in the journey from Braes High School to the capital three nights a week then there's homework and travelling throughout Europe for junior events.

Even if he doesn't make the

squad for Glasgow, he insists everyone should make it their mission to have their eyes opened to the sport.

He said: "People just think it's ping pong, that it is the same one they play on holiday in the bar. It's frustrating.

"If I say I play table tennis to anyone, they don't see me as an athlete.

"But it's worth coming to see – it'll change your whole mindset to see some of the top players in the world."

■ Chris is Scotland's No.1 Cadet and Junior – but 30 years earlier, and around five stones ago, so was *MailSport's* very own Gordon Waddell!

Table Tennis Scotland threw down a challenge to the veteran to see how he'd cope with the 21st century talents of their rising star.

To see how he fared, and hear more from the game's big hope, log on to the website at [www.dailyrecord.co.uk](http://www.dailyrecord.co.uk)



<http://www.dailyrecord.co.uk/sport/other-sports/video-table-tennis-ace-chris-2367143>

# Jordaan eyeing Games much closer to Home

BY DAVID OLIVER  
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**A talented Falkirk gymnast is targeting future Commonwealth Games glory thanks to sponsorship support from Robertson Homes.**

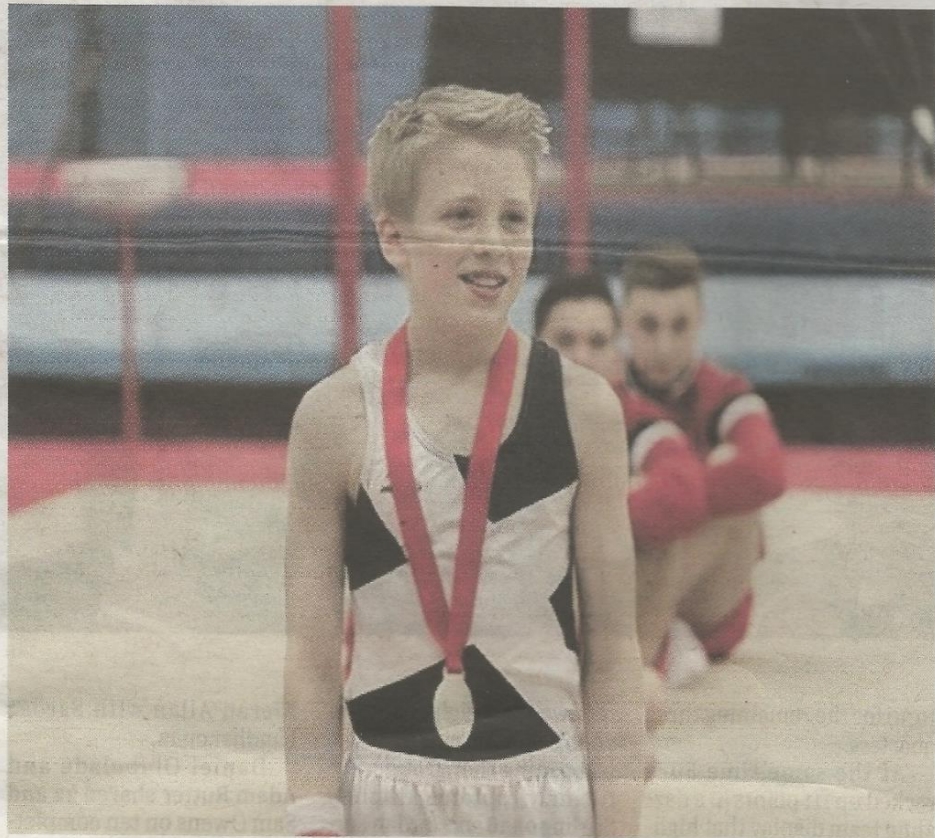
Fifteen-year-old Aidan Jordaan has already won more than 30 medals and regularly competes at the highest level, participating in all the key disciplines including high bar, parallel bars, rings, vaults, floor and pommel horse.

And now Aidan's target of representing his country at the 2022 Commonwealth Games has been boosted with new funding from the award-winning housebuilder.

The youngster, who trains at West Lothian Gymnastics Club, will receive backing from the company to help with training, travel and accommodation expenses.

Aidan's father Ryan, who works with Robertson Group, explained: "We knew quite early on that Aidan was a talented gymnast but, as he's got older and benefitted from quality coaching, he's really shown his potential.

"He's working very hard training around 25 hours every week and his long-term target is to represent his country at the 2022 Commonwealth



Aidan Jordaan

Games in Birmingham. He already competes at the Scottish Championships every year and he'll be taking part in the British Championships in March.

"He trains four times a year at the Essex gym run by Max Whitlock, the five-time Olympic medallist, and his coach Scott Hann. Every time he comes back from those

sessions, we can see another improvement in his ability. He also attends a high-quality training camp in Portugal every year with other promising athletes.

"My wife Niki and I do everything we can with fundraising to support Aidan's attendance at competitions and training camps but, we were thrilled when they agreed to

provide us with their backing."

Sharon Spinelli, Sales and Marketing Director at Robertson Homes, added: "It's great to see talented youngsters like Aidan doing so well. He obviously has potential to reach the top level in international gymnastics and we're really pleased to be able to support him with his ambitions for the future."

RRS#ART 29 Goals of education

HEALTH AND WELL BEING: If, in a baseball game, the batter hits a ball splitting it right down the centre with half the ball flying out of the park and the other half being caught, what is the final ruling? WHO CARES?



# Schools' dogged determination to celebrate Chinese New Year

Pupils from Falkirk's Schools pulled out the stops to celebrate the Chinese New Year. The all-action event at Larbert High School welcomed in the Year of The Dog and featured some of our junior girls. Karen Kelly, Larbert High's principal teacher of languages and Confucius Hub Co-ordinator, said, "It was an opportunity for schools across the Falkirk Council area to come together and show the community a different culture. It was lovely to see the youngsters having so much fun on stage and behind the scenes. The pupils organised everything themselves and created the Chinese cuisine that was served on the night" Entertainment included dancing, acting and paper folding displays, combined with refreshments to help make the event extra special.

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## Inter-schools cheerleading competition

# Three cheers for pupils

**BY CRAIG TURNBULL**  
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@CraigTurnbull

**Pupils came out on top in the inter-schools cheerleading competition held at Denny High School last Thursday.**

Bo'ness Academy were unable to retain their title but pushed Larbert High – who won the competition – all the way in the Pom Dance section of the event.

It's the third year the competition has been running and it continues to grow with 12 teams and over 400 pupils from around the central belt competing in this year's show-piece.

Among the teams in it from the Falkirk area were Bo'ness Academy, Denny High School, Larbert High, Falkirk High School and Braes High School.

*Experts in cheer-*





leading – Kelly Whittington, Dominique Bowle and Marguerite Modica – were the three judges and marked the teams out of a combined score of 300.

Participants were judged on their dancing, timing, creativity and technique.

In the Cheer Division which focused more on gymnastic ability with tumbles and stunts thrown in, Whitehill Secondary School came first, St Ninian's High School came

in second and Alva Academy came third. Caroline McIntyre, a former cheerleader herself and PE teacher at Bo'ness Academy said: "It's about changing the perception of cheerleading. It's not just standing about with pom poms there's so much more to it. It's now being promoted in schools and being given a bigger status."

"It's great for pupils confidence, discipline, teamwork and social integration with other pupils."

# Two out of three ain't bad for Braes



## BASKETBALL

BY DAVID OLIVER  
Sports Editor  
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**Braes High edged the glory in the Falkirk Community Trust Active Schools championships last week.**

Each final was contested between Braes and Falkirk High schools and the former took two titles - edging a close-fought final match at Grangemouth Sports Complex 27-23 to take the overall

series victory.

The Secondary schools championships were busy but the Brightons-based Braes pupils made an early statement of their intent with a convincing victory over FHS 26-8 in the S1-S3 girls final.

In the same age-group's boys section it was a much closer affair with Falkirk sneaking victory by one point.

Then in the mixed section for S4-S6 the Newlands Road school battled it out with Falkirk and again prevailed 27-23.

The Secondary event followed the primary schools version last month, won by St Francis.



S4-S6 mixed. Braes 27-23 Falkirk. Braes Academy win



S1-S3 Boys, Falkirk High 20-19 Braes



S1-S3 Girls, Falkirk High 8-26 Braes



RRS#ART 29 Goals of education  
HEALTH AND WELL BEING: Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give their vacuum one more chance?

Success is always doing your best.

Maddiston PS - Winners of the Award for Excellence ...basketball winners of Jump to It 5 years running.



RRS#ART 29 Goals of education  
HEALTH AND WELL BEING: Feeling pretty proud of myself. The puzzle I bought said 3-5 years, but I finished it in 18 months."

**BRAES HIGH SCHOOL GIRLS BASKETBALL THE ROAD TO THE FINALS**

	Senior Girls	Under 14 Girls	First Year Girls
<b>Rd 1</b>	Bye	Bye	<b>Tain Academy (A)</b> <u>20-0</u>
<b>Rd 2</b>	<b>International School Aberdeen (A)</b> <u>57-27</u> Ailsa McLuckie 26pts Kirsty McKenzie 8pts Gillian Purves 8pts Rhona Hutchison 4pts Fiona Bell 2pts Mhairi Inglis 2pts	<b>Denny High School (A)</b> <u>84-18</u> Melissa Barr 28pts Emma Allison 20pts Lynsey Mcluckie 18pts Sophie Nimmo 8pts Joanne Penman 6pts Kirsty Graham 4pts Katie Marshall 2pts	St Maurice's High School (A) <u>39-15</u> <b>Robyn MacDonald 15pts</b> <b>Ailie Gardner 12pts</b> <b>Megan McNeil 6pts</b> <b>Ailsa Scott 6pts</b>
<b>¼ Final</b>	<b>The Nicholson Institute(H)</b> <u>50-22</u> Ailsa McLuckie 26 pts Kirsty McKenzie 8pts Gillian Purves 8pts Rhona Hutchison 4pts Fiona Bell 6 pts Sarah Inglis 3 pts	<b>Glenurqhart High School (A)</b> <u>90-7</u> Melissa Barr 24 pts Katie Hunter 20 pts Emma Allison 14 pts Joanne Penman 14 pts Katie Marshall 6 pts Lyndsay McLuckie Sophie Nimmo 6 pts	The Mary Erskine School (A) <u>32-24</u> <b>Megan McNeil 10 pts</b> <b>Ailie Gardner 8pts</b> <b>Robyn MacDonald 8 pts</b> <b>Ailsa Scott 6 pts</b>
<b>Semi Final</b>	<b>Falkirk High School (A)</b> <u>76-15</u> Ailsa McLuckie 26 pts Gillian Purves 20 pts Lynsey Cranston 10 pts Kirsty Mckenzie 6 pts Mhairi Inglis 6 pts Fiona Bell 4 pts Sarah Inglis 2 pts Alyson McGlashan 2 pts	<b>Larbert High School (H)</b> <u>53-21</u> Melissa Barr 22 pts Katie Hunter 12 pts Joanne Penman 8 pts Katie Marshall 3 pts Emma Allison 2 pts Gemma Harbinson 2 pts Sophie Nimmo 2 pts	Portobello High School (A) <u>38-35</u> <b>Robyn MacDonald 21 pts</b> <b>Ailie Gardner 6 pts</b> <b>Megan McNeil 5 pts</b> <b>Ailsa Scott 2 pts</b> <b>Kelly Steele 2 pts</b>

**THE ROAD TO THE FINALS**

You definitely need a bit of luck to have a good cup run in any competition. Our First Year's received one of the worst draws possible; Tain Academy away (for those of you who don't know your geography that is beyond Inverness). Fortunately, they withdrew, after failing to raise enough players-you must have ten players in the first year cups. We didn't know if we had enough players at that time but were grateful for the extra time to find them.

In the next round we looked as if we were heading for a quick exit as we travelled with only nine players. Again, fortune favoured us, as Megan phoned her parents and they brought Justine through to the game. We didn't mind that she had never played before, it gave us a chance of progressing to the next round and we beat our opponents quite comfortably. This victory gave us the realisation that we might do quite well in this competition.

Mary Erskine's agreed to play the next tie at Braes. You normally only do this if you are really confident about the outcome, or your facilities are mince. Mary Erskine's facilities are amongst the best in the country-so that told you what they thought about their chances (maybe the fact they had scored 96 pts in their previous game and had just defeated Portobello in a league game filled them with hope), and indeed this confidence looked well founded going into the second half. However, our girls just seemed to grow in stature as the game unfolded and against a much bigger and physically stronger team managed to turn a large deficit into another good win.

All of this was made all the more remarkable considering that these two games were the only games we had ever played. We had to wait two months to play our next game, Portobello High on their court-probably the top basketball school in the country. We'd had a warm up game against our first Year Boys-but no disrespect guys-in no way did it prepare us for what was about to unfold in Edinburgh. Shaky start as usual, got ourselves into a good lead, but then got into serious foul trouble that saw two of our main players foul out. Their big girls began to cut into our lead with every attack, but fortunately they ran out of time. Close-really close.

Our Under 14 girls have never actually played a home game, but Denny High was a nice close game to start with. That is close in terms of how far we had to travel because we thumped them. Glenurqhart was our next venue. We travelled during the worst weather but managed to get there in the alternative school bus (Mr Fergus' car!!!). Again, we scored quite a few points to progress to the semis. A home tie at last. Larbert High thought they were going to cause an upset, but we were having none of that. They left extremely disappointed.

The Senior girls had a long journey for their opening game-Aberdeen to play ISA. These girls were all American and were much taller/bigger than us, but you can't beat what you can't catch, as our girls showed just how athletic they are. The next game started at 9-30 in the morning. Our girls are obviously not morning people, as our opponents took an early lead, but again we showed the determination and athleticism that has characterised our play over the years, to emerge comfortable winners.

Falkirk High in the Semis was probably the most convincing victory of the lot and showed that WE are currently the top GIRLS basketball school in the region

### CUP FINAL REPORTS

Under 14 Girls Plate Final:

Wednesday 21st March 2007 at St Andrews Secondary Glasgow: Tip Off 5 p.m.

Braes High School 47-35 Dalziel High School

Our girls won the plate for the second successive year, and like last year, managed to keep everyone on tenterhooks as they built up several leads but then allowed the opposition to come back into contention.

We actually started well with Katie Marshall finding Melissa Barr with several long passes which allowed Melissa to convert the lay-ups. As the quarter progressed though we found it more and more difficult to defend Dalziel's taller players and they scored to level the scores. Katie Hunter scored to complete a couple of quick breaks and at the first break we led 16-10.

We had a problem completing our breaks at the start of the second quarter and this gave our opponents more confidence and they actually took the lead, but Melissa, Katie Hunter and Emma Allison soon restored our advantage. Dalziel actually have two guards in the National development squad, and they made life difficult with their speed at both ends of the court. Despite this though we led 26-20 at half time and had we converted even a small percentage of our lay-up opportunities the game would have been out of sight.

The second half followed much the same pattern. We would put together some outstanding phases of play to score some excellent baskets, but then threw the ball out of play or committed some other violation to keep our opponents in the game. Joanne Penman was beginning to have more of an influence over proceedings at both ends of the court, winning defensive rebounds and scoring points at the other end. At the end of the third quarter we still hadn't put enough distance between us and them to feel comfortable though.

The final quarter was probably our best. We didn't score as many as we should have but by now our defence was making it extremely difficult for Dalziel. We maintained our advantage throughout and when the opposition had to change to full court to change the pattern of the game, we managed to create numerous good scoring opportunities. By the time we subbed five for five in the last couple of minutes, the game was effectively over, although the entertainment wasn't. Hard to believe someone could score in their own basket, but we managed it. This just made the final result a little closer.

Well done girls-but just as well the coach has no hair, 'cause you certainly know how to tease.

Scorers: Melissa Barr-21 pts, Katie Hunter-10 pts, Joanne Penman-4pts Emma Allison-4pts, Katie Marshall-4pts Sophie Nimmo-2 pts Lyndsay Mcluckie-2pts (At the right end!!)

### CUP FINAL REPORTS

Senior Girls Plate Final:

Wednesday 21st March 2007 at St Andrews Secondary Glasgow: Tip off 7 p.m.

Braes High School 58-76 St Andrews Secondary

For the second year in a row our senior girls came up against a school that had two outstanding individuals in their team and although we played superbly well, we just couldn't match our opponents. Having said that, some dubious officiating made our cause a lot harder. However, this was an excellent game, with the outcome in doubt right up until the final stages of the 4<sup>th</sup> quarter.

At the start it didn't look as if we had a prayer as we looked slightly nervous and intimidated by the occasion-playing opponents on their home court hardly seems fair in a cup final. Initially our tactics of double teaming didn't have an effect, but as the quarter progressed, St Andrews were finding it increasingly harder to score. We actually had five different scorers in that opening quarter with Ailsa, Gillian, Kirsty, Lynsey and Sarah all finding the basket. The signs were encouraging as our girls grew in confidence. 17-12 to the home team at the break.

The second quarter didn't quite go to plan. Our defence continued to frustrate but we made some silly passes and one or two violations which put us under pressure. Ailsa hit a purple patch, as did Gillian, but Ailsa in particular began to fall foul of one of the officials. Now either she had drunk too much Red Bull (or some other energy ingredient), or this umpire just wasn't at the races, because what she encountered at one end of the court and went unpunished, suddenly got called as a foul at the other end. St Andrews hit a couple of three pointers and quite a few from the free throw line to open up a 45-28 half time lead.

Our girls didn't view this deficit as insurmountable though and started the second half with renewed vigour both in attack and particularly in defence. Indeed, their best player got so frustrated with our attention that she asked to be substituted and we took full advantage. Gillian scored ten points in this quarter and Ailsa hit eight and going into the final quarter we only trailed 56-46.

The momentum was definitely with us and when Sarah and then Gillian scored to cut their lead to just 6 points, mission impossible looked on. But then Ailsa fouled out on a real dodgy call, and she was followed by Kirsty and then Lynsey, and although we played hard right to the end, we had run out of scoring threats.

Super display ladies, one you can be really proud of. At no time did you look out of place playing against arguably the top two junior players in the country at present.

We have another year to get the gold medal that you deserve.

Scorers: Gillian Purves -24 pts, Ailsa McLuckie-20 pts, Sarah Inglis-6 pts, Lynsey Cranston -2 pts, Kirsty McKenzie-2pts, Fiona Bell-2 pts, Alyson McGlashan-2pts. Team: Rhona Hutchison, Louise Cranston, Mhairi Inglis

**Before you reach the final page, apologies once again to pupils and staff if we have missed you out. Particularly those before we started publication. Miss Campbell's Girls Football and Mr Duncan's Boys basketball who had repeated success and all the rest.**

**To all the staff and pupils who helped make this possible THANKS.**

**Hope you have enjoyed reading.**

**REMEMBER THERE IS NO DANCE WITHOUT THE DANCERS**

### THE MARY ERSKINE FIRST YEAR TOURNAMENT

Saturday 23<sup>rd</sup> March at Mary Erskine School -Edinburgh

This tournament has evolved into the top Schools competition for First Year Girls Teams, with all the top teams around the country being invited. We came really close to winning it last year, and our First Year Girls entered the competition as favourites after their cup exploits. It was also going to be useful experience before the upcoming cup final. The one drawback was that only six players were available for one reason or another.

First up was Mary Erskine "A" team. This squad had given us real problems in our cup ¼ final, but we displayed just how much we have improved since that game with an outstanding display of quick break basketball that had everyone watching, gasping in admiration. We won 18-6, and every other team present knew they were going to have to produce something special to compete.

After a short break we played Kelso High School next. We continued to play some excellent stuff, with all six players contributing. Kelly Steele and Megan McClure were learning quickly, considering how short a time they have been playing, but it was the general team play that everyone was applauding. We won 24-0.

Straight back on court without a break, against Craigmount "A" team. This proved a little more difficult, as the Edinburgh girls had one or two players who could drive to the basket. Ailie swapped defensive assignments and snuffed out the main danger and Robyn continued to convert the lay ups on a regular basis. We won again, 20-8

We had a little more time to recover before our next game against St Maurice's, who at this stage were also unbeaten. Again, we produced some excellent team basketball to win 24-2.

Craigmount "B" team were our next opponents. Same pattern as before. Great defence, followed by slick passing, followed by lay up after lay-up. 22-0

Mary Erskine "B" team were our last opponents of the day and this was a really close game. Our girls looked a little tired (we didn't get a break after the previous game), and the home team raised their game. For the first time we looked a little vulnerable. We missed quite a few shots, but our defence remained steady. A narrow 8-3 victory. Played 6-won 6.

"The winning team is the absolutely outstanding team from Braes High School". The announcer was spot on. We raised the bar as far as First Year Girls Basketball is concerned. It will be extremely difficult for anyone to match what we produced at this tournament.

Robyn MacDonald was unanimously voted Tournament MVP. She had an outstanding day-lost count of the number of points she scored. Ailie Gardner was also voted onto the "all-star 5" and although both girls had a tremendous influence on proceedings, it really was a great TEAM effort.

The only concern for the coach was had we peaked too soon. READ ON.....

Winning Team: Megan McNeil, Ailie Gardner, Robyn MacDonald, Ailsa Scott, Kelly Steele, Megan McClure

Well done girls-absolutely brilliant.

### CUP FINAL REPORTS

Tuesday 27<sup>th</sup> March 2007 at the Kelvin Hall Glasgow. Tip off 11 a.m.

Braes High School 54-33 St Andrews Secondary

St Andrews must have been full of confidence before this game. They beat our Senior Girls and had high hopes of completing the double, and in the pre match warm up displayed the arrogance and confidence that Glasgow seems to breed. We on the other hand looked anything but cup finalists in the warm up-but we rarely do. Mr Fergus predicted that we would get better as the game progressed and not to panic if we went behind. Don't think even he was prepared for what happened in the opening quarter. Our starting five looked a little nervous, and St Andrews put three strong players on for that quarter. We kept it close-for two minutes. Ailie scored our opening basket and did a good job marking their best player but our defence started leaking, so much so that several spectators had worried looks on their faces, and by the end of the quarter we were behind 16-4. That really is a big margin in First Year Basketball.

St Andrews had put all their eggs into the basket in that first quarter though. Robyn MacDonald and company not only wiped out that deficit but managed to give us the lead-a five point lead at that, 25-20. What a turnaround. Robyn scored 19pts in six minutes of basketball, a phenomenal scoring rate.

The Glasgow girls still thought they could repeat their opening quarter exploits but Megan was under strict instructions not to let their no.10 get anywhere near the ball and she played excellent defence, as did Ailie on their guard, so much so that she didn't score at all. We had stretched our lead to 37-26. Robyn only scored ten points in this quarter and was ably assisted by Ailsa and Kelly on several occasions.

By now St Andrews looked a little demoralised. They just could not get an easy scoring opportunity. Their big no 10 did manage to escape Megan's attention for a couple of baskets, but our captain hit three big baskets of her own just to emphasise who was the boss.

At the final buzzer we had stretched out to a 54-33 victory.

It really was a phenomenal game for first year girls. You must see the video of the game. The standard was superb. One really good team beaten by one exceptional team. Once again everyone was raving about our girls and how they complimented each other's play. Robyn quite rightly got most of the praise from onlookers as she scored 40 points. You've set yourself an extremely high standard to maintain girl. There were two outstanding defensive displays from Ailie and Megan who drove their opponent's nuts with their nonstop attention.

Great day girls-thanks for the pressie. I'll do my best to slim down and make sure the lucky t-shirt fits me next year.

Scorers: Robyn MacDonald 40 points, Megan McNeil 8 points, Ailie Gardner 6 points

Team: Ailsa Scott, Kelly Steele. Megan McClure, Natasha Graham, Rachael Crone, Jodie McCulloch, Chelsea Strang, Rachael Barr