

Term 1 #LetsGoHenlow

Competitions and Fixtures

What a jam-packed Autumn term it's been! With back-to-back fixtures, it's hard to believe we've managed to fit everything in. From Year 5 to Year 11, our students have participated in so many fixtures and events. It's been amazing to see a record number of students proudly representing the school across various competitions and events.

We've been thrilled that more and more students are turning up to training and we've been able to have A, B and even C teams out in force!

Let's break the term down...

Football



Key Stage 2 - All the players have been working really hard in the training sessions, we have been working on different skills/tactics to make sure that we become a successful team. The selection of the team is based on dedication to coming to training after school and hard work. We have had one game so far this year against RBA which the boys unfortunately didn't win but they kept on working which is the main thing. The team is already looking forward to our first competitive game against Linslade in the new year!

Year 7

The Year 7 football team has had a season of both ups and downs. The team started the season away against Etonbury in the National Cup first round. We came out victorious in a goal thriller which came down to a penalty shoot out. It has been a pleasure to coach this team, all the players have been working hard to become successful. They are a group with a lot of potential and the more work they put in the more they will get out in the end. The season has been mixed with some wins and some losses but in every game we have seen an improvement.



Year 8

Our Year 8 team has had a fantastic season. After a shaky start with losses in the County Cup and National Cup, they bounced back and displayed some impressive performances. Our team were flawless in the league, winning all five games and becoming league champions. They have been a dedicated and committed group of players. The squad depth and amount of versatile players in the team has meant we can produce great team performances.



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Year 9

The Year 9 team will start their league games in early 2025. We have competed in the County Cup and the Schools' FA Cup early in September. Unfortunately these results did not go the way that we wanted them to, but we are hopeful that with many more Year 9s attending practice sessions that we are able to build team ethos and unity.



Year 10 - The Year 10 team have only had three games so far this term. Their league starts properly in early 2025. Amidst a lot of change for the team, we have found a core of hard working and eager players, who were unlucky to lose to QES in the first round of the County Cup. We look forward to seeing players regularly attend training so that we can develop better cohesion as a group.

Year 11 - The Year 11 football team has been the most committed team I have ever worked with at Henlow. The numbers attending training and desire to improve has been incredible to see. This has led to some amazing results in the league and most importantly some amazing moments for all the students. A massive win on penalties and a last minute wonder goal to steal points in the final league game of the season are just some of the amazing achievements. It has been an absolute pleasure to coach this team and they should be very proud of their achievements and more importantly the way they have applied themselves throughout their time as a team.



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Netball

We have had SO much netball this year and we still have so much more to come. With new squads in new competitions we have completed a staggering 54 netball fixtures with huge numbers of girls representing the school!



Year 7 - This is the year group where we have had the highest attendance at training and where we have seen the most progress in matches. With an A & B team both playing in the league and so many new faces at training this has been a season of trying new positions and combinations and we are starting to see some wonderful netball played by all. We are cementing some exciting connections and beginning to reap the rewards. With a new league opportunity we cannot wait to see what 2025 has in store for the Year 7 netball squads!

Year 8

Incredible commitment from the Year 8 players once again this year. Again with A & B squads playing weekly in the leagues, it has been wonderful to see skills and tactical play being developed. The B squad grew each week and secured a win in their final game of the season. For the A team a 3 way tie after the regular season meant the squad had to battle it out in a league final. It could not have been closer in the first match against RBA which finished 10-10! Henlow then had to watch as Arnold took the win against RBA. All to play for in our final game, some incredible full court defence rewarded with some top shooting under pressure Henlow took a 6-7 victory over Arnold and successfully defended their title. Phenomenal for every player and this team never gives up! Well done!



Year 9 - The Year 9 season is well underway for both the A & B Squads. With matches being played on a 3 week rotation each team has had secured victories so far. There have been impressive numbers at training and there is still so much to work on in the second half of the season. The U14 squad still have it all to play for in the SnS National competition and finished a respectable 4th out of the 18 schools at the recent County Tournament. Watch this space!



Netball Tour



It was an absolute pleasure to take 36 girls from Year 8 - 11 on a mini netball tour to Manchester in November. We crammed a huge amount into a short time. We travelled to Manchester by mini bus and arrived at Wright Robinson College for our match play. It was wonderful to play in a venue sports hall against some brilliant opponents. We headed back to the hotel for dinner and a quiz (netball obviously) before bed and another busy day. On the Saturday after picking up lunch, we had a defensive masterclass from Elite Netball Academy where the girls were given technical defence advice. Next we headed into the city centre to watch England Roses take on the Jamaican Sunshine Girls. We were in for a treat! A nail biting 49 all draw ensured we were kept on the edge of our seats. The girls were a pleasure to spend the weekend with and we hope they have some memories for life!



Year 10

We took 2 squads to the recent U15 County Competition where both teams played some fantastic netball and both made it into the plate competition. The A & B squads finished 9th and 10th out of 15 schools respectively. As with the younger year groups we have 2 squads playing in the leagues and both improving week in week out. So much more netball to come for these squads!



Year 11

This squad are such a joy to coach. Consistent team members have resulted in some wonderful patterns of play so far this year. Some brilliant results in the league with still half the season to go, can we make the playoffs for a second year running. This team is also still competing in the U16 Sisters N Sport National Cup and have their next match in the first week back. So much more to come from this team in their final year at Henlow!



Basketball

Year 7 Girls

Year 7 have attended after school club whenever there has been a free sports hall. They have shown a massive enjoyment in learning new skills and are beginning to put them together to face their first opponents in a Year 7 tournament. During the tournament they excelled beyond expectation, winning their first ever matches 8-4, 8-6 and holding the tournament winners at a draw at half time, but with a final score 2-9. They have a lot of talent as a team and look forward to seeing them progress as a team next year.

Year 9 Girls

Year 9 have attended most of the after school basketball sessions and have made the biggest transition from Netballers to Basketball players. We are so excited to see their potential flourish this season!

Year 9 Boys

The Year 9 basketball team played their first game of the season, facing a tough challenge and unfortunately coming out with a loss. While they haven't had much opportunity to train together, they are a talented and athletic group of players with plenty of potential. With more time on the court and a stronger focus on training, they have the ability to develop into a strong team. Their natural athleticism and skill give them a solid foundation to build on for the rest of the season.

Year 8 Girls

Year 8 have suffered from lots of other sports commitments restricting their attendance to basketball club. Despite the circumstances limiting team time they have a fabulous team who are looking like basketball players on court. So far they have had a massive win (44-12) and one loss (10-16) this season.



Year 7 Boys

The Year 7 basketball team showed incredible growth throughout the season, consistently improving their skills and teamwork. While the results of some fixtures didn't go their way, they maintained a positive attitude and always gave their best effort on the court. Their commitment to training was evident, with each player working hard to improve individually and as a team. The team's strong spirit and dedication were key to their development, and they demonstrated great promise for the future.



Year 8 Boys

The Year 8 basketball team had a solid season, with strong performances across the board. Maddox stood out as a key player, consistently delivering exceptional performances and leading by example. Despite facing tough competition, the team showed resilience and determination, working together to improve throughout the season. Their commitment to training was clear, and while not every fixture ended in their favour, their teamwork and positive attitude were always evident.



Trampolining

Regional Competition

Henlow Trampolinists were the biggest entry across the whole region with 34 gymnasts taking part. It was great to see so many students committed to their training improving every single session. Students from Year 5 all the way to Year 11 competed in their respective categories. Erin (Year 8) was the star of the show, winning her group by 2.5 marks to become regional champion!

Our KS4 boys team also performed admirably, finishing in second place and also qualifying for zonal finals. Michael and Dylan qualify as individuals too.

New to the competition scene for half of this team, our KS2 girls team finished in second place, with Freya (3rd) and Mia (5th) both qualifying as individuals too.

Last but not least, in her final competition year, Issy (Year 11) finished in 4th place, securing a spot in the next round. The KS4 girls team finished in 3rd place, after a countback on scores, which means they narrowly missed out on a place in the next round. This means the end of the road for Daisy (Year 11), one of our original Henlow Trampolinists. She has had a wonderful 3 years of competition and has been a great role model for the younger gymnasts.



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Cross Country

We have had some great results this year in cross country. Most impressively the first time we have ever had two teams make it through to the regional stages of the English Schools Cross Country Competition. Both the Y7/8 boys and girls teams did us proud at Stow and overcame some injuries to put in great team performances.



Visual Impairment & Hearing Impairment Festival

We took two groups of students to the recent Hearing Impairment and Visual Impairment Sports Festivals. All the students got to experience a mixture of tennis, basketball, bowls and football. There were students from a variety of schools and we got to play with and meet new people. All students engaged brilliantly with all the activities and we are looking forward to attending the events next term. Well done everyone!



Girls Into Coaching

Eight Year 9 students went for their first of four 'get in to' coaching sessions at the university of Bedfordshire. The premise of the sessions are to build confidence, inspire and encourage girls to 'get in to' coaching as there is a huge gender gap in this area. Pupils completed three sessions; team building, employability and creating fun and engaging coaching sessions. They have more sessions to attend where they will lead coaching sessions for younger students.

Sports Leaders

We have been in our first term of training up our new group of Year 8 Sports Leaders. We have been super impressed with the Year 3 and 4 gold competition the students have delivered so far. Students have also been trained in Sports Hall Athletics Officiating as we will be hosting and leading at the upcoming District and County Rounds of the competition at all age groups. Really proud of their commitment and dedication so far and there are so many more Sport Leader Opportunities in 2025





Table Tennis

We took two squads of girls and one boys squad to the Year 9 - 11 District Table tennis competition. With the boys team improving on last years performance finishing in 3rd place, one of the girls teams finished second and once again progressed to the County Finals. Well done everyone.

We hosted a KS2 Festival where 10 students played against local primary schools. All student learned lots and had heaps of fun. Some excellent results for both individuals and the teams.

Hockey

Not many schools play hockey now so to get a game in with two teams against BMS was brilliant! It was such a friendly environment where the teams played competitively but were also being coached by both schools along the way made it a really enjoyable experience for all. The girls played exceptionally well and we showed some really promising attack and strong defensive skills. We just need to improve the amount of time it takes us to get the goalie kit on!



What's Next?

It may be a short term but it's a busy one! Here's a sneak peek at the clubs and competitions we are looking forward to this term. More Netball for all age groups, Badminton competitions for Year 7-11, All Years Cheerleading, Trampolining Zonal Finals, Handball, Cross Country, Rugby, Sports Hall Athletics, Year 9 Football League, Year 10 Football League, Indoor Cricket, Gymnastics Competition! Bring it on! #LetsGoHenlow