



CARDINAL HEENAN
CATHOLIC HIGH SCHOOL

VERITAS

NEWSLETTER

SPECIAL EDITION: SPORTING SUCCESS

It has been a year like no other for Cardinal Heenan sport, and to mark that this special edition of the newsletter has been produced. The level of participation in extra-curricular sports has been fantastic throughout the school with a range of activities on offer; table tennis, basketball, badminton, hockey, netball, cross country, aquathlon, athletics, cricket... As professional snooker player Ken Doherty commented; "The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit", our students excel in spirit with students enjoying sport and getting involved regardless of whether they want to represent the school. Indeed, our Year 11 students voted Core PE their favourite lesson in a recent poll.

Football in particular, has been unparalleled this season and it been wonderful to see our sports fields filled with students enjoying the beautiful game.

The success of our students is very much due to a fantastic team effort: special thanks to all staff who run teams, without the dedication and diligence of the staff involved in competitive sport, you wouldn't be reading this right now!

To all the Parents and Carers who support the teams, dropping them off/picking them up, washing kit and providing amazing support, thank you.

Mr Kelly, Headteacher



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UPCOMING DATES

End of Year Reports Issued: Monday 17 July

Sports Day: Tuesday 18 July

End of Term: Friday 21 July

GIRLS' FOOTBALL

The girls' football teams have throughout the season shown fantastic commitment remaining strong through to the final whistle. They exemplify everything that is positive about girls' football.

A LEAGUE OF THEIR OWN

The stage was set for a nail-biting final as our Year 7 girls took to the pitch at the Hawthorns to win the English School Football Association title. There were plenty of supporters including Year 7 students and several members of staff ready for kick-off against Egguckland Community College at 9:30am (which was some achievement given the early start for everyone involved)!

Cardinal Heenan made an energetic start and 20 minutes into the game Jane Turay scored the first goal for Cardinal Heenan. However, just before half time Egguckland scored an equaliser. The girls remained composed, pushing hard to take any opportunities against a very strong opposition. With just ten minutes remaining Egguckland went ahead, unfortunately a corner went against the girls in the last few minutes of the match to deny them the opportunity to draw level.

The team played incredibly well throughout the season, narrowly missing out on silverware in the 2023 ESFA competition. Their efforts on the pitch have been exemplary and their sportsmanship has been equally impressive, after the match the team applauded the Egguckland team when they arrived for the players lunch and shook hands with the players. Locally the girls secured trophies in the Merit League and Merit Cup Final, beating Abbey Grange 9-0.

The girls are determined to come back stronger than ever next season and go one step further and lift the ESFA trophy.





UNDER 16 GIRLS

The team have had a strong season, playing in the ESFA National Cup getting knocked out to a strong Fulford team in a close game, 2-1.

The girls decided early in the season to concentrate their efforts on the Leeds Cup. Their efforts were rewarded as they progressed through the rounds with some fantastic matches including beating Horsforth 4-1 and Abbey Grange 3-1.

In the final they played Garforth Academy, a thrilling match which could have gone either way, eventually being settled by penalties. Unfortunately, the girls were runners up but they fought for the win right to the end.

Special mentions to Evie Smith, Olivia Birkenshaw, Lily Hughes, Mia Lomotos and Mia Walsh for their fantastic efforts for the last five years. The girls have won lots of trophies during their time representing Cardinal Heenan, enjoyed adventures to the last 16 in the National Cup, represented Leeds United against Sheffield Wednesday and Leeds in the EFL Cup in Sunderland.

BOYS' FOOTBALL

YEAR 7 BOYS'

The Year 7's have had an excellent first season playing for Cardinal Heenan, they have only lost two games on the way to winning both their league and the Leeds Cup. Throughout the season they have not only demonstrated their fantastic footballing ability but also their teamwork and resilience.



Some stand out matches throughout the season have been beating:

Leeds Grammar 7-0

Roundhay 3-0

4-0 win against Carr Manor to lift the Leeds Cup



It is very hard to single out any individual performances as this year's success was down to having an exceptionally strong squad of players, who all played their part in the success of the team. We look forward to more success next season where we move up to 11 aside. Well done boys!

Mr Wynne

YEAR 8 BOYS'

The Year 8 boys' team have had a great season finishing top of the Leeds Schools West League winning all their matches with Finn R our top goal scorer this season scoring 9 goals. Our results:

Win against Crawshaw Academy 7-2

Win against Farnley 3-0

Win against Leeds West 8-0

Win against Pudsey Grangefield 3-2

The team played a few friendly matches this year, a highlight was against Leeds Grammar School beating them 8-0, celebrating with first, seconds and even thirds of their free match teas after the match!

With the league secured, the team progressed to the knockout stages against the winners of the other leagues. They won their quarter-final against Prince Henry's 3-1, the team then played Morley Academy in the semi-final unfortunately losing 3-1. The team have had a very successful season.



Luke C and Finn R, captain and vice-captain respectively have demonstrated great organisational skills and kept motivation up in the difficult moments; shout outs to Jack R who has stepped in to play in goal and who has made us very proud, organising the defence and making some great saves which no doubt helped us to progress as far as we did; Luke H and James M have consistently showed up for the team putting in excellent performances which is reflected in the amount of votes they have received this season for man of the match.

Looking ahead the team are looking forward to the Sports Weekend in July where they will compete in a 5-a-side tournament and enjoy team building challenges to prepare for their Year 9 season.

Miss Bishop

YEAR 9 BOYS'



The Year 9s enjoyed a successful season with over 15 matches played. Some of the schools the boys beat included: Leeds West, Lightcliffe Academy, Abbey Grange, Ruth Gorse, Ralph Thoresby, Ossett Academy, Pudsey Grangefield, Wetherby, Bishop Young Academy, Roundhay, Crawshaw, Ilkley Grammar and Leeds Grammar!

The boys reached the semi-finals of the county cup narrowly losing out to Brooksbank 2-1. They won their league comfortably and made the semi-finals of the Leeds Champions Cup losing 1-0 to Ilkley Grammar.

In the Leeds Cup Final against Temple Moor they played brilliantly demonstrating fantastic "game understanding" with several strong performances before losing an epic final on penalties. The team has progressed hugely in only their second year of school football and look forward to new challenges next year.

Mr Easter



YEAR 10 BOYS'

The Year 10 boys' team have had a fantastic season, winning their league comfortably, with a positive goal difference of +19 over the 5 games. They reached three semi-finals; the West Yorkshire County Cup, the Leeds Schools Cup and the Leeds School's Champion's Cup. Narrow defeats in all three leaves the boys (and their coach) with a sense of frustration but doesn't detract from huge strides forward this year. Some of our stand-out wins include:

- Win against Leeds West 9-1
- Win against Pudsey Grammar 6-2
- Win against Priesthorpe 7-3
- Win against Crawshaw 6-1



Stand out players are Kyle Griffin, Jeremy Yeboah and Sam Preston, all receiving multiple votes from their teammates for player's player of the year. Interestingly the players Mr Teggart had put forward for the end of year sports awards!

Special mentions to Zack Finn for his outstanding goalscoring and to Riyan Tablang-Valdez, our goalkeeper and most improved player this year!

Most pleasing from the boys is the sense of togetherness, support and commitment they have shown over the course of the year. They are always keen to play, have created strong bonds together and will go on to bigger and better things next year if they stick together and show the same enthusiasm. A great bunch of boys who are a pleasure to lead.

Mr Teggart

YEAR 11 BOYS'

It has been an immense season for the Year 11 boys' football team despite not finishing the season with the silverware that the performances perhaps warranted. They reached the last 16 of the English Schools' Football Association Boys Under 16 Cup, losing out to a semi-finalist team 1-0 in narrow encounter. Overall the team scored 29 goals in the six games they played in the competition, conceding only 6 and receiving one bye through the first round. Congratulations to Aidan Durkan who scored 11 goals this academic year to bring his scoring tally to 21 in the last two seasons, a player to keep a close eye on as he progresses at Hull City Football Club, having represented them at U18 level this season.



The team remained unbeaten in their quest to defend the Under 16s Champions of Leeds Cup and reached the semi-finals of the Leeds Cup. This team is widely recognised as the best school team in Leeds for their age category based on their performances in the last two years, losing one game in their last 4 cup campaigns.

The whole team have been a credit to the school over the past five years and had football been able to run during Years 8 and 9 they would have collected even more silverware. There are many standout performers, but I look forward to seeing these pupils go on and achieve big things in the game! Keep an eye out for Rhys Chadwick Chaplin at Leeds, Alfie Bradshaw at Bradford, Aidan Durkan at Hull and George Grumley at York FC.

Mr Edney

BASKETBALL: LEEDS CITY FINALS' WINNERS

Cardinal Heenan's basketball teams have enjoyed fantastic success this term and our Year 10 & 11 team have excelled, winning the Leeds City Finals. The team played at Leeds Beckett University against the best teams of their age in Leeds, with an incredibly high-quality level of basketball on display. Their progress through to the Finals:

First round, Group B

Cardinal Heenan - 22 - Cockburn - 20

Cardinal Heenan - 23 - Co-op - 13

Semi-finals

Cardinal Heenan - 26 - Ralph Thoresby - 24
(Overtime)

Finals:

Cardinal Heenan - 18 - Cockburn - 12



The team played fantastically, demonstrating brilliant teamwork and consistency throughout the Finals. The team have had a great winning record this year, they have won nine of the ten games they have played.

The first game was very close, Dom V and Josh N applied very strong defensive skills over the key players of the opposition team to limit their opportunities, combined with great play making decisions from our youngest player, Alfie D the first victory of the day was secured.

During the second game in the group stage the CHCHS team dominated from the beginning. Jef V, Wentworth, Chris T and Henry D demonstrated excellent scoring and defending skills to safely see the team through to the semi-finals.

In the semi-finals a highly motivated and athletic team from Ralph Thorsby proved to be strong competition, as they forced the game into overtime in the last shot of the game. Matthew S scored the golden basket to secure the win.



The final saw a rematch against Cockburn, however the team were composed and drew on the lessons they had learnt from the earlier match. This mature approach ensured they gained every disputed ball in defence and control our offense to secure a 18-12 win. The contribution from the bench players was phenomenal, their fantastic support helped motivate those on court.

Congratulations to John N who was named Most Valuable Player (MVP) of the tournament by Matt Newby, City of Leeds Basketball Director.

With this huge effort during this season, our brave and fearless players close a great basketball path initiated by Mr Henderson five years ago and ended by Mr Coronil with this Leeds trophy.

NETBALL

Netball in KS3 has seen great success this season! Over 50 girls have regularly come to training after school and over 20 girls have turned up for social netball.

Highlights include showing brilliant resilience and drive at the GSAL netball tournament, winning our games against Leeds East and Cockburn. Miss Bell's highlights have been seeing how organised and motivational our Captain (Suzie Ellis) and Vice-Captain (Sinead Gledhill) have been, watching everyone improve and come together as a team over the year.

The Year 8 Netball team has been strong in numbers across the season. The girls have finished 4th in the league (Division 2) and have been promoted to play in Division 1. The results were:

- Win against Carr Manor (9-1)
- Win against Boston Spa (9-2)
- Loss against Prince Henrys (9-5)
- Loss against Horsforth (13-2)



The girls have thoroughly enjoyed themselves and it is great to see how much they have progressed. Highlights include, seeing new players join the team, such as Daniella, and becoming a key player. Alongside this, many of the girls have taken on responsibilities within the team.

The Year 9 Netball team is a strong group of girls who are always keen for more Netball! They have even asked for an early morning club! This will help refine the skills of the girls ready for the next season. They turn up every week without fail and are always happy to join in the game regardless of who they are with! The girls, in particular, Emily (Captain) and Sophie (Vice- Captain) have been super organised with helping run the team, doing warm-ups and always asking for games!

The girls have had a great season. The season results are as follows:

Win against Carr Manor (16-9)

Win against Prince Henry's Grammar School (19-17)

Loss against Horsforth (10-6)



The girls also took part in a tournament at GSAL where they won 3 games but lost 2 games and narrowly missed out on reaching the semi-finals. The girls played extremely well, and played against teams such as GSAL As, Woodhouse Grove Bs and Roundhay.

The girls also took part in a friendly against Leeds West with the final score being 10-1. The captain Emily, took charge (as she was injured) and it was fantastic to see her make all the right decisions and even her coaching skills were great!

The girls are excited for the Sports Weekend where they will play in a Netball tournament against different schools and clubs to push them to their limit! The training for the weekend has already begun! A massive shout out to the Captain, Gracie, and Vice-Captain, Anna, for helping with organising as well being so keen to play Netball!

Overall, it has been a great season and I am excited to see what next season has to offer!

Miss Goode

INDIVIDUAL SUCCESS

JANE TURAY, YEAR 7 FOOTBALL



Congratulations Jane, she has just been offered another year's contract for Leeds United with the Under 14's playing a year up following a successful season for the Under 12's and Under 13's.

PATRICK O'HARA, YEAR 8 SWIMMING



Swim England North East Regionals Championship Success for Patrick O'Hara. Over the course of two weekends in April/ May Patrick (Year 8) competed at the championships held in Sunderland, coming 3rd in the 1500m. This result has secured him a ranking of third in the North East of England currently.

KIERAN MBOMA, YEAR 10 FOOTBALL



Kieran continues to go from strength to strength following his scholarship agreement with Bradford City AFC Academy last year. Kieran's dedication to balance school with the demands of football training has seen him play with the U16 and U17 teams, with one personal highlight being his goal against Preston when playing with the U17's to help secure a win. Recently Kieran attended the U18/19 training camp at Bradford and we look forward to seeing what the future holds.

JOEL CALEB, YEAR 9 CROSS COUNTRY



Congratulations Joel who came third overall in Leeds for Cross Country for U15 boys. A fantastic achievement through a range of challenging course and strong competition.

ORLAITH TENNYSON, YEAR 9 IRISH DANCING



During the Easter holidays Orlaith Tennyson competed in the 2023 World Irish Dancing Championships. Orlaith has been dancing since she was three and recently qualifying for the Championships, an amazing opportunity which whilst nerve-racking saw her secure 7th in one of her dances against nearly 200 competitors! The experience also gave her the opportunity to explore Canada and make some amazing friendships.

HARPER DWYER, YEAR 8 RUGBY



Harper recently attended the 'Rhinos Challenge 2023' following her selection as part of the East Leeds ARLFC Under 13 team. At its heart was the rugby tournament but exemplifying the 'Rhinos RESPECT' campaign and coming together to work as a team were paramount throughout the challenge.

ALFIE DONOHUE, YEAR 9 BASKETBALL

Congratulations Alfie Donohue who has been selected to attend a basketball tour at the prestigious Red Star Belgrade Basketball School with the City of Leeds Basketball Club & Academy. The tour will immerse Alfie in an elite performance environment with sessions with their elite coaching staff who are among the best globally. There will also be an opportunity to explore Belgrade and learn about its rich history.

LOUIE DUDLEY, YEAR 10 FOOTBALL

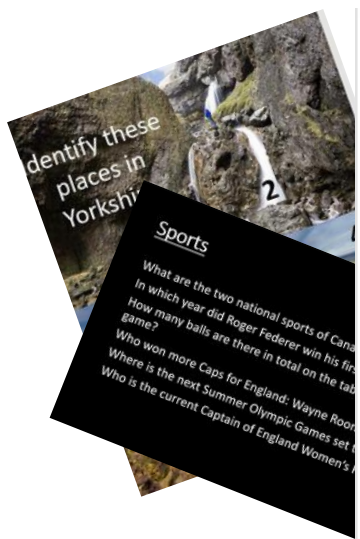


Louie has just signed his U16 contract with Leeds United following a successful season with the U15's. During the Easter holidays he joined 18 teammates on a training camp in Dubai with the club. Louie is currently training hard to secure a scholarship with Leeds United.

WE ARE AWARE THAT MANY OF OUR STUDENTS' UNDERTAKE SPORT COMPETITIVELY. IF YOU HAVE ANY NEWS OF YOUR CHILD'S SUCCESS PLEASE CONTACT US AT INFO@CARDINALHEENAN.COM

SPORTS QUIZ

Thank you to everyone who supported our sports quiz last night, approx. 50 students, parents/ carers and staff tested their sports knowledge. There were some challenging questions and a great time was enjoyed. Special mention to Miss Goode and the PE staff who arranged the evening, with all funds going towards a kit for the Year 8 boys football team.



Cardinal Heenan Quiz 2023

SPORTS AWARDS



Our annual Sports Awards have unfortunately been postponed to the autumn term.

Further information will be available shortly.



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