

PENCOED SPORTS



Newsletter

Spring

2024

FOOTBALL

This term Year 7 played a number of games, including in the Welsh Cup, where a spirited performance almost saw them come back against Brynteg. Max has been one of the top goal scorers for the team, although there have been strong performances throughout the season from all of our learners.

Their enthusiasm has been ever-present training on Tuesday nights, where they have built on attacking plays which has been showing in their goal scoring throughout the year.

The hard work is paying off, with the latest result a 4-4 draw against Llangynwyd, in a great exhibition of talent on the school astroturf.

There is also growing interest in hockey with a number of boys in attendance including Archie and Ben, who also play competitively outside of school over the weekends.

Da lawn Year 7!



NETBALL



50th ANNIVERSARY TOURNAMENTS

As part of the school's 50th Anniversary celebrations we have hosted tournaments for years 7, 8 & 9 on our new outdoor netball facility. Schools from all over BCBC attended the events which were kindly sponsored by VX3. We were especially proud that Year 9 won their tournament!



NETBALL SQUADS

Our Yr7, 8, 9 and Senior netball squads have shown great commitment to training since Christmas and have all taken to the court representing the school against Maesteg, Archbishop, Llangynwyd, Porthcawl and others.



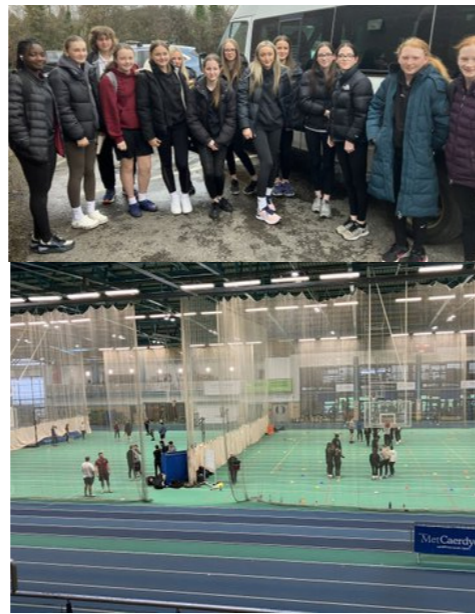
It has been pleasing to see the progress that all age groups continue to make and the development of skills since September.



We bid farewell to two Yr13 players who have taken to the court in Pencoed colours for the last time as they will be heading to University after their exams. Good bye and good luck to Chloe and Caitlin.

ARC-HER EVENT @CardiffMet

Our Yr9 girls travelled to CardiffMet to take part in a GIRLS IN SPORT event at CardiffMet which aims to promote sport as a career option for females. They had a great day taking part in student led practical sessions and exploring the world class facilities at CardiffMet.



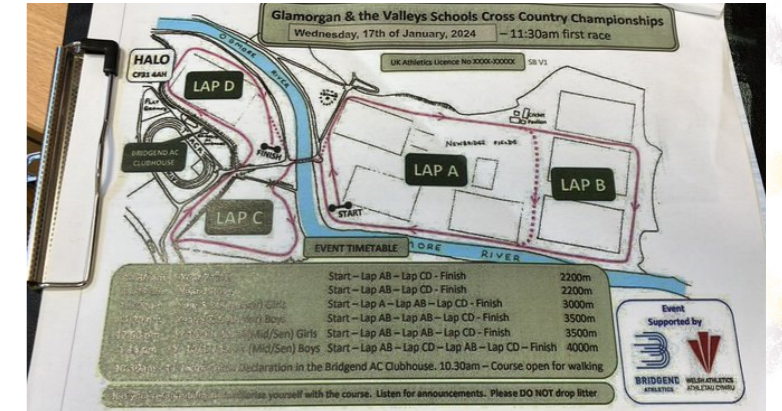
JOE CALZAGHE PROGRAMME

As a school, we will be lucky enough to welcome representatives from the Joe Calzaghe programme to work with learners to develop self discipline, self confidence and team work skills. We hope the workshop, which will run after Easter, will be very well received by pupils and provide an excellent opportunity to work with elite athletes and coaches.

CROSS COUNTRY UPDATE

January saw our cross country runners compete in their second competitive race of the season at Newbridge Fields.

It was wet and heavy underfoot, however it was fantastic to see our runners making excellent progress from their first outing, and two athletes placing in the top 12 within their age groups to qualify for the Welsh School's finals in Brecon. Congratulations to Evan and Luke.



RUGBY

PLAYING OPPORTUNITIES

The poor weather hasn't stopped our learners playing some fantastic rugby over the last term. Year 9 performed very well in a festival hosted by CCYD. The boys got the opportunity to play some 12 a side games against different oppositions throughout the day. Year 9 and 10 have hosted Bryntirion while year 7 and 8 have played away to Cynffig Comprehensive. Year 7 have also had the opportunity to play away to Brynteg. We are excited for some better weather and 7s heading into the summer term.



GIRLS RUGBY

Our girls are training every Monday after school. It has been fantastic to see training numbers increasing. Over the last few weeks we have introduced scrums and line outs ready for when we compete at Urdd 7s after Easter. As a school we hosted a girls rugby festival. This had girls from 4 different schools coming together to play rugby.



SPECIAL MENTIONS

A special mention to Koby and Max in year 7 who have stepped up and played for our year 8 team. They have demonstrated a fantastic attitude towards playing and training. Jas and Issie in year 9 have been outstanding in training. We're excited to see them progress over the coming weeks.



RUGBY LEADERS

We've had 14 learners from year 9 take part in their Rugby Leaders Coaching qualification. This qualification is the first step in their coaching journeys. We are so excited to see how they use this qualification over the next term.



COMING UP AFTER EASTER

After easter we will be hosting a cluster primary school festival. This will see four primary schools coming together and playing touch rugby. This is a fantastic opportunity for the primary learners to see what facilities we have and gives the opportunity to meet some of the teachers they will soon have in.

Learners from year 7, 8 and 9 will be having the opportunity to compete at the Urdd 7s. These games are going to be held in Pontcanna Fields on the 17th, 18th and 19th of April and will have schools from across Wales competing. It will be great for our learners to play brand new oppositions. The team sheets for these will be released as soon as possible to please keep an eye on twitter.

EXTRA CURRICULAR SPORT CLUBS

DAY	LUNCH	AFTER SCHOOL
MONDAY	<ul style="list-style-type: none"> • Yr 7, 8, & 9 - Girls Beginner Rugby • All Years - Rounders 	<ul style="list-style-type: none"> • Yr 7, 8, & 9 Girls Rugby Training
TUESDAY	<ul style="list-style-type: none"> • Yr 7 & 8 - Girls Cricket • All years - 5-a-Side vs Staff 	<ul style="list-style-type: none"> • Yr 7 - Athletics • Yr 10 & 11 Girls Rugby Training
WEDNESDAY	<ul style="list-style-type: none"> • Yr 7 & 8 - Boys Cricket • All Years - Fitness Club 	<ul style="list-style-type: none"> • Yr 10 - GCSE PE Athletics • Yr 8 & 9 - Boys Rugby Training • Yr 11, 12 & 13 - Sevens
THURSDAY	<ul style="list-style-type: none"> • Yr 7 & 8 - Boys Rugby • Yr 7, 8 & 9 - High Jump • Yr 9 & 10 - Boys Cricket 	<ul style="list-style-type: none"> • Yr 8 & 9 - Athletics • Yr 7 - Boys Rugby Training
FRIDAY	<ul style="list-style-type: none"> • Yr 9 & 10 - Girls Cricket • Yr 7-10 - Girls Cricket Squad Training • All Years - Free Skate 	