

October 2019 Mid-Term – SACJS Sports Bulletin

We have had a busy start to the school year with SACJS participating in several events to date!

Wicklow Invitational Cross Country Relay Competitions

Well done to all our athletes who competed in two events during October at Avondale in Rathdrum. We entered 8 teams in both competitions. All 8 teams won medals in the first and 5 won medals in the second, along with 7 individual medals (in the second) in races that had over 100 athletes in them.



Jenny Robinson Cup (Boys Hockey)

SACJS played in this annual event on Tuesday, 8 October at St Columba's College, reaching the semifinal, where they lost narrowly to Dalkey School Project (1-0). The boy's leagues will get going after half term. We have entered two teams.

Association of Independent Junior Schools (AIJS) Soccer Event

We entered two teams into this event on Saturday, 12 October, hosted by St Gerard's. Despite an early start, the boys did really well, one team reaching the semi-final, losing to St Conleth's and the other just missing out after the group stages. Thanks for getting the chaps there early and to Mr Lowrie and Mr Rowan for giving up their Saturday morning!

Leinster Schools Minor Swimming Gala

This event took place on Sunday, 13 October at the NAC. SACJS had three entrants. Congratulation to Ben Lydon (P4), Daire Finlayson (P5), and Hannah Poynton (P6), who all recorded personal best times. Daire won bronze in the U11 50m Breaststroke and Hannah won gold in 50m free and silver in 50m butterfly. Both Daire and Hannah have qualified for the Irish Schools in early 2020. Well done to all!

Girls Friendly Hockey Matches

Some of our girls have played friendly matches against St Gerard's in preparation for the leagues, which will get underway after half term. The girls have shown great enthusiasm, which has mustered keen competition for places. Keep coming out to practice girls! We have entered two teams in the league.

Morning Mile



The morning mile continues each morning between 7.50 and 8.20am. Numbers vary, but many children are very consistent which is very encouraging. We would love to see more students out! K1 to P4 can run on the days they have PE / games and P5/P6 can run each day. The children themselves say they notice the difference to their fitness.

REMINDERS

Monday TY Hockey /Rugby Coaching

Commencing **Monday, 4 November (3-4pm)** the children will change Monday extra-curricular sports options. P2 to P4 (boys and girls) will change to non-contact rugby which will take place on the bottom hockey pitch. Children must wear trainers for this. P5 and P6 (boys and girls) will switch to hockey which takes place on the top hockey pitch.

Uniform/Equipment needed for PE & Extra-Curricular Sport

For PE / games / TY hockey and rugby, the children should have:

- ✓ White or blue top/white crew t-shirt
- ✓ Tracksuit bottoms, hoodie
- ✓ Trainers
- ✓ Gum shield, shin pads (hockey)



For P5 / P6 soccer and rugby on Wednesday and Thursday the children need studded boots (not astros) and gum shields for rugby. For P3 / P4 rugby on Fridays the children need studded boots (not astros) and gum shields.

Gum Shields

For class games during the school day, children must have a spare (named) gum shield which they leave in a designated box in their classrooms. They should also have shin pads, an additional gum shield and hockey sticks (where possible) until further notice. Quite a few children are missing out on their games classes at the moment as they do not have gum shields we are unable to provide for health and safety reasons.

Cold Weather

As the weather is now getting colder, children must come to school on PE and Games days in their tracksuit bottoms and not skorts or shorts. Pupils will be permitted to wear skorts and shorts again in the summer term.

