

PHYSICAL EDUCATION DEPARTMENT

SPORTS REPORT FROM MARCH TO JUNE 2013

SWIMMING

The alpha swim team attended the Mayberry Investment swim meet on Friday March 8, 2013. The girls only had two months of training as they recently had a change of coach which was done smoothly without any problems. They finished tenth overall with a total of twenty (20) points. The team continued their training until the end of May just to maintain fitness.

TRACK AND FIELD

The track team, which is currently in its rebuilding stage, finished eleventh at the ISSA Girls and Boys Championships 2013. They were in the top ten up to the penultimate race. The team finished with thirty points, three medals; one gold, one silver and a bronze. The team had one unfortunate injury the third day of champs when Kelsey Reynolds, after starting well, hit the third hurdle in her heptathlon 100m race. She tore some of the ligaments in her knee and will have to do corrective surgery. Our class 4 athlete Jamara Watson had an excellent performance, after making the finals of the seventy meter hurdles event finishing seventh.

The track team then turned their focus to the Penn Relays, where five (5) athletes participated in the games. We entered three events; the high jump for high school girls, where Krista Gaye Taylor won a bronze medal, the 400m hurdles, where Sashel Brown won a bronze medal, beating all her Jamaican opponents, and the 4x100m relays, where the team of Rain Chong, Sashel Brown, Renee Smith and Michaela Jonas ran the fastest time for the small schools finals. They were later disqualified for over stepping the exchange zone on the anchor leg. In our estimations the team performed well.

HOCKEY TEAM

The under 19 team missed out on the finals of the competition by goal average. They ultimately lost in the third place play off to Papine High School 1-2, after giving up a first half lead.

The under 16 team was expected to be a weak team. They subsequently made it to the semi- finals and lost. The third place match was against St. Andrew High School for Girls. They were late for the match and the points were awarded to St. Andrew High School. Both the under 19 and under 16 teams finish in fourth place.

The under 14 team was dubbed as the pre-tournament favourite. They started out very confident, beating Papine High 4-0 and the defending champions St Andrew High 2-0. They rapped up the zone with a 3-0 beating of Immaculate Conception High. However, in the semi-final the team did

not start as well as they could against Excelsior High School. They eventually lost 2-3 on penalties. They played the third place playoff against St Andrew High School, where they won 4-1 on penalties.

NETBALL

The under 14 Netball team was in training since January. They were being prepared for the ISSA Under 14 Netball Rally to be held in May 2013. An average of 16 girls were in training.

The ISSA Rally was held on May 16, 2013 at the National Stadium courts. A total of 15 girls were taken to the competition. The girls played well in spurts but were inconsistent in their efforts. The day was affected by heavy rainfall and so the schedule was modified. However, due to the inconsistency in performance the girls did not make it to the next round.

VOLLEYBALL

The under 19 Volleyball team started the ISSA competition in January. The team went on to play eight (8) matches on a return basis. They won six (6) of the eight (8) and was placed second in the zone, which qualified them for the second round.

The girls won the semi-final match against Camperdown High school to move on to the finals, where they met Wolmer's High School for Girls, for the third time in the competition. The girls played an excellent game in the finals against Wolmer's but did not finish the way they started. The match ended 3-2. Both teams qualified for the All-Island Championship. Alpha played St. Jago High School and defeated them 3-0, and would face Wolmer's who also won their game.

The All-Island final was an exciting match. Alpha decided that they would take this one as this was now the fourth time they were playing Wolmer's in the competition. It was a tug of war as both teams were alternating the lead. Wolmer's eventually won 3-2 and Alpha was placed second in the Island. There were two outstanding performers from the team and they were presented with sectional awards:

- The Best Blocker award went to Patrice McLean.
- The Best Server award went to Janique Hendricks

The Junior team went to the Mico University College to play in the Under 15 One Day Rally. They played four (4) games winning two (2). The girls played Wolmer's in their first game and were beaten 18-1. They appeared to be very nervous, as this was the first time for most of the players and this was the first match of the competition. After a motivational talk with the girls they overcame their fear and played the other games well.

They had to play a playoff match against Camperdown High School for a spot in the semi-finals. They won the game but did not progress due to a poor goal average, as too many points were scored against them. St. Catherine High School eventually made it to the semi-finals. Wolmer's won the overall competition.

Compiled by Diana Millwood