



# PE & SPORT UPDATE

## BOTELER BRILLIANCE FROM OUR ELITE PERFORMERS



*Oliver Bishop (Year 10) playing Second Row for Warrington Wolves U16s vs Castleford Tigers. 'Today's preparation....tomorrow's success'.*



*Daniel Tienert (Year 7) in action for Widnes Wild Ice Hockey. He is already in the Academy and plays in the North of England League within the English Ice Hockey Association. A bright future ahead of him!*



*Isabelle Vardy (Year 8) competing in the North of England Gymnastics. Placing 2<sup>nd</sup>. Amazing achievement!*



*Kick boxer Georgia Webb (Year 11) coming up against some challenging opponents before her next fight in April this year. Good luck!*

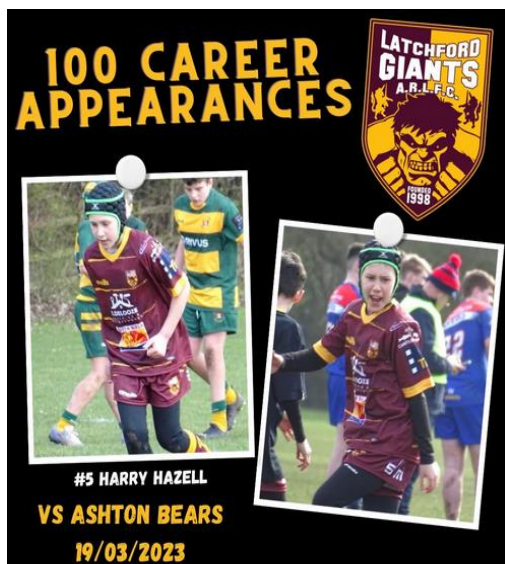
# OTHER ACHIEVEMENTS

## CHESHIRE REGIONAL ATHLETICS



Thomas Derbyshire (Year 8), William Kenwright and Ellie Barker (Year 9) all represented Cheshire at the Indoor Sportshall Athletics. Ellie also represented Cheshire at the Regional Cross Country meet at Walton Hall and Gardens.

## 100 UP FOR OUR HARRY



*Success is not doing it once, it is the desire and motivation to do it again and again. Looking forward to seeing the next 100, Harry!*

## CUP WINNERS FOR THE TWINS!



*Ollie and Elliot Barnett (Year 9) won the Mid Cheshire Youth Football League Cup playing for Grappenhall Sports FC beating Barnton GC in the final.*

## LIFE AT WARRINGTON ROWING CLUB WITH RUBY!



We offer a Rowing programme here at school for students in Year 8. We are in our 4<sup>th</sup> year of delivery and have partnerships with Warrington Rowing Clubs and British Rowing. It is amazing to hear about students who have been on the Oarsome Rowing Project and then choose Rowing as a Sport to pursue in later years. This is exactly what Ruby Wells (Year 9) has done. We look forward to following your progress and cannot wait to see you at this years Rowing Regatta in June. Watch out for the next edition of the Sport Bulletin where we hear from a Boteler Alumni who is now at University in the USA having been offered a Rowing scholarship!

## LATEST NEWS — FREE NETBALL COACHING

We have a brand new Netball Club available to all students every Monday 3-4.15pm (term time only) in the Ball Hall. It is free and just turn up with your PE kit! Massive thank you to Coach Meg for giving up her time to work with our students. The first session on Monday attracted more than 15 new players.



## MRS SCOTT-HERRON CELEBRATES OUR SPORTING STARS



The Sports celebration breakfast featured students who had shown outstanding performance and commitment to their school and/or club. Students enjoyed speaking about their recent success enjoyed an athlete's breakfast of bacon butties, croissants and pain au chocolat! Thank you for everything that you do for PE and Sport and your role model behaviour around school.

## DID YOU KNOW...?

Our very own Science Teacher Mr Davies is Head Coach of Lymm Rugby Club Men's First Team. He has recently guided them to promotion after winning the League and now prepares for life in National League 2 North. Congratulations Sir!

## THE BOTELER SPORTS SOCIAL IS ON EVERY THURSDAY!

**What:** a fun, welcoming environment to play sport with your friends – competitive or non-competitive.

**Where:** Ball Hall

**When:** every Thursday 3-4.15pm

**Who:** all year groups and all welcome

# THROUGH THE EYES OF... A SPORTS PSYCHOLOGIST

**TYPICAL SALARY: £27,000 - £48,000**

**QUALIFICATIONS NEEDED:** at least a 2:1. University Graduate and then an accredited MSc in sport and exercise psychology

Sports Psychologists primarily help athletes overcome physical or psychological issues that limit their ability to compete. This may include a variety of mental obstacles related to anxieties or physical injuries.

## **Help Athletes Overcome Anxieties**

One of the most common uses of a Sports Psychologist is to help athletes deal with anxiety and performance fears. For example, an athlete may be afraid of failure or embarrassment.

Performance anxiety is a common issue for athletes, as they are often perfectionists and worry about the opinions of others. Sports Psychologists use various methods to help athletes cope with their fears, such as getting to the root of the fear.

## **Help Athletes Gain More Focus**

Some athletes are not afraid of failing but suffer from a lack of focus. Sports Psychologists frequently help athletes develop skills for remaining focused. In some cases, the Sports Psychologist may help an athlete focus on a specific goal, such as reaching a weight goal or mastering a new athletic technique. This may involve the use of mental strategies, including visualization and relaxation techniques.

## **Help Athletes Mentally Recover From Physical Injuries**

After suffering a physical injury, athletes may retain mental scars of the injury that impact their performance. For example, after injuring a leg, an athlete may worry about their ability to run or move. They also tend to fear further injury and may experience decreased confidence.

## **Help Athletes Prepare for Sports Competitions**

Sports Psychologists often help athletes gain the right mindset for competitions. In the days leading up to a competition, the Sports Psychologist may devote more time to working individually with athletes.

The goal of the Sports Psychologist is to help the athlete set aside other worries and focus on their performance on game day. They typically focus on building confidence, preparing athletes to deal with adversity, and eliminating outside concerns or life challenges.

# GET INVOLVED IN SPORT IN YOUR COMMUNITY

DOES YOUR YEAR 8 CHILD  
WANT TO PLAY OR IS CURRENTLY  
PLAYING RUGBY LEAGUE



OUR CURRENT U12'S ARE LOOKING  
FOR NEW PLAYERS FOR THE 2023  
SEASON

TRAINING DAYS TUESDAY AND THURSDAYS 7pm VICTORIA PARK

MATCH DAYS SUNDAY

CONTACT US FOR MORE DETAILS

TELEPHONE: TEAM MANAGER

LEANNE McCabe 07708968056

OR

HEAD COACH

MIKE NEWTON 07944207749

# PE

# WIDER-CURRICULUM

# TIMETABLE

|                         | <b>MONDAY</b>           | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>           |
|-------------------------|-------------------------|--|--|--|-------------------------|
| <b>LUNCH</b>            | FOOTBALL<br>(ALL YEARS) | FOOTBALL<br>(ALL YEARS)<br><br>TAG RUGBY<br>(YEAR 8)   | FOOTBALL<br>(ALL YEARS)<br><br>DODGEBALL<br>(YEAR 7)   | FOOTBALL<br>(ALL YEARS)<br><br>TAG RUGBY<br>(YEAR 10)                                | FOOTBALL<br>(ALL YEARS) |
| <b>AFTER<br/>SCHOOL</b> | GIRLS RUGBY<br>(KS3)    | BASKETBALL<br>(YEARS 7 AND<br>8)<br><br>NETBALL<br>(KS3)<br><br>BOYS AND<br>GIRLS RUGBY<br>TRAINING<br>(YEAR 10) | FOOTBALL<br>FIXTURES OR<br>TRAINING<br>(YEARS 7, 8, 9<br>AND 10)<br><br>GIRLS<br>FOOTBALL<br>(KS3) | RUGBY<br>FIXTURES<br>(YEARS 7, 8, 9<br>AND 10)<br><br>TRAMPOLINING<br>(YEAR 7 AND 8) |                         |

**SOCIALISE | PLAY | COMPETE**