



PE & SPORT UPDATE

BOTELER ALUMNI SHARE THEIR SUCCESS STORY

Boteler's Class of 2019 Iffy Marinos talks about life on the water in Tulsa, USA, how it all started and her biggest tip to make it to the top!



How did you get into Rowing?

I first got into Rowing when I was in Year 9 at Boteler, the school had become involved in the Warrington Youth Rowing scheme which meant that students were picked and would spend two hours of their school day down at Warrington Rowing Club learning the ropes. I loved it!

After my time on the Warrington Youth Rowing scheme the club helped me continue with my rowing. WYR introduce me to rowing and get me interested, and Warrington Rowing Club helped me get to the next level. They allowed me to race competitively for the first time - from small club Regattas to big races in London such as Henley Women's and Henley Royal Regatta. The support from the coaches at Warrington helped nurture my rowing and develop my technique and fitness. They provided a great support system for me, they are friendly people who are there to support you in what you want to do. This is something that I believe helped me and I am thankful for that. During the tough times and months training in the cold they showed me that hard work and determination was everything.

How did you know you had a talent? Or was it hard work or both?

I would say it was both. When I was first introduced to rowing I grasped the basics pretty quickly, however I had to work hard and stay dedicated to the training so that I could improve my fitness and technique - this was and still is important because rowing is a cardiovascular and very technical based sport. I can't really give a straight answer because I instantly loved rowing when I tried it, whether I had the talent or not I would have carried on with it, even if it meant I had to work that extra 10% more than anyone else. Above all, I found something that I loved doing and I never would have known I was good at rowing unless I gave it a go. So, my words of advice for students at Boteler is to work hard, if you have a certain dream, work hard for it - you may have your support system like your parents and teachers, but at the end of the day if you want something really bad, only you can put the work in to achieve it. **It all depends on how hard you're willing to work for it.**



What is life like now and what does a typical day look like?

Right now I am in America attending The University of Tulsa on a full Athletic Scholarship in Rowing. My week consists of both classes and training, a typical day consists of 4:30am wake ups for water practice before classes, classes usually start at 9am and I would usually have 2 to 4 one hour classes in a day. Between classes I can usually have a few hours where I am free so this is when I will get my 60 minute bike or ergo in during the day, if it's a Monday or Thursday I will also have weights at 4pm that is included too. During all this I also need to find time to complete my University work in my own time. I am studying for a Baccalaureate in English Language and Literature, so my University work is Assignment and paper based work.

Our year is split into Fall and Spring, so during the Fall season we don't have many races so we do a lot of long distance training. Our morning rows before class would consist of 25k on the water with a 60 minute bike and weights within the week. This is our pre-season so we focus on cardio and building strength. Before the spring season we have a training camp which happens one week before classes start again after Christmas. During this time we build a lot of volume and in 5 days we complete 165k on the water. This is to get ready for spring

season. During the spring we train the anaerobic system and lactic acid system so we focus on short distances but at a higher volume of work. Even during this time we focus on keeping the distance training high so we don't lose our volume that we worked on during the fall season.



This year I have travelled with the team as we are away most weekends during the spring, so far I have visited the following states: Indiana, Florida, Michigan, Nebraska and Tennessee. The team has performed really well and we have won all of our races which is important for Conference. Currently, I am training for The All American Conference Championships which is our final race in two weeks' time. This is the biggest race of the season where all the Rowing University teams race against everyone - this includes all Ivy League Universities too.

Biggest achievement so far.

I would say my biggest achievement in rowing so far is being on an athletic scholarship at a Division 1 University for Rowing. My biggest achievement while being at Tulsa is getting a personal record on my 2k as this is something I have been working on with the coaches since the start of the year.

SOUND LIKE SOMETHING YOU WANT TO DO?

If you feel an Athletic Scholarship is something you are interested in, take a look here and complete the free assessment tool to see if this is something you can realistically do. <https://www.collegescholarshipsusa.com/>

INTERHOUSE SPORTING COMPETITIONS ARE BORN!

WHAT?

Every student is part of a Form group who represent a certain 'House' or team. These are Honoris, Viribus, Vertus, Mollitium, Veritas and Arbitrium Inter-House competitions for team sports will take place at the end of each half-term whereby students compete for points against all other Houses in their Year group. Each half-term, the PE Department along with the Form Tutor will select the students who will compete to celebrate their talents and as a reward for effort, performance and commitment to the subject. The winning House will of course win points towards the whole school House Competition.

WHY?

We have decided to create this as a way of celebrating our student sporting ability. It is also an opportunity for us to increase competition within sport. The function of the Inter-House competition is to inculcate the spirit of healthy competition among students and encourage it within school. We have the aim of raising self-esteem, developing self-confidence and giving opportunities for leadership and teamwork beyond those already available within school. We are of the opinion that a lot of students have the opportunity to participate in sport, but many are craving the competitive element of sport. This is a great chance for our high performing students in PE to excel. Our first competition is on Thursday 25th May during periods 1-3.

COMPETITION 1: FOOTBALL AND NETBALL (YEAR 7, YEAR 8, YEAR 9)

TIME: Year 7 - Period 1

Year 8 - Period 2

Year 9 - Period 3



INVESTMENT LEADS TO QUALITY NEW FACILITY



How good does this new Dance and Fitness Suite look! Work has been underway for 4 weeks and we are very pleased with the result (minus the equipment). It will become a fully functioning Dance Studio, Drama Classroom, Fitness area including resistance and weight machines, functional movement area with sled pull and plyometric equipment and not forgetting the CV machines and Boxing bags! This will transform our PE curriculum, allowing us to open up the facility before school and after school to keep our staff and students active. There has also been interest from local Academies and professional sports clubs – exciting times!

NEW PE CLUBS

MONDAY: NETBALL 3-4. 15PM BALL HALL

TUESDAY: BADMINTON CLUB 3-4. 15PM BALL HALL

WEDNESDAY: TRAMPOLINING 3-4. 15PM BALL HALL

FRIDAY LUNCH: PULL UP PARTY (WITH MUSIC) 12.30-1PM OUTSIDE THE BALL HALL



LATEST STUDENT ACHIEVEMENTS

MAISIE, RUBY AND LILY-MAE SELECTED FOR THE NATIONAL SCHOOLS' REGATTA



Our Year 9 students Maisie Seed, Ruby Wells and Lily-Mae Kelly have been selected to be part of a crew at the National Schools' Regatta on 26-28th May. Good luck girls, go and put Warrington on the map. Guess where it all started for them? Warrington Youth Rowing at Warrington Rowing Club. At least 4 nights a week training and a real dedication to improve has seen their rise in the sport recognised by their coaches and further afield.

ELLIE PICKS UP ANOTHER 2 MEDALS!



Ellie Barker (Year 9) competing at the Cheshire Athletics Championships:

- 1st place in the Javelin
- 3rd place in the 300m
- 4th in the 800m with a new PB!

ALL THE THROWS FOR THOMAS!



Thomas Darbyshire (Year 8) competing at the Cheshire Athletics Championships:

- 1st place in the Shot Putt
- 2nd place in the Discus

ENGLAND NORTH WEST TALENT HUB FOR OUR RUGBY GIRLS

We are incredibly proud of Chelsea Turner (U15s) and Talicia Blythe (U16s) who have both been selected for the England Rugby League Talent Hub for the North West. We look forward to following your journey – the hard work starts now!



WE WANT YOUR OLD OR UNWANTED PE KIT

Calling students of all Years – if you have grown out of your PE kit or you are a Year 11 student leaving us and would like to donate your old or unwanted kit, please bring it to either the 'Swap Shop' in Art or straight to the PE office. Your donations are very well received. Thank you.

Students must wear the full and correct Sir Thomas Boteler PE kit. Any other branded or non-branded clothing cannot be worn. If students are injured they are still to come to school with their PE kit and get changed (if possible). If students have grown out of their kit or have lost any items of PE kit, it should be replaced by visiting <https://sir-thomas-boteler-school.surridgesport.com/en> or visit the 'Swap Shop' in the Art Department.

Have a fun half term break when it arrives. Best wishes from the PE Department.