

Heartbeat



Monday, December 8

Issue 13

Trampoline star Samuel is hoping to hit the heights

Student life can be full of ups and downs and that is definitely the case for Year 7's Samuel Ramos.

Samuel (7T) looks to have a massive future ahead of him in the sport of Trampolining, as he is already ranked Number 1 in Britain for Double Mini Trampoline. It is a fantastic feat for the youngster, who beat the current 2014 British Champion out in Daytona, USA, to claim pole position.

As if that was not enough, the talented young gymnast is also ranked Number 2 in Britain for Trampoline in his age group, Number 10 in the World for Double Mini Trampoline and Number 13 in the World for the Olympic Sport Trampoline in his 11-12 age group.

Proud mum, Anita, said: "Samuel has had a wonderful 1st World Age Competition, competing for GB out in Daytona Beach. This was an amazing achievement and one he has been working hard for all year. The competition was fierce, with 33 elite gymnasts competing from all over the world.

"In a sport such as Gymnastics, at Junior Elite level, a gymnast that has one more year's experience has an advantage, so it is fantastic that Samuel is already ranking so high up at 11.

"His GB Coaches and all his family are so proud of him. He held his nerve completing in all four of his routines, which can't have been easy in such a big arena." If Samuel makes the GB Team next year, he will have the opportunity to compete in the same age group as he will only be 12.

Samuel already has his sights on further glory in next year's World Champi-

onships. He said: "After competing in America, my goal was to come home, get straight back into training and then focus on competing at the 2015 World Championships.

"My aim is to make the finals, which is the top 8 scoring Gymnasts, which would put me in contention for a medal." What makes Sam's achievements even more impressive is the fact he only started competing in the sport two years' ago.

Prior to that, he was coached from the age of three by his father and has attended the prestigious City of Liverpool Gymnastic Club since he was nine.

His list of achievements to date makes for impressive reading:

Amongst his many medals are:
 2013 (August) British Champion in Double Mini Trampoline (NIA Birmingham Arena) (Aged 10)
 2014 (August) British Silver Medalist in Trampoline (Liverpool Echo Arena) (Aged 11)
 2014 (September) British Silver Medallist in Double Mini Trampoline (Liverpool Echo Arena) (Aged 11)
 World Ranking for Samuel Ages 11-12 currently 10th in the world for Double Mini Trampoline, currently 13th in the world

Trampoline.

Samuel also won the 2012 Nickelodeon Skills Award as a rising Sport Star.

Mum has been quick to recognise the support Samuel has received at Sacred Heart and has thanked the College for the help and backing he has received, adding: "Samuel has been at Sacred Heart only a short while and his father and I are extremely grateful for the immediate interest and support the School has shown in Samuel.

"Without the school's support and allowing Samuel to train in school time, it would make it almost impossible for him to reach his goals

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Campbell's scoop is on Newsround

Year 9 student Campbell Wallace swapped the classroom for the small screen recently as he presented a piece for CBBC's Newsround.

The budding Trevor Macdonald presented a piece about Liverpool's Everyman Theatre winning the prestigious Stirling Prize for being Britain's best new building of 2014. Campbell (9D) said: "I explained how the Everyman re-opened this year after a big refurbishment and beat the likes of the Shard and the London Aquatics Centre to the Stirling Prize, which is a massive deal in the world of architecture."

As part of the theatre's young acting group for last three years, Campbell has appeared in many performances and was recently chosen to play a role in the Liverpool Empire's stage production of Lord of the Flies. If any other Middle School pupils are interested in current affairs, you can contribute to the weekly news PowerPoint by contacting your Head of Year.



News in brief

Year 11 Mock Exams continue this week. The Year 9/10 Film Night takes place in the Drama Studio from 3.30pm tomorrow. Year 7/8 students are off to see a pantomime tomorrow and, on Friday, they visit the Plaza.

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"At junior level in any elite sport, it is all about keeping the person focused, interested and motivated so they can stay in the sport for as long as possible."

Samuel's schedule for November saw him fly out to Florida on Sunday, November 9.

He then trained on the Tuesday and Wednesday before competing in the Trampoline event on Thursday and the Double Mini Trampoline on Saturday. Sunday was the last day of the competition, which concluded with all the gymnasts swapping their tracksuits for suits and dresses for a celebratory banquet.

To see a video of Samuel in action please visit the College website (address on p1).

Sacred Heart Catholic College
Christmas Fayre
Friday 12th December 2014
Lower Site
Open to pupils from 12.30pm
and to
Parents and Family members
from 3.00pm.
We look forward to seeing you.