

Austria... here we come

Our sporty students have been gearing up for this month's ski trip to Austria by getting in some much needed practice on the dry slopes at Runcorn, writes former PE teacher Mr Burke.

The novice skiers have spent an hour each Monday going through some basic skills and exercises that will stand them in good stead when they venture out on to the slopes of the Salzburger Sportwelt in two weeks time.

The shrieks of excitement and howls of laughter have been filling the air, as our students try to master skiing for the first time on an artificial slope.

Spectacular

As is always the case, there have been many spectacular falls and crashes, as they realise skiing is not as easy as it looks.

The hour we spend going over the basics is absolutely crucial to ensure our students make the most of their week in Austria.

They have learned how to put their boots and skis on correctly, practised coming down a gentle slope and carried out some fun exercises that has built up their confidence.

They may even learn how to stop - although this is not always the case. Above all, they will have great fun.

News in brief

Speaking of dry ski sessions, they continue at Runcorn from 5.30pm today. A charity exercise class will take place from 10.30am today. Year 12 Consultation Evening takes place from 4.30pm in the Sixth Form Centre tomorrow. Rehearsals for the Gym & Dance Display take place on Wednesday. The event itself takes place on Thursday (see the ad on p2 for details).

Champion girls jumping for joy

Four of our students were among the medals last weekend as they took part in a Trampolining event.

Iris Mason (9R), Amelie Scott (7H) and Daisy Hesketh (8E) came 1st in the Schools Trampoline Competition in Newcastle, whilst Georgia Smith (inset, 9R) came 3rd in the Individual tournament.

The four travelled to the north east, along with PE's Mrs Vine, for the event and were delighted at their successes.

Speaking upon their return to Liverpool, Amelie and Daisy said: "In the last competition, we came 1st as a team and qualified for the Newcastle competition.

"It was a four hour drive and we got a hotel and stayed the night.

"The next day we went to the competi-

tion feeling quite nervous after seeing all the other 31 older girls in Year 9. But we won and qualified for the finals in Southampton.

"Once we found out we had won, the three of us were over the moon."

Mrs Vine was full of praise for the girls, adding: "Iris, Amelie, Daisy and Georgia can all feel rightfully proud of their successes.

"They work very hard at school, in PE and in training for these events.

"They were fantastic ambassadors for Sacred Heart at this event. Congratulations to all four girls. Well done."



Sacred Heart Catholic College PE Department *proudly presents* Gym & Dance Display 2020



**Thursday, 6th February, at 7pm
St Edward Hall**

Tickets: Adult £4 Child £3 - Available from the PE Department

Photos from Gym & Dance Display, May 2018