



NORD ANGLIA  
INTERNATIONAL SCHOOL  
DUBAI

## Secondary Weekly Sporting Achievements

11.10.18



### NAS SPORTS HOUSE POINTS

1<sup>st</sup> = 20points  
2<sup>nd</sup> = 15 points  
3<sup>rd</sup> = 10 points  
4<sup>th</sup> = 5 points



Scorpions	Falcons	Leopards	Vipers

We have had an amazing start to the term in both curriculum lessons and after school training. So many students have attended trials, squad training and strength and conditioning sessions. I would like to congratulate all students for their hard work, commitment and attendance and we as a whole department encourage this positive attitude to continue. We look forward to the football and swim leagues starting next week and wish all students the best of luck.

“You’re never a loser until you quite trying”

**Mrs. Chaters (Head of Secondary PE)**

## Secondary Netball Training @ NAS Dubai

We have had an amazing turnout for secondary netball on Wednesday after school. We are looking forward to this term and developing players across the whole secondary school. Training will be every week on a Wednesday on the new courts from 3.30-4.30pm

Strength and conditioning has been a huge success so far and we are delighted with the turnout. Well done to all students.

**Mrs. Chaters and Miss Fisher  
(Secondary Netball)**



## U19 Girls Basketball vs Collegiate American School (Away)/

### Dubai College B @ NAS Dubai

The U19 girls traveled to Collegiate American School on Thursday for a DASSA league game. In another display of excellent teamwork the girls came away with a 35-16 victory.

On Sunday they hosted the Dubai College B squad and after a slow start were unable to catch up with DC. Final score 45-23

**Mr. Gilpin  
(Secondary Basketball)**



## U19 Boys Basketball vs EIS Meadows @ NAS Dubai

The U19 boys hosted EIS Meadows in a long awaited rematch from last year. The game was close for the entire four quarters and the boys were able to hold on for a 40-34 victory.

**Mr. Gilpin (Secondary Basketball)**



## U16 Girls Basketball vs Sunmarke Girls B @ NAS Dubai

The U16 girls kept their record spotless with a win over Sunmarke's B squad. Without a key player sidelined with an injury the girls pulled together and finished with a 29-6 victory.

**Me. Gilpin  
(Secondary Basketball)**



## U16 Boys Basketball vs Sunmarke @ Sunmarke

The U16 boys traveled to Sunmarke for their second league game of the season. After two quarters of close play Sunmarke pulled away in the third quarter to finish with a 47-33 victory.

**Mr. Gilpin (Secondary Basketball)**



## Secondary Touch Rugby Training @ NAS Dubai

We had a great first session of touch rugby this morning with around 20 pupils attending. We completed some passing and defending drills and played some matches. All pupils from secondary school are welcome to join us on the pitches every Thursday 6:45-7:30am.

**Miss Fisher and Mrs. Britton (Secondary Girls Touch Rugby)**



## DESC Rugby 7's Tournament – Boys Rugby/Girls Touch

Next week the annual DESC 7's rugby tournaments takes place at Dubai English Speaking College. Pupils will be selected for these competitive tournaments next week based on both ability and attendance at training.

Good luck to all the pupils representing NAS Dubai next Wednesday evening (4.30pm-8.30pm).

For any enquiries relating to Girls touch rugby please contact Miss Fisher (PE Teacher) and for Boys Contact rugby Mr. Gairn (PE Teacher)

**Mr. Thomas (PE Teacher)**

## NAS Secondary Strength and Conditioning Programme

As part of our sports programme here at NAS Dubai, we have started to offer our secondary pupils the opportunity to take part in early morning strength and conditioning training.

These sessions are designed to increase pupil's fitness levels in order to enhance their performance and is a compulsory activity (1 per week) for all pupils who are part of a sports team here at NAS Dubai.

Over the first half term, this has been an extremely popular activity and one that all pupils seemed to be enjoying and benefiting from.

We look forward to continuing these sessions throughout the remainder of the term.

**Mr. Gairn (Lead S and C Coach)**





NAS DUBAI



# SECONDARY HOUSE FITNESS CHALLENGE



**Inviting All Secondary Students,  
Teachers & Parents!**

**20 Minute Fitness & Fun Session**



**Earn House Points  
Biggest House turn out wins!**

**Thursday 1st November  
7:15am - 7:35am • Sports Hall**



Students & adults wear House shirts  
or colors. For more info contact:  
[Emily.Fisher@nasdubai.ae](mailto:Emily.Fisher@nasdubai.ae)