

# AGSB SPORT

## Half Term Review

Issue 2 – Christmas 2022



### KHO KHO: THE RISE OF THE UNDERDOGS

On the dark 5am morning of 27th November, 11 of the best Kho Kho players from AGSB, AGGS and SGS set off to Birmingham to be the first sixth form team to enter a NHSF university sports competition. And the first sixth form team to win one. But first, let me give you some background.

NHSF (the National Hindu Student's Forum) was born out of cultural dilution 30 years ago, to encourage students in the UK to explore their Hindu Identity, cultivate key values and develop as leaders of the future. Today, it stands as an interconnected community between 45 universities and 4000 active members, engaging in discussions, Sewa (selfless service), mediation, sports, etc.

One of the events hosted by them are zonal sports competitions and one of the sports they run within it is Kho Kho (amongst Football, Badminton, Netball, Kabaddi). Kho Kho is a sport that date backs to ancient India and can be seen as an intense two-teamed version of tag. The chasing team is sitting down in a line and is restricted in the direction and area they can run. The running team then enter in batches and try to avoid the chasers with free reign over the court.

AGSB have reached

2

National Finals

295

Goals scored across all football teams

6

Regional finals



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## KHO KHO



school was represented by Soham B, Atharva V, Gautham R, Rohan P, Arjun A.

This takes us to that dark 5am morning, with a captain dead set on winning, leading a team itching to prove themselves. Every student that was friendly enough to ask, "Which Uni are you from?" was met with the astonishing reply "We're a sixth form team."

AGSB's thriving Hindu, Sikh and Jain Society was in the process of being one of the first school societies to be affiliated with NHSF and considering the fact that we had Kho training sessions running once a week, we were given the opportunity to enter a sixth form team into the latest zonal (North & Central) competition on 27th November, alongside Sale Grammar School and Altrincham Grammar School for Girls. Our



## KHO KHO

By the roll of the dice, our team was matched against the easier teams for the group stages. What followed was a massacre – a cold, calculated performance from our team, leaving the opposition with no hope for victory.

Suddenly, it was the final. And with shock, all eyes were on the sixth form team. As soon as the whistle blew, the hours of training kicked in, and we were engaged in vicious battle.

After a physically exhausting and emotionally draining match, the trophy was inevitably handed to the sixth form team.

After briefly enjoying the taste of a hard-earned success, we have already set our sights on the fast-approaching National competition, hoping to accomplish a similar feat there.  
Gautham R





## FOOTBALL

AGSB Football is going from strength to strength, many of the teams are enjoying good cup runs. Our U13's and U16's are into the Greater Manchester Cup 1/4 finals. The U15's are into the Greater Manchester Plate 1/4 final. The 1st XI are having a great season progressing into the Greater Manchester Cup semi-final, they're also into the last 32 in the Country in the English Schools National Cup – game to be played Tuesday 10th January vs Wilmslow High School.



## HOUSE SPORT

The winter house sports festivals were another great success this year. Years 7-10 competed in a range of activities: Rugby, Hockey, Badminton and Table Tennis.

It was great to see so many pupils competing for their houses.

The results were as follows:

### Year 7

- 1<sup>st</sup> Place – Massey
- 2<sup>nd</sup> Place – Tatton
- 3<sup>rd</sup> Place – Bradbury
- 4<sup>th</sup> Place – Stamford

### Year 8

- 1<sup>st</sup> Place – Massey
- Joint 3<sup>rd</sup> Place – Tatton
- Joint 3<sup>rd</sup> Place – Stamford
- 4<sup>th</sup> Place – Stamford

### Year 9

- 1<sup>st</sup> Place – Stamford
- 2<sup>nd</sup> Place – Bradbury
- 3<sup>rd</sup> Place – Tatton
- 4<sup>th</sup> Place – Massey

### Year 10

- Joint 1<sup>st</sup> Place – Massey
- Joint 1<sup>st</sup> Place – Stamford
- 3<sup>rd</sup> Place – Tatton
- 4<sup>th</sup> Place – Bradbury



## ELITE SPORT

### Indoor Hockey

Recently we have been blessed with some very strong indoor hockey teams. Our current U18's are collectively amongst the strongest we have ever had.

So far in their campaign the U18's have progressed through two qualifying rounds to reach the National finals. To be played at Whitgift School on Friday 13<sup>th</sup> January.

The team have won every fixture beating Bolton School, Kings Macclesfield, Manchester GS, Rossall School and Calday GS and are yet to concede a goal

The National Finals will obviously be a stern test with Ipswich School (last year's winners) in our group.

Well done to all involved for your efforts to date.



### Cross Country

AGSB have had great success recently with two teams progressing to the National Finals held in Leeds.

Both teams won their respective age groups in the regional finals held at Sedbergh school. Well done to all involved and thanks to Mr Gooch for all his efforts throughout the year.





## POWERLIFTING

We hear from 2 Year 12 students who are excelling in Powerlifting: I had my first powerlifting competition in November of 2021, which was a mock competition for new lifters. I weighed in at 85.4kg and finished with a squat of 170kg, bench of 112.5kg and deadlift of 220kg. Regardless of my age, I still managed to place 6th across all of the men. I had a great experience there and everyone was supportive of each other no matter the weight they lifted.

Following this, we continued to train and build on the foundations we had created. Both Yusuf and I put on as much mass as we could, and I went from being 85kg in November to 92kg in around February. Yusuf had gone from 46kg to 53kg, where he would remain for the coming few months. My next competition was in April of 2022, and after dropping a lot of weight, I weighed in at 82.6kg, as I was competing in the 83kg weight class. In this competition, I squat 190kg, benched 120kg and deadlifted 252.5kg, which was an unofficial British record. As the competition was not at a national level it was unfortunately not classed as an official record. Yusuf came to watch, but decided to not compete in this competition.

My 3rd and most recent competition was a bench-only competition, and Yusuf also competed here. Both of us secured regional records in the bench press, myself in the 93kg u18s and Yusuf in the 53kg u18s, with 128kg and 65kg. This qualified me to compete in bench press nationals in 2023, which gives me the opportunity for world championships selection later in the year.

We are currently 7 weeks out from our next competition, which will be the entryway to nationals this year at the Gymshark Lifting Club around March 2023. My bodyweight is at 83kg, and I plan to stay around here for the competition and compete in the 83kg weight class. My squat is now at 205kg, bench at 140kg and deadlift at 272.5kg. Yusuf's bodyweight is at 54kg, which gives him room to gain about 5kg as he is competing in the 59kg weight class. His lifts are at a 140kg squat, 80kg bench and a 180kg deadlift.

2023 will be a big year for us to push forward and continue to compete and break records. The first step is Nationals, and with a good performance, hopefully a chance at being selected for world championships, which is held in Turkey in September. European championships follow soon after in Poland in November.

Dan W and Yusuf

## ISOC FOOTBALL

The AGBS Islamic Society recently organized a "World Cup" themed Football tournament, with over 10 teams representing different countries in the hopes of winning the FIFA replica trophy!

In addition to the trophy, various other awards were up for grabs too, such as the "Man of the match", the "Golden Boot" and the "Golden Glove" awards which were won by individuals who demonstrated the very best sporting ability AGBS has to offer.

Much like the World Cup in Qatar, competition and excitement were high throughout the event and the football prowess demonstrated by each team was higher still – however after qualifiers, semi and final rounds, one team outshone all others - the "Iraq FC" - who went on to win the entire event!

This competition was part of the ISOC's Charity Week campaign, which featured a formal dinner, an auction, and an own clothes day – this coupled with the revenue generated by entry-ticket sales for the tournament - allowed us to raise an incredible £12,901.81 pounds!

Of course, none of this would have been possible without the help of the PE department, who allowed us to use the grammar facilities and Mr Scott and Mr Reeder, who helped invigilate the event. Finally, we would like to thank the students involved in helping us manage this campaign – helping us raise an outstanding amount for charity



## TABLE TENNIS

AGSB have had great success in table tennis recently.

All teams U13, U15 & U18 have been crowned Greater Manchester Champions. Each team now progresses onto the North West Finals.

Well done all involved!



## AGSB SPORTING HEROES

### James Mazarelo (AGSB – Class of 2019 and Head Boy)

I left AGBS after finishing my A levels in 2019 and started studying Sport and Exercise Science at Loughborough University. I played my club hockey at Loughborough and was part of the Great Britain Elite Development Program (EDP) which is one of the main feeder systems into the senior international program. A few weeks after starting my degree I went to Malaysia as part of a GB U21 squad for the Sultan of Johor Cup. The team won gold, retaining the title we had won the previous year. Unfortunately, Covid meant tournaments and training were cancelled leading to home training with a large focus on improving fitness. My second year at Loughborough was also affected by Covid with limited training and matches.

In summer 2021 international training resumed and I was given a part time contract from UK Sport. I continued to train with the GB EDP but also attended senior training when required. This was a great experience and meant I got to know some of the squad. Following the Tokyo Olympics, a three month assessment period was held for those hoping to become a member of the senior squad. After this I was given a full time contract so finished the last 6 months of my degree juggling work with full time training. I was also still playing for Loughborough so would drive up from Bisham Abbey (the senior training base) for matches and training.

This year in February I made my senior England debut in Argentina, won a BUCS gold with Loughborough (the major university competition for hockey) in April and was part of the England squad that won a bronze medal at the Commonwealth Games in Birmingham. Although I am now studying for a Masters in Sports Management, Politics and International Development at Loughborough, I am playing my club hockey at Surbiton. It's great to play with another Old Alt, Brendan Creed, also part of the GB senior squad, who left AGBS as I started.

Over the last few months we have been busy preparing for the first FIH Pro League matches of the season against Argentina and the Netherlands. We also have the World Cup in January in India, the Europeans in the summer and the remainder of the Pro League games. It's an exciting and busy period of international hockey and I'm hoping to be part of it.

Looking back I realise how lucky I was to go to a school where sport was such an important part of daily life. I am enormously grateful for the opportunities I was given and I know that without the support of all my teachers I would not be where I am now.

