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ISM SPORTS' DAY

April 2015

Splendid Sports' Day for Middle School!

Tuesday, the 28th of April 2015 will go down in Middle School sporting history as an adrenaline filled and rewarding afternoon! The International School of Monaco's sports' team: Mrs. Thomas, Mr. Arnoux and Mr. Bonna organized and supervised an exciting athletic array of competitive sporting events.

The teams were sorted into their different communities under the leadership and assistance of:

Mr. Oxley and Ms. Cowley

Ms. Rhodes, Mr. Pless and Ms. Dupont

Mrs Noclain and Mr. Kopiev

Mr. Skinner and Mrs. Parks

Rafiki

Amiko

Nakama

Takoda

The games began with a flying start with the 50-metre sprint, then the 200-metre sprint and finally the 400-metre run. A wide selection of students also took part in the Burpee Straight Jump, the Long Jump, the Triple Jump and the Chest Throw. An exhilarating afternoon of sports culminated in the long-awaited relay and finished with closely fought community matches: football for the boys and rounders for the girls.

All in all, it was a close contest between the different communities.

Here are the total community places and points:

First place: Rafiki 163 points

Second place: Takoda 146 points

Third place: Nakama 127 points

Fourth place: Amiko 106 points

Congratulations to all who took part for their amazing sportsmanship and team effort!



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A BRILLIANT DAY WAS HAD BY ALL!

Our newsletter team has been interviewing staff and students alike to get feedback on this new sports' day formula.



THE STUNNING SPORTS' TEAM

Mr. Arnoux and Mr. Bonna:

This year sports' day was much more competitive than it has been in previous years. During the first part of the afternoon the students took part in competitive athletics and the second part involved team sports. The change of venue this year at the Cap d'Ail stadium was more suited to the sports' events and also enabled parents to organize a healthy snack area, including fresh and balanced ingredients. 2015 has been the first of many in this winning athletic formula!

Mrs. Thomas:

The sports' day required a lot of planning and preparation, which, with the help and suggestions of the sports' committee, all the sports' team took on board.

All the parents on the field were fantastic, especially Mr. Hilbert, Mr. Cornelius, Mr. Tarpenning and Mrs. Nalbantis, who helped with the girls' rounders' match. Many thanks to Mrs. Bui, Mrs. Mitchell and Mrs. Borla-Magnetto for organizing the food. The healthy snacks, drinks, fruit and nuts were very much in keeping with the healthy and active spirit of our sports' day. All in all a brilliant day was had by every one! This year was a very good base for a new structure for sports' day. The facility was brilliant, even though we were doing adapted athletics' events. It would be great if we could have a stadium such as the Louis II stadium, which has a proper running track and appropriate facilities for the field events like the long and high jumps.

The staff members involved showed great enthusiasm in the carrying out of the different roles they had been assigned. Thank you to staff, students and parents for your positivity and for making this day so successful!



TEACHERS

Mr. White- I was in charge of the chest-throwing event. I believe that this activity gave the students the opportunity to show the skills they have. I really enjoyed the football tournament, which demonstrated the excellent student team spirit!

Mr. Decotte- I supervised the 50-metre sprint and helped the 400-metre relay. I thought the afternoon was very well organized and that everything was enjoyable!

Mr Findlay- I was the starter for the 50-metre sprint. The sports' day was very good because it concentrated on athletics.



Mr. Pless

My role was team leader of Amiko with Ms. Rhodes and Ms. Dupont. The whole event was extremely enjoyable, as it included a good range of activities and sports. My favourite part was watching the 400-metre relays.

Mrs. Noclain

My role was leader of Nakama, who were exemplary in their behaviour and motivation. There was a very positive team spirit overall!

Ms. Langenbach

I was very proud of my team, Rafiki, who tried extremely hard. I was in charge of the Burpee Straight Jump, which was really fun! Sports' day was a great experience for both teachers and students.

Mr. Oxley

It was a wonderful invigorating experience and my team, Rafiki, were very enthusiastic!



PUPILS

Gabriella, Year 8, enjoyed the whole day and said it was very fun and active! She said she wished they could do it again because it was fun to be in the fresh air and felt it brought the community closer.

Polina, Year 7, who did the 20-metre run and long jump, thought the whole day was well organized and the activities were improved.

Shakira, Year 7, really enjoyed the rounders' match and added that she really appreciated being able to have a choice of activities.

Margarita, Year 8, took part in the relay and thought it was better this year. Luca, Year 7, who did the relay, really enjoyed the whole day!



**SPORTS DAY 2015 INTERNATIONAL SCHOOL OF MONACO
MIDDLE SCHOOL RESULTS
EVENT WINNERS, SCORES, TIMES AND DISTANCES**

Burpee straight jump				
Year 7	Girl	Julia Osborne	Takoda	10
	Boy	Benji H	Amiko	11
Year 8	Girl	Aikaterini, Marina, Emilie	Takoda, Rafiki, Amiko	11
	Boy	Luc L'Heureux	Rafiki	11
Year 9	Girl	Matilde	Takoda	10
	Boy	Alexander	Nakama	12
Long Jump				
Year 7	Girl	Polina	Rafiki	1.72m
	Boy	Aiden	Takoda	2.14m
Year 8	Girl	Christine	Amiko	2.01m
	Boy	Nikolay	Rafiki	1.97m
Year 9	Girl	Emily	Amiko	1.82m
	Boy	Toby	Nakama	2.27m
Triple Jump				
Year 7	Girl	Karolina	Takoda	4.45m
	Boy	Joseph	Takoda	5.30m
Year 8	Girl	Ronda	Rafiki	6.30m
	Boy	Alessandro	Rafiki	6.20m
Year 9	Girl	Emilie Ayre	Rafiki	5.20m
	Boy	Marcus	Rafiki	6.60m
Chest Throw				
Year 7	Girl	Karolina	Takoda	7.30m
	Boy	Benji	Amiko	7.00m
Year 8	Girl	Isabelle S, Valeria	Nakama, Takoda	7.50m
	Boy	Luc L'Heureux	Rafiki	11.00m
Year 9	Girl	Dzhulia A	Nakama	8.90m
	Boy	Juan	Amiko	11.10m
50m Sprint				
Year 7	Girl	Zoe	Nakama	8.03s
	Boy	Daniel H M	Rafiki	7.93s
Year 8	Girl	Aikaterini	Takoda	7.12s
	Boy	Luc L'Heureux	Rafiki	6.61s
Year 9	Girl	Hava	Nakama	7.81s
	Boy	Marcus	Rafiki	6.34s
200m Sprint				
Year 7	Girl	Polina	Rafiki	45.15s
	Boy	Harry C	Rafiki	38.02s

Year 8	Girl	Gabriella	Rafiki	38.44s
	Boy	Alessandro	Rafiki	33.45s
Year 9	Girl	Emily Ayre, Lucia	Rafiki, Amiko	39.93s
	Boy	Fillippo	Takoda	33.17s
400m Run				
Year 7	Girl	Karolina	Takoda	1m49.31s
	Boy	Aiden T	Takoda	1m23.13s
Year 8	Girl	Ronda	Rafiki	1m22.45s
	Boy	Harry H	Nakama	1m19.66s
Year 9	Girl	Matilde	Takoda	1m30.57s
	Boy	Antoni Bandachowicz	Nakama	1m18.07s
4x100m Relay				
Year 7	Girl	Ludovika, Camille, Viviana, Helena	Rafiki	1m18.17s
	Boy	Luka, Yan, Harry C, Daniel	Rafiki	1m15.87s
Year 8	Girl	Megan, Margherita, Valeria, Aikaterini	Takoda	1m15.23s
	Boy	Nikolay, Alessandro, Luc, Ronda	Rafiki	1m07.78s
Year 9	Girl	Maria, Isabel, Guilia Maria, Emilie Ayre	Rafiki	1m16.73s
	Boy	Toby, Patrizio, Antony, Samuel	Nakama	1m06.39s

