



CALDEW
SCHOOL

Caldew School Sports Round-up

Autumn Term 2025

This newsletter provides an update of the sporting successes we have had in the last term, which we have been able to do as part of the investment the school is receiving from Story Contracting, Story Homes and Story Plant.

Football

We are delighted to have coaches John and Hayden join us to coach our football teams, we consistently have high number of both girls and boys attending our after school sessions. As we moved through the term we started to assemble the Year 7 boys A and B squads with external coaches focusing on the A squad and Caldew staff supporting the B team. The teams have terrific potential and are our first squad to qualify for the Regional Rounds of the National Cup (last 32). **Year 7 and 8 Girls** also have great potential and have progressed to the Regional round in the National Cup (last 32). They have already won the Carlisle Schools District Championships and were runners up on goal difference in the district 5-a-side this term and are now looking to progress in the County Cup.

The **Year 8 Boys** league begins in January, in the National Cup they started well with a win against WHS school before defeating Trinity School in round 2. In round 3 we exited the National Cup after a penalty shoot-out against RRMA. The boys also won the Carlisle Schools District Cup this term, going unbeaten in all games at the event.

In the County Cup they have progressed to the quarter final stage and play Ullswater after wins against Trinity in round 2 and WHS in round 3. **Year 9** have a number of players who play for both the football and rugby teams as well as a player at Newcastle United. The boys train at lunchtime with PE staff with coaches taking after school sessions.

The team beat WHS in Round 1 of the County Cup but were beaten by last year's winners Trinity in round 2. In the National Cup they have fared better with wins over RRCA in round 1 and WHS in round 2. In round 3 they beat Dowdale's School, Barrow to qualify for the regional round in the National Cup and now face Lowstock Hall in the last 32 of the competition.

Year 10 exited the National Cup after a defeat to a strong RRMA, but have progressed to round 2 of the County Cup after beating Newman School in round 1, they went on to beat previous winners WHS away in round 2. They now face Ulverston School in the Quarter finals of the County Cup.

Year 11 hosted Benfield School from Newcastle in round 1 of the National Cup and were unlucky to exit the competition after a brilliant performance, the game was 0-0 after extra time, but they were beaten 3-1 on penalties. In the County Cup they have progressed to the quarter final stage after beating WHS in round 1 and RRCA in round 2. They will face Appleby Grammar School in the quarter finals.

Sixth Form have progressed to the quarter finals of the County Cup after beating WHS in round 1 and then Workington Academy in round 2. They were knocked out in the quarter finals by QEGS after losing 4-3 on penalties. In the Carlisle and District Schools Cup they were crowned champions.



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Representatives and Honours

Some of our elite football players have the pressure of balancing their schoolwork and training/competition. The Elite Sports Programme supports their progress, with weekly rehab and recovery sessions with Geoff Haugh. We are proud of our players, and we are proactive in allowing more of our students to enter the academy system, as well as recruiting future students who play at that standard. Year 11 student Bradley R has been offered a scholarship at Carlisle United and brother Aiden is on trial at Morecambe. Tyler C and Harry M play for Carlisle United, and Tyler is also attending an England training camp in January. Matthew H (NUFC U14), Isaac W and Charlie D (CUFC U12), Betsy B (CUFC U14 Girls), Louisiana H and Connie K (CUFC U12 Girls).

Year 7 Boys Results:

- National Cup Round 1 - Beat RRMA 3-2
- National Cup Round 2 - Beat RRCA 5-0
- National Cup Round 3 - Beat Whitehaven School 7-2
- National Cup Round 4 - Beat Rossendale 8-2
- National Cup Round 5 - Beat St. Augustine's, Lancs. 4-1
- County Cup Round 1 - Beat RRCA 6-1
- County Cup Round 2 - Beat RRMA 5-1

Year 7 and 8 Girls Results:

- National Cup Round 1 - Beat RRMA 8-0
- National Cup Round 2 - Beat RRCA 10-2
- National Cup Round 3 - Beat St. Benedict's 3-0
- National Cup Round 4 - Beat Queen Katherine, Kendal 9-4
- County Cup Round 1 - Beat UCC 23-0
- County Cup Round 2 - Beat Trinity 3-2

Year 8 Boys Results:

- National Cup Round 1 - Beat WHS 3-1
- National Cup Round 2 - Beat Trinity 4-1
- National Cup Round 3 - Lost RRMA on Pens (2-2 AET)
- Carlisle Schools District Champs - 1st
- County Cup Round 1 - Bye
- County Cup Round 2 - Beat Trinity 4-1
- County Cup Round 3 - Beat WHS 13-1
- County Cup Q/F - v Ullswater

Rugby

Coaches James and Elliot from Wigton RFU, have developed an excellent relationship with our students and there's been over 30 Year 7 boys turning up regularly for after school sessions. There's certainly terrific potential with these coaches for the next few years and we would like to encourage more students to come and give rugby a go! We are starting to see the number of Year 8 boys attending sessions steadily rise and we would like to encourage more to come along. Year 9 Boys numbers have been sporadic and we are keen to increase numbers as they have great potential, our Year 10 Boys are currently in training with all fixtures beginning in January.

Representative and Club Honours

We are proud that several of our players now play First-15 rugby at clubs including Carlisle RFU. A large number of our pupils in Year 7, 9 and 11 represent local clubs including Creighton, Wigton and Penrith and we look to further develop our links with these clubs as we progress throughout the term to encourage more school players to make the next step. Ben Notman and Luca Blake are both involved in the Newcastle Falcons DDP programme.

As we move into the New Year the boys will play the majority of their fixtures then so they are currently working hard to develop their cohesion under the coaches.

Year 7 Results:

- A Team Beat Trinity 12 - 0
- B Team Beat Trinity B 8 - 2
- C Team Beat Trinity B 7 - 3
- B Team Beat RRMA 6 - 4
- A Team Beat QEGS 12 - 0
- A Team Beat WHS 8 - 0

Year 8 Results:

- QEGS County Finals Intermediate Phase: won the group defeating WHS, Kirkbie Kendal and QEGS B.
- Beat AACA 35-20
- Beat Ullswater CC 35-10

Year 9 Results:

- County Cup Round 1, Beat Trinity 45-15
- Lost to QEGS 30-25
- Beat Ullswater CC 45-10
- Beat WHS 45-5
- Beat Austin Friars

Hockey

Year 7 - Coach Debs from Carlisle Hockey Club has been working closely with Year 7's to develop their hockey skills. This year we have over 15 Year 7 girls who are regularly attending practice, which has allowed us to form both A and B teams. The A and B teams played their first friendly match against Nelson Thomlinson, with one win and one loss. This was their first experience playing on sand astro and the girls thoroughly enjoyed the experience. The girls have had to re-schedule two matches due to poor weather, however these have been planned for the New Year. They are keen to get stuck back in after the holidays, in preparation for the U12 mini District Tournament in March. With Debs' links with Carlisle Hockey Club, this has allowed the girls to join training sessions out of school time to further develop their hockey.



Year 8 - Coach Debs has been working closely with the Year 8's on Tuesday evenings which has allowed us to build a solid A team. The Year 8 team faced William Howard's Year 9 side and delivered a brilliant performance in their opening game of the year. With excellent teamwork, communication, and determination, the girls secured a well-earned victory! The girls have had to reschedule two matches due to poor weather, however, these have been re-scheduled for the New Year in preparation for the Under 13 District Tournament in January at Cockermouth.



Year 9 - Played their District tournament at the end of September, which meant that there were only a few training sessions and friendly matches beforehand. In Year 9, there is a jump from playing 7-a-side to 11-a-side, however, coach Debs was able to ensure that students were prepared going into the tournament. Some of the Year 9's also played in the Under 15 tournament - a great achievement. The girls won their friendly home match against Ullswater CC in November, with a victory of 7-0.



We have some keen hockey players in Year 9 and it will be interesting to see how they develop through the next term with the help of Debs.

- NTS - 2-1 loss
- UCC - 7-0 win

Years 10 and 11 - With the help of Coach Debs we have been able to strengthen our Under 15 team, and the girls won the District tournament in November. The girls kicked off with a tense opener against Nelson Thomlinson, battling hard to secure a 0-0 draw and keeping themselves in the running. With everything to play for in the second match against Austin Friars, the team took to the pitch hungry for the win.



By half time it was neck and neck at 1-1, but the girls came back out with phenomenal determination. Their tremendous fighting spirit shone through as they fired in two superb goals early in the second half.

From there, the defence held strong, showing grit and teamwork right up to the final whistle-securing a fantastic 3-1 win for Caldew!

Year 10

- NTS - 2-1 loss
- District Tournament - 1st Place
- UCC (7 a-side) - 4-2 loss

Year 11

- UCC (under 16) - 0-0 draw
- District Tournament - Runners Up

Netball

Coaches - Unfortunately, we have not been able to secure a coach for Netball, despite significant efforts to advertise the position. All local clubs were contacted, as well as Cumbria Netball and the England Netball Association. While this was disappointing, Mrs Timperon (PE Department) has implemented a comprehensive training programme for the girls, which has been very well attended and has already led to some excellent results.



Training - Netball training is held twice weekly for all teams. A dedicated tactical session takes place every Thursday lunchtime and is attended by all year groups. Junior training for Years 7 and 8 is scheduled for Wednesday after school, while Senior training for Years 9, 10, and 11 takes place on Thursday after school. Attendance at all training sessions has been excellent, with more than 30 students participating in each session.

Future plans - As the results show the Netball is an area of massive potential, and hopefully once we secure a coach this can continue to develop even further. Mrs Timperon has been in contact with Eleanor Cardwell, Manchester Thunder star and England Netball international, who will be joining us next term for a very special visit. Eleanor, will be spending the day working with our players, offering a rare insight into high-performance netball and delivering inspirational coaching sessions that are sure to motivate, challenge, and ignite ambition. This is an incredible opportunity for our athletes to learn from one of the sports very best - and we can't wait to welcome her!

Year 7 - Mrs Timperon has been working on developing positions, awareness of rules and introducing tactical play. As we have moved through the term we have started to assemble our A and B teams. Both teams have terrific potential and currently unbeaten in all fixtures to date. We are trying to encourage as many as possible to now start joining local clubs so they can continue to develop their potential.

- A team won William Howard 17-1
- B Team won William Howard 4-2
- A Team won William Howard 15 -1
- A Team won Morton 27 - 2

Year 8 - Mrs Timperon has been working with the Year 8 girls to develop strategic play, with a particular focus on supporting the shooters in the D. Recent additions to the squad have prompted some positional changes, which the team has adapted to well. The girls have demonstrated strong potential, reflected in their results so far this season.



- Won William Howard 12-3
- Lost to Ullswater Community College
- Won Morton 10 -1

Year 9 & 10 - Both teams have worked exceptionally hard this term to improve their performance and tactical awareness working on gaining rebounds in the D and adapting how to bring the ball down the court.

Year 9

- Semifinalists in the District Tournament
- Won William Howard 11-10
- Lost to Ullswater CC

Year 10

- Lost to William Howard 9-8
- Lost to Trinity 15-9
- Won Ullswater CC 15-7

Year 11 - This team have really shone this term, they have trained weekly perfecting their skills in preparation for the main event which was the district tournament where they were unbeaten and were crowned District champions, this group of girls have really proved what happens when you work hard and are determined. The shift for these girls now goes towards their GCSE exams but these girls have been an absolute credit to Mrs Timperon and the school. An amazing season!

- Won Trinity 21-17
- Won William Howard 24-3
- District Champions - unbeatable in the district!!!
- Placed 6th in Cumbria at County Round

Cross Country

Year 7 County Champs 1 (Penrith)

In November our talented Year 7 cross country runners headed to Frenchfields, Penrith for the first of two County wide events. Over 100 runners compete in each race with the top 16 being selected for the County team and the top 6 runners counting towards the team score. Tom O in Year 7 performed exceptionally well finishing in 5th Place and Connie K coming in 8th to both qualify for the County team. The girls team finished 8th and the boys 5th. Overall Caldew came in 6th place - a brilliant achievement.



Year 7 District Champs 1 (Friars)

Following on from County Championships Year 7 then headed to Austin Friars for the District Championships. This time the first 8 runners home count and although we didn't get the team success, we hoped for there were some fantastic individual performances from our runners. Tom O came in 1st to be crowned District Champion and the boys came in 2nd as a team. The Girls came in 3rd and were runners up overall to Trinity who have great depth in their numbers. Connie K came in 8th, Faye D 10th, Louisiana H 13th and Julia L 16th to qualify for the District Team. In the boys team Jake E came home 4th, Harry H 5th and Zach I 17th to also qualify for the County finals. Later in the term, Years 8-10 run in the District Championships at the Sheepmount, Carlisle. Like with year 7 the top 16 runners qualify for the County Champs and this time the top six count towards the team score.



Special congratulations to our District champions Ryan K (Junior Boys) and Bel D (Inter Girls) who won their races by good distances to be crowned District Champions. What an amazing achievement as Ryan also won as a Year 8 with older boys in the same race. Bel D won the event for the fourth season running!!! As a team our junior girls finished 2nd, junior boys came in 2nd and Inter girls 3rd. Inter boys were a little short on runners for the event but did well to come in 3rd overall as a team with Tyler C finishing 3rd. The following runners qualified for the District team and will run in the County Finals at Sedbergh in January.

- Junior Girls - Betsy B, Wylie GH, Francesca N, Jess B and Eliza L
- Inter Girls - Bel D, Chloe B, Evie W, Evie N
- Junior Boys - Ryan K, Oscar D
- Inter Boys - Tyler C

Strength and Conditioning

Coach Me Plus App - Team Athletes

This term the department has introduced the school strength and conditioning programme for the players involved in the sports teams. Coach James has created sports-specific programmes for all of the students to support their physical development in their chosen sport. Students have access to an app where they access the weekly programmes and report back to the team coach. Many of our athletes have been coming down at lunchtime to complete their weekly programmes. We have been really impressed by the commitment that large numbers of students, especially those in Years 7-9 have shown and it's lovely to hear them talking really positively about the physical benefits they are feeling when they are playing sport.

Recovery and Pre-hab Sessions

On Monday morning's coach Geoff has been leading weekly sessions with a small number of our most elite athletes. These pupils include Newcastle United and Carlisle United Football players from both boys and girls teams and also Carlisle Rugby Club players. Expert guidance and support is given by Geoff in terms of recovering from the weekends sports commitments and preparing physically for the training load in the week ahead. Special attention has been given to preventing common injuries for football and rugby players and it's making a real difference to the players involved in the sessions.

Team Strength and Conditioning Sessions

On Monday morning's coach Geoff also leads a weekly S and C circuits sessions for our new Year 7 athletes. It's been brilliant to observe the students working so hard in the sessions and Geoff has been very positive about the attitudes and conduct of all of the students involved in the sessions. So far year 7 Rugby, Hockey, Football and Netball teams have all been involved and we hope more teams will be involved in the spring term to continue to develop this important area of performance.

Badminton

On Mondays, coach Ben is in school and has spent the first term developing the performances of our GCSE PE players, this has been a great way to identify potential talent and many students have really developed their standard of performance over a short period of time. Ben also runs a very popular lunchtime club that is attended by a large number of students. This has allowed us to identify students who will move into Ben's elite pathway after Christmas and we can start to develop our teams that will compete in the National Competition.

Golf at Brampton Golf Club

On Friday mornings, groups of Year 9 students have been visiting Brampton Golf club to access coaching from professional golfer Simon. It's been brilliant for the students as they have been introduced to both the short and long game of golf. Simon has made them really think about how they can be successful with effective decision making and practice.

This has been an inclusive trip aimed at both groups of students that have excelled for the various teams this term and also those who work hard in PE and show the right attitude.

It's been fantastic to also see the standard of their golf improve as the lessons have progressed.

