SPORT REPORT – Term 4, Week 4

Out of School Sport is flying through, with only a couple weeks of Term 4 Sport remaining for our Year 7-9 students. We also wish the best of luck to all our Senior teams who this week will be playing their last game of the Term, especially sad for our Year 12 Students who will suit in for the last time as Norwood International Students.

Find our more about how Week 4 went for our teams.

BOYS VOLLEYBALL

Senior A/Senior B

Our **Senior A** had a tight contest against Nazareth College, losing 1 set to 2 sets. We managed to win the first set, coming from behind to pinch the lead before ultimately going down in the last 2 sets. **Josh's** Serving was outstanding and was given Best on Court for our Senior A.

Our **Senior B Boys** put in a really good performance against Nazareth College this week. There's been some great improvement from all our team, a special mention to **Shayan** who has really improved his hitting power and was awarded with this week's Best on Court.

- Keiran Beasley

Senior C

Christian Brothers College proved too good for our **Senior C boys**, who had to travel in an away fixture with just the 6-players. The boys rallied hard all match though, closing the gap each set only narrowly losing the final set. **Junsei** was given Best on Court for his resilience and effort for the entire match.

- Matt Couzens

Middle A/Middle B

Our **Middle A boys** had a tough fixture against Nazareth at home, dropping all 3 sets in a difficult match to gain momentum against a strong outfit. Despite the loss, there were some really positive steps with some valuable rallies throughout the match.

Our **Middle B boys** team had a convincing win over Nazareth at home on Friday afternoon, beating the visitors 3 sets to 0 sets. There was some great serving and rallying throughout the match, all the team showed strong concentration to comfortably take the match.

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GIRLS VOLLEYBALL

Senior B Blue

The girls started off strong, taking the first set convincingly and putting up an intense fight in the second but ultimately fell short as the other team put up a strong opposition and managed to take the remainder of the game from us.

Cecile R stood out this game coming into it with lots of energy and effort until the last point.

- Sam Searston

Senior B Red

This was another solid win for the girls and was our best performance of the season to date. It was great to see the girls backing each other up and staying calm throughout the rallies, using all three shots to set up attacking play. Serving was solid with very few points given away. Our overhead hitting was a noticeable difference between the opposition and there were many examples where our players scrambled to recover and keep the ball in play, often ending up winning the point. Congratulations girls on an excellent team effort.

Alyssa H stood out for her serving and overhead hitting as well winning several points off her hits as well as her solid general play.

- Grant Fleming

Senior C

Our Senior C girls team came up against a tough opponent who managed to catch us off guard multiple times, they played consistently and managed to secure all 3 sets. There were some great rallies and plays, with communication and serves being the key to each point.

Mia L-M was awarded our Best on Court this week, Mia kept the team spirit up while also contributing to the team talk. Her serving put the opposition in tricky situations at times.

- An Viet Nguyen

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Middle A

NIHS Middle A versed their hardest competition yet, winning out after continuous nail-biting rallies against SHC 4. Both teams played exceptionally against each other and demonstrated their spiking abilities, however NIHS came out on top due to their collaboration as a team and their training with set positions and goals.

- Zoe Leppa

Middle B Blue

The girls showed dominance only barely losing the second set after clawing back from a ten-point deficit. The girls' enthusiasm and intensity were the deciding factor in their win over Mary Mackillop

Raizel good effort across all sets with some high quality, point winning digs and sets.

- Matt Couzens

Middle B Red

After some team reshuffling through the week, our Middle B Red team played their first match after being promoted from the Middle C competition. The girls travelled down to Mercedes to face off against the hosting school, and after not dropping a set in the first 3 matches, the girls unfortunately suffered their first defeat going down 2 sets to 1 set in a thriller.

Middle C Blue

Unfortunately, the girls went down in a tight 2-1 match against St Paul's. After a rocky start, we were able to claim a win in the last set. Despite the challenging match, the girls persisted and were able to get some good rallies between both teams.

Our best player of this match was Beth. She delivered a strong, all rounded performance across serving and receiving and helped to secure quite a few points for our team.

- Clair Lee & Gabriella Tan

Year 7B Blue

Our Year 7 Blue girls got a good win against Sacred Heart over the weekend, walking away with a 2 set to 1 set victory. Our Year 7 Blue girls have had a consistent year this year and was good to get a positive result over tough competition.

Year 7B Red

Our Year 7B Red girls got a convincing straight set win against Loreto College, showing a strong display through all sets. Next week our Year 7 Red team faces off against another Loreto team, hoping for a similar outcome!

Year 7C

The team did a great job throughout the game with a tough start losing the first set, then coming back to win the final two sets. Serving and receiving were some of the bests we've had so far, and practice has been paying off. Great win!

Chrisa was outstanding in the match with great serving throughout the game as well as good passes

- Ben Adler

GIRLS BASKETBALL

Year 8/9

No match this weekend

Year 7

The girls started well having a lead at quarter time, but due to only having 5 players the girls got tired and therefore the other team got over the top of us. The girls seemed to be having lots of fun despite losing. Their communication was very positive, and they all tried their hardest to try and win!

Catherine H's work rate to get up and down the court in offence and defence really stood out. She tried the whole game and created a lot of scoring opportunities for her and her teammate keeping us in the game for the first half.

- Polly Turner

TENNIS

Middle C Boys Blue

A perfect morning for tennis saw some great quality tennis with close games all round for our **Middle C Blue**. We had 2 players pull out so those who were there really stepped up, most playing 3 matches for our team to fill the gaps. All round a great performance from the group!!

Ruka was excellent again. Displaying some awesome tennis aswell as a great attitude that lead our team to victory. Well done Ruka!!

- Mr. Hopkins

Middle C Boys Red

Our Middle C Red team suffered their first loss of the season in a narrow loss against Scotch College, losing 4 sets to 5 sets.

Yagel put in another solid performance and showed resilience after losing a double to turn it around and win singles

Middle C Girls

Our Middle C girls kept on their winning way, picking up another nice win against Marryatville winning 4 sets to 2 sets. The girls will hopefully keep their winning streak alive against St. Paul's College

BADMINTON

Senior A/Senior B

Both our Senior A and Senior B teams got convincing wins over Marryatville in their away fixtures over the weekend. Our Senior A team walked away with a 6 set to 3 set victory, while our Senior B's got the straight set win, walking away with a 9 set to 0 set win.

Notable efforts for this weekend's matches were Finn and Thomas. Finn showed real calmness throughout a tense match and was able to make effective decisions when under pressure, while Thomas was able to apply some new techniques learnt throughout trainings into his match.

- Duangchai and An

Middle A/Middle B Red.

Our Middle A and Middle B Red teams both had emphatic wins against Marryatville over the weekend, with our Middle A team getting a 6 set to 3 set win, and our Middle B Red team winning 8 sets to 1 set in a great display of Norwood International badminton.

Rishaad was the best performer for our Middle B Red team, making life difficult for his opponent with some nicely placed shots.

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Middle B Blue/Year 7 Blue

Mixed results from our **Middle B Blue** and **Year 7 Blue** teams over the weekend, with our **Middle B Blue** team going down against Rostrevor in a close match, losing 4 sets to 5 sets in a quality display of badminton. Our **Year 7 Blue** team however were able to walk away with a 7 set to 2 set victory over Rostrevor in a strong display against the home team.

Year 7 Red

Our **Year 7 Red** got a comfortable win over Marryatville over the weekend, winning their match 7 sets to 2 sets. Another win on the board for our Year 7 Red kids and are looking for to a challenge against Saint Ignatius College at home.

KNOCK OUT SPORTS

Eastern Schools Netball Carnival – Friday, 6th November

On Friday 6th November, students from Years 7-10 attended the Eastern Schools Netball Carnival held against Morialta Secondary College. It was a great day out, weather was superb and the venue was fresh as we competed against Morialta and Marryatville to take home the trophy.

Each team played 4 games across the day, playing against both Morialta and Marryatville twice, being a warm day and our teams having to play back-to-back games means fatigue worked in quickly, but our teams persisted through the weather and the sunburn (despite plenty of sunscreen reminders) to push through the day.

Our Year 7's, coaches by **Miss Andre** had plenty of versatility. The players were great at adapting to different positions throughout the day and even playing out of position at time when the team needed it. We started off strong and but lost our way as the day went on, as weather and fatigue started to take over. Our best players were **Tanvi** and **Ivy** who were consistent performers through the day, while all girls played their roles and showed really strong moments throughout the day. A big thank you also the **Elkie W** who attended and helped umpire for all 6 games, after injury prevented her from playing.

Our Year 8's, coached by **Mia L**, **Gabrielle T** and **Ms McGrath** were our best performers on the day. The girls put up a strong fight on Friday with solid wins over Morialta, however close losses to Marryatville. The girls showed some good teamwork and determination throughout the day and gave their best in every game. Overall, a very impressive performance from this group with lots of potential to build on!

A special mention to **Maryam**, **Christabelle** and **Teodora** for their standout performances, but great contributions were made across the team.

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Our Year 9's, coached by **Scarlett P** displayed extreme levels of strength, perseverance, and teamwork on a day which would have beaten any other team. The girls battled against heat and tough competition but ultimately showed true NIHS values and pushed through to keep working together. Our best players would be **Sienna**, **Stella**, **Liv**, and **Lucinda**. These girls dealt with being placed in different positions and pushed through to play basically every single game. Despite unfortunate loses the girls kept their support and respect of each-other and the oppositions up which showed more than a winning score.

Next year the girls have the potential to come back better and I'm excited to see what could come of it

Thank you also to **Milla S** who umpired all day, most games having to control the court by herself. Her effort was greatly appreciated by the students, coaches and staff who attended the day!

Our Year 10's was coached by **Sienna C.** The girls battled extremely hard all day, despite not getting a win on the board against some very solid competition against Marryatville and Morialta, the girls kept a positive attitude and showed real determination to keep improving game after game. We are all adamant that if there was a 'Vibes Award' given to the most positive team, we would have won!

Another shout out to coach **Sienna C**, who not only coached the Year 10 team, but also at times had to umpire the court.

UPCOMING DATES

Friday 13th November – School Sport SA Triathlon Championship

Friday 11th December – Term 1, 2027 Sport Registrations Close