

# VOICE

04 EDITION 2022

## NEWSLETTER



Welcome to our fourth edition of our TAL newsletter, Voice, where we amplify the opinions, views and experiences of our brilliant young people. This edition of Voice has been taken over by our fabulous sports faculty! Our dedicated teachers and students express what sport means to them and how they thrive through the exceptional sporting offer that they receive at our school. As Principal I am incredibly proud of all our Sports faculty has achieved since our school has opened and have pledged my support in helping them to fulfil Mr Lisgo's dream of becoming the best P.E department in the country! At TAL our students have so many opportunities, so many sports to try and so many skills to develop through our programme. From rowing to cross country, from boxing to lacrosse, we encourage all our purple stars to try everything and to embrace a healthy lifestyle. I hope that you enjoy reading this jam packed issue!

## Kyro Gymnastics



My favourite sports I have tried since I started TAL are gymnastics and football. When I first started going to gymnastics at The Hub I could do lots of different things, like cartwheels, handstands, backflips and headstands. I went to gymnastics for 14 weeks and at the end I performed a front flip off the mini trampoline on to the mats and landed it on my feet. I was really proud of myself and my friends were really excited for me.

My favourite thing about TAL is that everyone is kind and I get lots so opportunities to play sport, so many I can't even count. Since I started at TAL I have attended football, gymnastics, boxing, table tennis, rugby and TAL cadets. I love sport because I can play with my friends and show off my skills. I get to practice my skills in lessons and at clubs, and my teachers give me confidence to play and try new things.

I always demonstrate our core values of Respect, Empathy, Honesty Respect and Responsibility in sport. I help people if they get hurt, and I show respect to the people I play against. I also get respect from my teachers. I want to be a footballer when I grow up, so I would love to play for the football team and win a trophy for TAL.



## Noor Girls' Badminton Captain and Voice Ambassador



I am captain of the Girls' Badminton team. This responsibility includes notifying other team members when there is a fixture, ensuring everyone has the correct kit and keeping my teammates highly motivated throughout matches. When you put on a TAL shirt, you are representing every student in the school. Every action in a TAL shirt gives others an image of who you are and who we are at TAL and gives you an opportunity to inspire others. My favourite thing about sport at TAL is the number of opportunities that are available. There are sports co-curricular clubs every day after school, sport involve clubs and lots of fixtures in lots of different sports.

I love all my PE lessons; Miss Elliot helps us to engage in every sport we are doing and plans activities that push us to our limits. In Badminton training Mr Withers helps us to improve our skills and teaches us about the sport and its rules. The teachers at TAL help me feel more confident in playing sport and have helped me find sports that I enjoy. I really enjoyed learning to tackle in my rugby lessons using the tackle bags and shields, it was so much fun. My PE lessons help me develop my technique and help me build speed, strength, and stamina. I always enjoy the warm-up activities we do. The three components of a warm-up are: pulse raiser, dynamic stretches, and a skill related activity. The whole class completes this in sync, which helps us build cooperation and communication skills. In Primary School, I didn't enjoy PE lessons and I didn't take part in sports clubs. However, since joining TAL in September, I have tried out more sports in PE and I have become passionate about Badminton since I started attending our co-curricular Badminton club every Friday. I have become more interested in my PE lessons and my PE teachers inspire me to work harder every day. I am also inspired by Hannah Cockroft. She is a wheelchair racer who suffered two cardiac arrests at birth. She inspires me because she does what she loves, no matter what others think about her and she has overcome barriers to be successful.

Sport teaches me to be empathetic by supporting my teammates and cheering them on. I show honesty through admitting a fault in a game or not showing bias when I referee. By shaking hands with my opponents and showing grace when I lose, I am respectful. I show responsibility by always having my kit for PE, training and fixtures. I want to represent TAL in as many fixtures as possible. I also want to try lots of sports and excel in them and compete to the highest possible level.

# VOICE NEWSLETTER

04 EDITION 2022

**Oliver** Boys' Football Captain  
and Boys Rugby



As the captain of the boys' 1st X1, what I do on and off the pitch is crucial. I model our core values of Honesty, Empathy, Respect and Responsibility to my peers, and aim to influence them on the pitch and in school. I play as a centre midfielder or a central attacking midfielder but I will play wherever I am needed to benefit the team. I am good at breaking up play and I am good at executing tactics and strategies. I feel a strong bond with my teachers and coaches, when they give me feedback and guidance to help me, I take it on board and utilise it in my game. I have also represented TAL in basketball and rugby. My most memorable moment in a TAL shirt so far was our first win, away at Dixons Trinity Chapeltown. We won 4-2 and it was a brilliant team performance. When I pull on a TAL shirt I always feel proud and excited, and there is always a feeling of responsibility.

At TAL, we have so many opportunities to play sport and we even get free football training in the evening with 1 Football Academy and Ebor Gardens. At TAL we get 5 hours of football training a week outside of school time, as well as lots of other sports. On Monday I attend football training at 5-6pm, on Tuesday I attend the rugby league Involve club, on Wednesday I attend the basketball Involve club, and on Thursday I have football training or usually a fixture. Outside of school I have been training with Kippax Juniors U13's. In our PE lessons we do a lot of deliberate practice to improve our skills as well as executing them in games.

My role models are Calvin Phillips and Jermaine Beckford as they have both taken Leeds United a very long way in football and they inspire me. I have been inspired by sport at TAL because my school teaches me how to stay motivated, push through and keep on going. Sport teaches me to show respect and responsibility, as a captain I need to keep my team in the game even if it isn't going our way. One of my goals at TAL is to lead the football team to a cup final and win lots of trophies.

**Talia** Girls' Football Captain, Girls'  
Rugby and Boys' Football

“



For school I play in midfield so I can direct my teammates and help them during matches. I like to play up front too. I also play for the girls' rugby team and the boys' football team. My favourite moment so far has to be winning the girls' football U12 quarter final by just an inch. The girls worked so hard until the last minute and didn't drop their heads despite being 2-0 down at half time. We won 3 - 2 after extra time. We also won the Leeds rugby indoor touch competition organised by Leeds Rhinos and won TAL's first ever trophy.

At TAL there are so many different opportunities for everyone and there are so many different clubs so it is really hard to pick what to do. I play football after school on a Monday, rugby league on Tuesday, Gymnastics at The Hub on Wednesday, football on Thursday and rugby league on Friday. Outside of school I do numerous clubs such as football and boxing most days of the week. Our PE lessons help keep our fitness up and help us to see what talents we really have. I feel happy that I know I can come into PE and know I will always be supported no matter what.

Sport at TAL teaches us many things such as being honest and also being respectful to all players. We always shake hands and demonstrate sportsmanship. At TAL, it doesn't matter who you are, you always get a chance to play sport and represent school. We have three boys' football teams and we have friendly football fixtures for girls to play who don't want to play competitively.

I look forward to achieving lots of things in my TAL sports career. I have lots of goals that I know TAL will help me to achieve such as being an excellent, kind and respectful footballer. I want to continue being the captain of the football team and lead us to the Leeds girls football finals every year.

[Read more ...](#)



## Ilda

Girls' Netball Captain, Girls' Rugby, Girls' Football

I am captain of the school netball team and I play centre. I am a confident player; I help and teach people how to play and when it comes to matches I am really competitive and supportive. I've also represented the football team, the rugby team and I'm in the hockey team. When I wear the TAL shirt, I feel like I am part of a sporting community that helps me to learn and feel valued in each PE lesson, every fixture and every co-curricular club I attend. My most memorable moment in a TAL shirt so far is playing in my first rugby match and scoring a try.

My favourite thing about sports at TAL is the opportunities. We have a number of clubs available every day from Monday to Friday. I attend 4-5 clubs in a regular week. On Monday I go to netball, Tuesday I go to rugby Involve, on Wednesday I stay after Involve playing hockey until 5.30 and on Friday I attend hockey. I also do lots of sports outside of school. I go to basketball on Thursday and I play football on Saturday.

I have been inspired by all the teachers at TAL and by all the opportunities that we have to play sport, including the opportunities to try new and different sports I haven't had the chance to try before, such as rugby and hockey. My PE lessons help me to develop as they teach me different skills and allow me to practice and get it perfect. I am supported by my PE teachers, when they see that I have made a mistake they support me and explain things clearly so I can get better. My favourite thing about my PE lessons is that professional players come in to teach us. Alex Barnes from Leeds Rhinos Women comes in and supports in our PE lessons, it is great to have accessible role models that have been successful in their sport. My role models are Michael Jordan, because his childhood story has inspired me and my Primary School teachers Mr Feather and Miss Pierre. They have inspired me in my netball career and they gave me an award for always demonstrating sportsmanship.

I always demonstrate sportsmanship and model our core values. If a player gets injured, I show empathy and kindness by helping them. I demonstrate honesty if I make a mistake or break a rule by accident. We always shake the other teams' hand at the end of the game to show respect, and I make sure I have the right kit and equipment for my PE lessons, fixtures and clubs.

“

**I am looking forward to achieving lots in a TAL shirt.**

**want to play lots more fixtures, represent more teams**

**and win trophies and medals.**

”



“

I play as a prop in the boys' rugby team. My role in the team is to tackle any opposition. My favourite moment in a TAL shirt was scoring my first try in a rugby match. I feel proud of being part of this school and every time I put on a TAL shirt I feel proud of myself.

We get lots of opportunities in sport and lots of fixtures. There are lots of clubs to choose from. I attend 5 extra-curricular clubs every week, which are rowing, rugby, boxing and badminton. In our PE lessons we do lots of repetition which helps us improve our skills and get better at sport. I have been inspired by my teammates and by the opposition; the schools I play against inspire me to get better. I am always respectful of the opposition on the field and off the field and I always demonstrate our core values when I play rugby.

There are a lot of wonderful men and women who inspire me every day to play sport but the three people that inspire me the most are; Francis Ngannou, Samuel Eto'o and Kruse Leeming. I want to play for Leeds Rhinos one day and I really enjoyed having two professional rugby players come in and deliver a session for us.

I want to be the best rugby captain in the history of TAL and to win the Sky Try 9's rugby competition.

## Khamarni Basketball

“



When I play basketball I am a power forward because I can execute lay ups and my shooting is accurate. I can score both 2 and 3 pointers. I am quite tall which makes me effective and I am good at protecting the ball. I also play for the school football team as a striker. I scored a brace in a football match which made me really proud of myself.

I like to play sports because it makes me feel better and keeps me calm. I also attend boxing because it teaches me discipline and helps me control myself. I love football and basketball and feel really proud to be able to play for school in my favourite sports.

At TAL, Mr Lisgo arranges lots of fixtures for us, so we get to show what we have learned in PE and execute our skills in a competitive situation. I have been inspired by all of the clubs and the fixtures we get, and I have tried out lots of clubs. My teachers and coaches help me feel like an athlete, they help me develop my skills and understand and implement different tactics. In PE, I learn new skills and rules that I didn't know about which helps me to play and understand different sports better.

“

**When I represent TAL I feel proud of myself and excited, because I don't know what I'm going to accomplish. I want to become the best basketballer and the best footballer in school. I want to be versatile so I am able to play in every position and continue to represent TAL.**

”

# VOICE NEWSLETTER

04 EDITION 2022

**Olivia** Girls' Rugby Captain,  
Girls' and Boys' Football



I am captain of the girls' rugby team. I add a safe supportive element to the team and I demonstrate sportsmanship towards everyone on the pitch. I reassure the team when needed. I have represented TAL in rugby and football. I am really proud to have led the team to Trinity Academy Leeds' first ever trophy in the Leeds Indoor Touch competition organised by Leeds Rhinos. It makes me feel a sense of pride to represent TAL because I get to be the best person I can be on and off the field.

I play for East Leeds Rugby Club outside of school and I attend lots of co-curricular clubs. On Monday I go to football, I go to rugby on Tuesday, I go to basketball on Wednesday, football again on Thursday and rugby again on Friday. My favourite thing about TAL is the variety of sports available to us here, and we get so much support during the activities. I feel like I can trust the staff teaching me because they put so much effort into teaching us to make us successful. Sport at TAL pushes me to my limits and teaches me core values such as having empathy for other players. I am looking forward to seeing how far sport at TAL can take me.

**Ellie** Girls' Rugby and Football



I play football and rugby for TAL. I am a winger for the football team and stand off for the rugby team. I am a leader on the pitch and talk to my teammates so they feel guided and supported. I am a good team player and I look for the best pass or play to help the team. My proudest moment so far was winning the quarter finals of the Leeds U12s Girls Football Cup. We were 2 – 0 down at half time but we were determined to win, so we scored two goals in the second half to take the game to extra time and then we won 3-2. Loads of teachers were on the sideline to watch and cheer us on, and everyone was overwhelmed by the result and performance. I play rugby for East Leeds outside of school and I play sports in the park with my friends. Sport is so important to me because it helps me relax and relieves stress and anxiety.

My idol is Rob Burrows because he was determined to play despite his illness. He didn't want special treatment when he found out he had a disease. Rob Burrows has had a really successful career playing for Leeds Rhinos, my favourite team. At TAL we have new facilities, and amazing support from the teachers. We have lots of clubs available. On Monday I go to football, on Tuesday I go to Athletics, on Wednesday I go to Basketball, on Thursday I play football and Friday is girls' rugby. We get to go to lots of tournaments and fixtures and trips to sporting events, like Man City Women and the Women's Euros. We are travelling down toward Liverpool to play a rugby match.



**I am proud to be a TAL student and represent TAL because we have strong teams and we are always encouraged to be respectful.**



[Read more ...](#)



I play Hockey, basketball and football at TAL outside of my lessons. Hockey is my favourite sport, I only started playing when I joined TAL so I am really grateful for the opportunity. My strengths are passing and attacking and I am also a good leader. I demonstrate good sportsmanship and I always encourage my teammates. It is important that we always demonstrate our core values so that the game is played fairly and everyone enjoys hockey. My role model in sport is Cristiano Ronaldo because he started from a young age and persisted with his career. His Dad told him 'this is how life is' but he never gave up and became a professional football player and is the best in the world.

I feel proud to represent TAL because I am representing a good and respectful school, as a captain it is my job to encourage other people in our team with their performances but also to uphold the good reputation of our school. I am also responsible for making sure we win. We have lots of clubs here. I attend football, basketball, hockey and badminton multiple times a week. Sport at TAL is always fair, the teachers make sure we all have lots of opportunities and everyone is treated equally. In my TAL career I hope to play in lots of fixtures and win lots of tournaments, as well as always being a great role model and leader for my peers.

## Milan

Athletics, Girls' Rugby and Girls' Football



My strongest discipline in Athletics is 100m sprint, this is what I am most looking forward to in athletics season. So far, I have played football, rugby and hockey for school. I play in midfield in both football and hockey. My goal is to keep the ball moving forward and to stop the opposition running through. My most memorable moments in a TAL shirt this year is getting into the semi-finals with the girls' football team and winning the touch rugby finals with the girls' rugby team, as these are both great achievements. I feel very lucky to be able to pull on a TAL shirt, it feels honourable. Many people will dream of the opportunities we are given and it reminds me not to take anything for granted.

My favourite thing about sports at TAL is the amount of amazing opportunities we get and the support we get from our teachers which will help us succeed even more. I attend eight extra-curricular clubs, two of which are Involve. On a Monday I attend Talent which is an invitational dance club, and I attend football at 5. On Tuesday I go to rugby, Wednesday I go to Burmantofts Amateur Boxing Club, on Thursday I attend LAPA (Leeds Academy of Performing Arts) and football, and on Friday I go to girls' rugby. I also attend football outside of school and I used to do athletics, cheer and dance, however because the school has such extensive co-curricular activities I attend them instead now.

I like my PE lessons at school because they help us to improve and develop new skills and techniques. We also learn more about the sport and the rules. My favourite thing about PE lessons is how we work on smaller skills that we can improve on. Our PE teachers and coaches help us a lot and make us into better athletes and people every day. The support they give us helps boost my confidence and makes me want to put my all into everything. Having the teachers support when training and playing also encourages me a lot.

At TAL, I have been inspired to try new sports and become a better person on the field. I demonstrate respect towards the other team and my teammates and always show sportsmanship. I know I am responsible for my own actions, and I demonstrate honesty by telling the referee if something happens on the pitch. If I see someone who needs help, I am always empathetic and ask if they are okay. I am also inspired by my role models in sport; Bukayo Saka and Neymar Jr. Whenever they face challenges they never give up and always come back stronger, that is what I aspire to be like. I look forward to reaching many more finals and wins with the teams, and hopefully I will be able to represent the academy in many more fixtures and events.

# VOICE NEWSLETTER

04 EDITION 2022

“

**Ellta** Cross Country, Girls' Rugby  
and Girls' Football



This year I qualified to represent Leeds at the Yorkshire Cross Country Championships. I ran with Clara, Reda and Maziar. I always put in maximum effort and cheer my teammates on at cross country. I also play for the football team, and I usually play centre-mid or striker, but I am quite versatile. When I play rugby I am supportive of my teammates and I congratulate them when they make big tackles. My favourite moments so far are representing Leeds in cross country, winning the quarter finals with the football team and winning the indoor touch rugby tournament and winning the schools' first ever trophy.

My Dad introduced me to running and Usain Bolt is one of my idols. My big brother introduced me to football. I am inspired by them and want to make them proud. Outside of school I attend both running and football clubs so I can keep improving in both areas. Attending TAL has inspired me and taught me it is never too late to find the right sport for you. You can always go and join a new club or try any sport. My favourite things about sport at TAL are the quality of PE lessons, the number of clubs, external clubs and coaches like 1 Football Academy and the number of fixtures we have. Our PE lessons teach us about exercise, let us try new sports and how to play them properly whilst learning the rules. My PE teachers and coaches support me and help me to develop a full understanding of what to do, and they help me until I get it right. I am proud to represent my school in lots of sports, it makes me feel confident in myself and my achievements. I want to become a great leader and captain of the girls' football team and be known by everyone as a great athlete who will achieve lots of success in the future.



[Read more ...](#)



I am confident in fielding, bowling and batting, and I can also wicket keep. The value that I add to my team is responsibility. To demonstrate this, I make sure I am in the right positions and make sure I am focused on what I need to do in order to help my team. This year I have represented TAL in a badminton fixture at The Grammar School at Leeds, it was phenomenal knowing I was chosen to play for my school, and I am looking forward to the cricket season starting. When we played against GSAL we all shone brightly, used our STEPS and tried our best.

My role models in sport are Miss Elliot, Mr Lisgo and Mr Withers; the staff that deliver sport at school. My other role model is Emma Raducanu. They have all worked hard to be successful in sport, and that encourages me. I feel supported by my PE teachers and coaches as they help us when we need it, and I am excited to learn new sports every half term. I am inspired by the amount of effort they put in for us to learn and improve. They also teach us to demonstrate our core values in sport which are Honesty, Empathy, Respect and Responsibility.

My favourite thing about sport at TAL is that no matter what you are doing, people always encourage you. As well as that, the number of opportunities we are given is incredible, there are lots so you can find your passion, for example football, hockey or even rugby. I have been inspired from day one. We have lots of fixtures too. Outside of school I attend a cricket club with a 'chance to shine' coach called Clare. She has taught us how to bowl and bat and fielding techniques such as the long barrier. When I wear the TAL shirt I feel proud to be a founding member of this school, and of what I am encouraged to do, and who I am encouraged to be by embodying our core values. I look forward to improving and achieving in my TAL sports career. I want to win games and be successful. However, I hope to be recognised not just for my talent, but for my personality and who I am and how I demonstrate our core values in sport.

## Fatoumata

 Rowing, Hockey and Basketball

I attend rowing on a Monday and I have represented school in a rowing competition. I also play in defence and midfield for the school hockey team and I play in the school basketball team. At TAL you can play sports after school 5 days a week and there are lots of opportunities. When I represent TAL I am committing to embodying our core values and sticking to our 100% absolutes. I am proud to represent TAL, I am most proud of scoring 10 points in one single basketball fixture this year.

My role model is Simone Biles because she is one of the most decorated gymnasts of all time, but she also teaches you what is important in life. Simone Biles prioritised her mental health over another Olympic medal, she teaches us that it is okay to not always be able to give 100% in sport. She has taught me to do my best but always make sure I am enjoying sport when I participate. Sport teaches me responsibility, you have to take responsibility for your own success and commit your free time to sport. You need to work hard and put in lots of effort but also, like Simone Biles did, know when to put yourself ahead of your sport.

In PE I have really enjoyed rugby and playing full contact. I am supported by my teachers; they help me to get better at different sports. Outside of school I attend ice skating as well as football and basketball. I think at the moment my favourite sport is hockey, I can attend two clubs a week. I am looking forward to representing TAL in lots of sports and continuing to improve.



“ I play for the hockey and netball teams, and I am incredibly excited for the launch of Lacrosse at TAL. I love sport because it keeps you healthy and fit and it is exciting to watch and play. When I walk on to the pitch to play a game I feel proud of myself and proud of my school.

I like netball because it relies on good teamwork, and everyone has their part to play in making the team successful. In hockey Miss Kay says we have to be aggressive on the pitch, and I like hockey because I can be strong and dominant and it is celebrated and will make me successful.

Since starting TAL I have definitely improved at sport, become more committed and now I have positive experiences of a wider range of sports. For example, before starting high school I didn't like hockey, netball, badminton or rugby and now I love playing them all.

“ **My role model is Mr Lisgo, because he has gone really far in his career and used to run for his country. He is also good at lots of sports and is very talented.** ”



[Read more...](#)



I competed in endurance events between 800 metres to 10,000 metres. As my career progressed, I specialised in the 3,000m Steeplechase. I was remarkably consistent in all my training which subsequently led to great success. I completed all the training that my teachers and coaches set for me. Each day I would run to the best of my ability, and I demonstrated commitment to my training for over a decade! No one workout, or week of workouts improved my performance dramatically, though the accumulative work over many months and years is what transformed me from a young man who ran for his school team into an international athlete. I have a near lifelong relationship with sport and physical activity. My dad was an amateur marathon runner and football referee whilst my mother played badminton weekly. I attended all their training sessions and games from a very young age and joined whenever they let me. Additionally, I took part in any other sporting opportunities that were offered to me. In primary school I played for all our sports teams and took part in swimming galas each weekend. I also played for Mansfield Colliery Welfare in both Football and Cricket. When I attended high school my Physical Education teacher challenged me to be the best I could possibly be. He taught me to accept responsibility for training with real purpose and becoming much more competitive.

- |                    |  |
|--------------------|--|
| <b>1996 - 1998</b> | <b>Mansfield Colliery Welfare Football and Cricket Club</b>          |
| <b>1998 - 2001</b> | <b>Notts County Football Club Centre for Excellence</b>              |
| <b>1998 - 2005</b> | <b>Mansfield Harriers Athletics Club</b>                             |
| <b>1998 - 2003</b> | <b>Mansfield District Schools Representative Squad - Football</b>    |
| <b>2003 - 2005</b> | <b>Nottinghamshire County Representative Squad - Football</b>        |
| <b>2003</b>        | <b>Scotland International Athletics Team - Under 20 Age Category</b> |
| <b>2005 - 2008</b> | <b>Leeds Metropolitan University Athletics Team</b>                  |
| <b>2005 - 2014</b> | <b>Leeds City Athletics Club</b>                                     |
| <b>2008 - 2011</b> | <b>Butler University, Indianapolis, USA - Athletics Scholarship</b>  |
| <b>2009 - 2014</b> | <b>Great Britain International Athletics Team - Senior Category</b>  |
| <b>2008 - 2014</b> | <b>Scotland International Athletics Team - Senior Category</b>       |

Sport has afforded me so many special moments. Personally I hold the British titles which were won as a team with Leeds City Athletics Club above all. Winning alongside my closest friends - who I trained with daily - was always special. We were an exceptionally dominate team who won many British titles. Outside of team accomplishments, representing my country was very special. Running in front of large crowds at the European Championships and Commonwealth Games are memories that will last forever.

I joined Mansfield Harriers Athletics Club when I was eleven years old. At the front of the training group which I joined was a young man who was four years older than me. His name was Ricky Soos. He went to a secondary school just like mine, his parents went to work just like mine, and he lived four streets away from me. He trained hard and occasionally I was allowed to join him for some of his training runs. In 2004, Ricky Soos became an Olympian running the 800m for Great Britain. Seeing someone from my club achieve something so extraordinary ignited a fire within me. I believe wholeheartedly that if you see something then you can be it. Ricky Soos is my rationale for why I believe so passionately about role models.

I am the Subject Coordinator for Physical Education at TAL. It is my responsibility to structure and strategically lead the sporting provision in the school. I ensure that all PE lessons at TAL enable students to achieve their personal best and that our co-curricular opportunities are far greater than any other school in Leeds. Sport has been the single most formative thing in my life. All my closest friends were met through sport, I obviously work in a sporting capacity and the experiences sport afforded me have been very transformative. Sport paid for the vast majority of my higher education. I was awarded scholarships to both of the universities I attended.

Without sport I would not have been able to travel extensively. I have run in Africa, Canada, the United States of America and numerous countries throughout Europe. During all these visits I experienced many rich cultural experiences as well as training and racing. Unfortunately, there are very few guarantees in sport. I always completed the training sessions my coaches asked of me and believed that my training plans were going to lead to great things. Though, that was not always the case. In fact in endurance sports like running there are typically more poor races than good ones. But the setbacks are what made my good days feel even better. Running taught me that a plan very rarely will go forward without any difficulty. I experienced many injuries throughout my career but every time I came back stronger. Endurance running is a great metaphor for life. Setbacks are inevitable but they should not prevent you from achieving your ultimate goals.

At TAL we value sport and physical activity for all. Establishing a healthy relationship with sport and physical activity can be life altering with regards to physical, mental and emotional health. Physically, regular exercise is important. It improves health and well-being in many ways. Additionally, every time exercise is undertaken your brain will emit a hormone which makes you feel really good. This is why I like to hold the door open for all our students at they leave the Sports Centre after their PE lessons. I can see the mental boost they have just received in their smiles.

Our core values at TAL were interweaved throughout my entire sporting career and now my teaching of PE. Supporting peers is how I best displayed empathy whilst I was competing and that is what we expect of our students. Demonstrating fair play - even in highly competitive situations - is a very honest trait some athletes possess. All TAL student-athletes will demonstrate fair play. Respect was applicable to many situations in my career. Though the relationship I had with my coaches stands out above anything else. I trusted them implicitly and followed their guidance. Taking responsibility for a performance, be it good or bad transformed my development thereafter. Accepting the reality as opposed to challenging it enables me and my coaches to improve our training plans going forward. TAL students may win or lose, but if they accept responsibility for their performance, they will always learn.

## Miss Elliot

P.E Teacher, Head of Year 7. Football.



As soon as I could walk I wanted to kick a ball. I always had a ball at my feet growing up. I joined my first competitive football team when I was 11, but I couldn't play fixtures for them because it was an under 14 team and I was too young. My Mum started driving me further afield to join a team I could play matches for and not long after that I was sent on academy trials. I was selected to play for North Yorkshire Girls' Centre of Excellence and travelled around the country playing teams like Arsenal, Everton, Leeds United and Newcastle United. My Mum had to drive me to York every Tuesday and Thursday for training, and again for matches at the weekend. I had player appraisals with my Mum present, sessions on diet and lifestyle and intense training sessions but the element of enjoyment started to disappear.

My love for football had dwindled and after completing a season there I decided it wasn't for me. I continued playing grassroots football right up to University, scoring 47 goals in 14 games, 48 goals in 15 games and 43 goals in 13 games in my best seasons. I played football for Leeds Beckett University for three years, representing the third, second and first teams in my time there. I once scored 7 goals in a game against Hull University and played against England U23 players in the national cup with the first team. In my final year we won the league and the cup. I played for the women's futsal team and enjoyed winning the league and reaching the national British University Championships semi-finals with them. From there I was invited to trial for Bradford City and was successful, playing in the Women's Premier League which at the time was the third tier of Women's football in the UK.

My favourite memory with Bradford would either be beating Leeds Ladies in the county cup final or scoring a hattrick in a 5-0 win over Crystal Palace in the semi-final of a national cup. We also played league games at some impressive grounds, including Ewood Park, Blackburn Rovers' home ground. Getting ready for the game, I sat in the away dressing room in awe, knowing that my favourite Manchester United players and footballing heroes Cristiano Ronaldo, Wayne Rooney, David Beckham, Ryan Giggs and so on had sat there before me and had played on the very same pitch. I was starting for Bradford's first team when I made the decision to spend some time working abroad and see a bit of the world, so I spent two years out of football whilst I worked on cruise ships. Upon my return I taught in London for three years and whilst there was offered a reserve contract with Championship side Charlton Athletic. I trained with them for 6 weeks, however, the schedule was too intense alongside my teaching career, which will always take priority, so I turned it down. I have recently played for Harrogate Town before being approached again by Bradford City and completing a mid-season transfer. When at Harrogate Town we reached the third round of the FA cup which is another proud moment in my footballing career. I currently play for Bradford City in the 4th tier of Women's football and I am looking forward to continuing to train hard and work hard to ensure I have a place in the squad again next season.

Football is my biggest passion, but I also love other sports and just being physically active. I played in a recreational netball league when completing my teacher training and during lockdown I developed a liking for 5k runs. I love that sport encourages you to compete against yourself, not just others, and I used to love going out running desperate to beat my time on my previous run. I am a trained FlowRider instructor (a FlowRider is a surf simulator, with fast powerful water that creates a current you can use similarly to a wave) and I am a competent surfer and body boarder on the FlowRider. I play table tennis a lot and I also enjoy badminton as a social activity.

When I was growing up all my role models in sport were men, because women's sport was not as publicised when I was younger. I have loved watching women's sport grow and seeing talented athletes shine brighter on the global sporting stage. I am inspired by Nadia Nadim, a professional footballer who is also a doctor! Nadim speaks 11 languages fluently and had to flee her native country, Afghanistan, to seek refuge in Denmark. Her story is truly incredible and her success evidences her dedication to football, medicine, and to being a good person who makes the world a better place. I also think Marcus Rashford is a wonderful role model for young people. He is guided by a very strong moral compass and uses his platform to fight for vulnerable young people all over the UK.

## Miss Elliot

P.E Teacher, Head of Year 7. Football.

Sport has taught me many things and has shaped my own core values, which influence my high standards and expectations for everyone who represents TAL in different sports. I always demonstrate our core values of Honesty, Empathy, Respect and Responsibility. Sport is also incredibly inclusive, there are opportunities for absolutely everyone and I am positive that each individual has a sporting niche, you just need to try out lots of sports to find it! It is so important that our students make the most of the extensive clubs and opportunities on offer here so that any hidden talents can be discovered.

I feel privileged to teach PE at TAL. We have wonderful facilities and a talented group of students who absolutely love sport. Mr Lisgo has developed many partnerships with local organisations to ensure we are able to provide the best opportunities for our students and I am incredibly proud to be able to contribute to the high quality delivery of a wide range of sports. Being a positive role model is crucial and I hope throughout my career I can support every single one of my students to find their passion within sport, enhance their skills and competencies and develop a lifelong love of sport.

## Mr Withers

Student Liaison Officer,  
Extra Curricular Coach. Cricket.

“



In 2005, a gripping fever swept the nation, infecting millions. I, as a 10-year-old caught the bug. The symptoms: tension, joy, fascination, agony, and ecstasy. It was known as Ashes Fever. Cricket has been played in England since the 18th century with varying success for the England team. During the summer of 2005, England played against Australia in the Ashes. A 5 Test match series with each match lasting 5 days in the ultimate battle of skill, tactics, and mental strength. The series ebbed and flowed: Australia winning, England fighting back dramatically, close draws and on a sunny day in September, for the first time in 18 years England won the Ashes. It will go down in history as one of the greatest series in test cricket history and I was able to witness it all. I was hooked.

I began playing cricket at home with my two brothers, we were all extremely competitive, but I wanted to be the best. I am what is known as an all-rounder, able to both bat and bowl. I would practice at school during the day and at my cricket club during the evenings. My extensive commitment to training enabled me to play for my club, school, and county side. I was fortunate to represent Shropshire, my home county, on many occasions playing against major counties such as Yorkshire, Sussex, Warwickshire, and even against the Netherlands! As I got older, I started to play fixtures in adult cricket leagues playing all day Saturday then junior fixtures on a Sunday squeezing in homework and revision in between games or on journeys to fixtures.

When I reached university, I made sure to pack my cricket bag as I knew this would be a fantastic way to meet like-minded people in a brand-new environment. I joined the Leeds Trinity University Lions Cricket Club and made lots of new friends, of which I am still friends with today, and joined a local team called Ben Rhydding. The friendships and experiences I have had through cricket will remain with me for a lifetime.

Sport and cricket have provided me with life-changing opportunities. During my Undergraduate degree, I took the opportunity to work with the charity Cricket Without Boundaries in Cameroon, delivering cricket coaching sessions and raising awareness about HIV/AIDS. I taught over 2500 children and 50 members of staff in two weeks. I met the Cameroon national cricket team and football legend Roger Milla (Google him!) during my time there. Witnessing the power of sport and the impact it had on the communities in Cameroon became my inspiration to pursue a career in teaching. Back in the UK, I began coaching cricket with the Ryan Sidebottom Academy in Leeds, working with aspirational young people who wanted to play professionally.

[Read more...](#)

## Mr Withers

Student Liaison Officer,  
Extra Curricular Coach. Cricket.

At Trinity Academy Leeds I am heavily involved in sport. I run the badminton club and cricket club and assist with the rowing and football clubs. I have supported students at Dance, X-Country and Rugby. Supporting students outside of the classroom is something that I am passionate about as I want my own positive experiences of sport to positively inspire the lives of the pupils at TAL. I still play cricket every Saturday during the summer for Methley Cricket Club 1st XI, in the Bradford League. I also enjoy playing golf and walking with my dog, Oscar.

Cricket is for everyone. TAL's core values are an integral part of the game. Empathy – Cricketers around the world have all experienced the feelings of being out first ball or dropping a catch. When this happens to our teammates or opponents, we do not gloat or shame them, we empathise as next time we play this could be us. Honesty – Sometimes umpires do not make the right decisions and it is imperative that we are honest with ourselves and other players. Respect – Cricket is a global game played by over a billion people. We respect the players' background and cultures. We are respectful to the officials and those who keep cricket grounds around the world going. Responsibility – Cricket is a funny game in the sense of it is a team game played by individuals. When bowling, you are responsible for the delivery of that ball. You must make sure you deliver it effectively to support your team. We are responsible as individuals to improve and to work harder to achieve what we want.

Now is an amazing time to join the TAL Cricket Academy. We are going to champion this sport in school through your PE lessons, INVOLVE and extracurricular clubs. My aim is to make TAL the number one state school for cricket in Leeds and nationally. By working in partnership with the Yorkshire County Cricket Club we will provide expert coaching and opportunities that no other student in Leeds will receive.

## Ms Goult

Subject Coordinator for Humanities.  
Netballer, Runner



Throughout school and as an adult I played netball for the school team, graduating to Norton Ladies in Stoke-on-Trent and then for several years Britannia Royals netball club in north London. Defence always appealed to me as I have always had a height advantage over other players, even as a child, but I also love the tactics associated with creating a strong defensive team. I usually play GK or GD. I enjoy the camaraderie and competition which comes with playing and the supportive nature of playing on a women's team.

While I played netball throughout childhood and kept it up as an adult, since I was 22, after entering a half marathon for charity, I have become a runner. In London I ran for Victoria Park Harriers and in Leeds I run for Chapel Allerton Runners. I enter local races with the running club, and as an individual.

My most memorable moments generally come back to netball teams winning their division or league. On one occasion it came down to goal difference; there was so much tension waiting for the umpire to come back and confirm that we had won, then to experience the joy and celebration of the victory after such a tough match and season was phenomenal. More recently, despite not being the sort of runner who would win a race or an award, training to run a half marathon in a particular time. Also, being the only runner to represent my club at the National Cross Country in London was a huge personal achievement, as it was something of which I never would have believed myself capable of a few years ago.

## Ms Goult

Subject Coordinator for Humanities.  
Netballer, Runner

My role model is a professional woman's footballer called Sasha Kelly. She is also a PE teacher and I was lucky enough to work with her for several years. She is someone who inspires me as she was born with a disability, but has overcome this in order to not only be a teacher, but also to be a successful athlete. She is currently injured, but is still working and coaching in order to contribute to her sport and the wider community. To me, she is someone who embodies TAL Core Values, and never makes excuses or lets obstacles get in her way in order to achieve her goals. In the wider community, as well as being a member of Chapel Allerton Runners, I am also involved with local Park Run events. Park Run is a charity which organised timed, 5k runs across the country (and even the world) at 9am every Saturday morning. Our closest ones to TAL are at Potternewton Park and Roundhay Park. They are for everyone – lots of people come and walk. There are also volunteering opportunities every week.

It's interesting that I am not someone who has competed at an elite level, or even been noted as particularly talented at any sport, but that sport has had a huge impact on my life because it is an inextricable part of who I am and what I do. While I no longer play netball regularly, I run several times a week (either solo or with the running club), Park Run is part of every weekend and I work with a personal trainer, and therefore sport forms an important part of my identity. Sport has taught me to manage challenging times, but also that hard work pays off, and that setting challenging, but achievable, personal goals, then creating a strategy to work towards them, is not only worthwhile, but also deeply satisfying. Training for an event, then beating a personal best time, whatever that time may be, shows that hard work is valuable and pays off.

Sport is so important because, as well as the physical benefits, it teaches us so much. It helps us to manage difficult emotions through the release of endorphins and the mindfulness of engaging with physical activity, it also teaches us resilience. The thing that I love so much about running, for example, is that you don't have to be good at it to start with, you just have to do it and follow a plan, and your fitness will improve and you will become stronger and faster. Sport is about TAL Core Values, you cannot be a true sportsperson without demonstrating honesty, empathy, respect and responsibility; to yourself, to your teammates and, by engaging with sport, to the local, national and global community. It's never too late to take up a sport. I took up running as an adult, and have got so much out of it, even though I never did it as a child. There is so much to be found, not only in the joy of doing sport, but also in the clubs, communities and societies that surround it.

## Señorita Woodcock

Subject Coordinator Languages. Dance,  
Swimming.

I started dancing at the age of four and attended weekly dance classes, which I continued until my early adulthood. I took lessons in a range of styles, including tap, modern, jazz and acro. My biggest passion was tap dancing as I loved the quick rhythms, technical precision and using my feet as an instrument. I took several dance exams throughout my childhood and performed in annual dance shows, which provided me with the opportunity to dance on stage in a theatre, which was a fantastic experience!

On my fifth birthday I had my first swimming lesson and instantly fell in love with it! I swam regularly until my late teens and competed in swimming galas and competitions both locally and nationally with my swim teams (Retford Swimming Club and Bassetlaw Swim Squad). My strongest event was the 50 metres breaststroke.

## Señorita Woodcock

Subject Coordinator Languages. Dance, Swimming.

Sport has always been present in my life. It was a big part of my childhood as me and my two brothers were always participating in some sort of physical activity! I think I probably attended a swimming competition most Saturday evenings for many, many years! I still attend 'commercial' dance classes at a local dance school on Wednesday evenings. I hope to attend more dance classes in the future – I would love to try Irish dancing one day! Sport and physical activity is not only vitally important for our physical health and keeping fit, it's also really important for our mental health, too. Studies show that physical activity has a positive impact on our mood and I know I definitely feel better when I have done some sport or been to the gym!

Being involved in sporting activities has taught me valuable lessons about resilience (not giving up when it gets tough), commitment and most importantly, dedicating time to doing things that you love. Sport also teaches you core values like ours at TAL. Empathy: Working together with team mates, learning to understand and effectively communicate with each other. Supporting others to succeed. Performing on stage also encourages you to be empathetic towards the audience – ensuring you perform how will they be feeling during the performance. Honesty: Speaking up and asking for help if you are struggling or unsure of something. Respect: Always treat other team members and coaches with respect. Listen to them, follow their guidance to help you improve and succeed. Responsibility: Being on time to practice, taking responsibility to train, practice and rehearse to the best of your ability. Taking responsibility for organising your own kit and costumes (including washing your dirty kit when you're tired after training!) and ensuring that you have everything you need, when you need it.

I am inspired by my older brother who, when we were younger, would get up extraordinarily early to attend swim training for an hour and a half BEFORE school! He competed at national championships and was the captain of his swimming team at the University of Sheffield. He has also completed several marathons, which I am really inspired by as I think it requires a huge amount of stamina, dedication and resilience to run 26.2 miles!

## Mrs Stowell

English Teacher. Gymnastics, Race walking

“



I always loved sport and was competitive. I remember taking part in gymnastics at the age of eight and I continued this, competing in paired gymnastics when I was around eleven. I choreographed the floor routine to my chosen music, and it felt great to know that my personality was shining through when I took to the floor with the judges watching. At a similar time to this I was entered into my school's athletics competition for the race walk. I was happy with my gymnastics but took part to help the school to win. I won my race and after that I was hooked. I had an amazing training group, and we all inspired each other to work hard when completing circuits, track work and when competing. I raced for Wales in Switzerland and was invited to be part of the international team for Great Britain. Alongside strong friendships I also grew the ability to be resilient, motivated and determined.

I trained and raced side by side with the completion of my GCSE's and A-Level's and had to know how to finely balance priority so I could be the best at everything that I was taking part in. I have fond memories of the sport I was involved with and because of this I have continued to be aware of how important it is to be healthy and physically fit. A few years ago, I set myself the challenge of completing a half marathon and enjoyed competing against myself to gain a time I was happy with. I foresee completing a triathlon at some point in my future.

## Ms Kay

Humanities Teacher. Hockey, Lacrosse



Sport has always played a huge part in my life, and I have been very fortunate to have lots of opportunities to play a wide variety of sports, both competitively and recreationally and would encourage any budding athlete to ensure that they get variety in their sporting diet as that is how you will improve your overall athleticism. I have never been committed to one position in either sport. I have been lucky to train with coaches and teams who believed in ensuring that the team was at the heart of everything we did in training and in games. I have always strived to be able to play any position on the pitch so that the team has flexibility in substitutions. I enjoy playing all positions, but I think my natural playing style in both hockey and lacrosse is a high defense player. I enjoy moving the ball around the pitch and creating opportunities through reading and controlling the game.

As a child and a teenager sport dominated my life (in a good way). I was always training or playing sports. As an adult I have had to find a better balance and now sport has become a relaxing activity away from my job and studying. I really enjoy training and playing sport today as when I am playing, I have to focus on my game and nothing else. My most memorable moment in sport was helping organize a volleyball and football tournament whilst working in Rwanda. This was a great and memorable moment when we brought people from across the world together with sport. I think it is a memorable moment due to the number of people who were getting involved and participating. It was the best display of values that I have seen on and off the court and pitch; everyone who participated wanted to be involved. They always demonstrated respect and kindness.

Values are everything in sport and our core values lend themselves nicely to being the best sports person you can be. On the pitch you need to embody all of our core values of empathy, honesty, respect and responsibility as they are all important aspects of ensuring that you are a successful athlete but also just a good person.

Sport has taught me invaluable lessons. As someone who was always involved in a sport after school it taught me how to time manage. My schedule was always so full with sporting fixture from a young age that time management became critical; especially when I was studying for my public exams and playing hockey seven times per week! Sport has also taught me the value of hard work and resilience. I would say that I am not naturally a talented sports person; I have had to work hard to gain skill and to improve my fitness. At times the easier option for me would have been to back down and not be as involved in sport but I loved it and wanted to do well so worked and trained very hard to be a better athlete.

My teammates have been the people who have inspired me the most. I love being part of a team and I have always taken my inspiration from them. There will always be someone on the pitch who can do something a little bit better than you and I have always used that person as the marker for success by asking how could I be as good as them? The answer has always been to work harder! Hard work and a good attitude will always pay off. If you don't have a good work ethic or a good attitude no one will want to be on your team.

Active lifestyles are very important for your physical and mental health. I think most people's physical and mental health have been adversely impacted by the C19 pandemic and sport and physical activity, I think should be at the heart of our TAL community building back better after the last two years.

As well as being a spectator at many a TAL fixture I also coach hockey during our INVOLVE co-curricular session as well as coaching on a Wednesday and Friday. In the next year I hope to do more.

# VOICE NEWSLETTER

04 EDITION 2022

## Mr Harrison SENDCO. Runner.



When I was younger I played a lot of football. This taught me the importance of showing respect to my teammates and coaches and about taking responsibility for my successes and failures on the pitch. It also taught me to show empathy to my coaches who gave up every Wednesday evening and every Sunday afternoon of their free time every week so that we could have a football team. I would love to see one of those coaches now and tell them just how much I appreciate everything they did for us. Now I run my son's under 7 football team in the local village where I live as I think it's important to help out your local community however you can. Also, it gives me a chance to still be involved in football now that I don't have the chance to play so much.

As I have got older, I have played much less football but instead have started doing a lot of running. I like to run longer distances. 10k used to be my favourite but now I like to run longer distances and hope in July to run 100 miles in one day! I love long distance running because to be good at it you don't need to learn any particular skill, you just need to work really hard and be incredibly determined. This has taught me the importance of responsibility more than anything else. I know that what I put in is what I get out. If I train lots, eat the right food and go out for runs when I should, then I will get quicker and do better when I take part in races. If I get a bit lazy and don't train hard enough, I will get slower. If I run slow in a race, I know it is down to no-one else but me. On the other hand, if I run fast in a race, I know it is entirely down to my hard work and nothing to do with what anyone else has done or any luck. This teaches me honesty too. If I don't achieve my best in a race, I can't blame it on the referee or the opposition or something else. I must be honest and say that every success or failure is down to me.

Most of the races I take part in have at least 100 people in them and some of them have as many as 1000. I have had a few top 10 finishes in them, but I don't mind how many people I beat or how many beat me so long as I know that when I start a race, I have done everything I possibly can to prepare for it properly. Most of the time doing the race is the easy bit. It's fun and there're loads of people cheering you on. The tough bit is on a Saturday morning at 6am or on a Sunday night in January when it's raining and I would much rather be sat inside or in bed but instead I know that staying inside won't help me get better at running. I know that you have to do the boring and uncomfortable bits sometimes so that you can get the rewards of the races!

## Miss Heath

Curriculum Tutor for Dance. Dance and Cheerleading.



Walking past my local community center at the age of thirteen, for a long time I noticed there were banners and signs 'IDTA STREET DANCE HERE', but I hadn't researched or thought of the idea of dancing, as it was not a provision in my primary or secondary education.

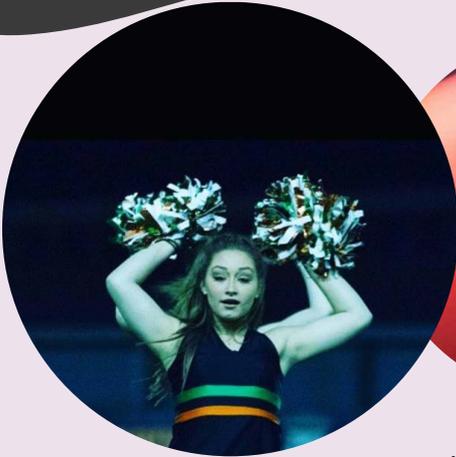
2008 – George Sampson won Britain's Got Talent at the age of 14. My dream wasn't out of reach, we were of similar ages, why couldn't I do what he is doing?

2009 – Diversity won Britain's Got Talent. All I remember thinking was that I needed to do what they were doing, so I would practice in my bedroom. It was the best thing I'd ever seen.

[Read more ...](#)

## Miss Heath

Curriculum Tutor for Dance. Dance and Cheerleading.



My passion grew after being taken to the cinema. Street Dance 3D came out and my mother took me to see the most amazing, breathtaking and world changing performance. I was hooked. After buying the DVD, I copied every single dance from the film and after running out of things to do, YouTube began, meaning I had the world at my fingertips. I copied every style, every movement and every music video. I finally took up the chance to go to my community center, 15 years later, they are still my family, my friends and my whole world.

I studied International Dance Teacher Awards (IDTA) in Freestyle, Street dance, Contemporary and Rock and Roll, and after 5 short years of competing, working my way up from nothing, to top 20, top 10, top 5 ..... I won Street dance Medalist of the Year – My proudest moment to date. Sports has changed everything. I had to be healthy, eat the right food, train harder and for longer, nail the hardest moves and push myself to my limits. I had a hunger and a drive to be the best I could be. I remember the day Leeds Rhinos came to my high school. I had the opportunity to audition to be a Leeds Rhinos Cheerleader and perform every night in the stadium. After being successful, I trained for the Rhino for several years before transferring to seniors at 18 and moving to Hunslet Hawks at 20. My school gave me that opportunity.

Having your goals set in your mind, holding yourself to the high standards you know you can achieve is powerful. TAL teaches that successful mindset, not how to win, but the skills, knowledge, determination, drive and focus that will get you there. Greatness comes from hard work. Sports allow you to breathe, speak, move, have freedom, whilst keeping your body happy and healthy.

## Take a look at our gallery



# VOICE NEWSLETTER

04 EDITION 2022



# VOICE NEWSLETTER

04 EDITION 2022



# VOICE NEWSLETTER

04 EDITION 2022



## Thank you for reading our TAL Newsletter!

It means a lot for us to share our founding member's voices and all the incredible things they are achieving at TAL.

### Follow us for more!



@TrinityAcademyL



@TrinityAcademyL



@trinityacademyl

[leeds.trinitymat.org](https://leeds.trinitymat.org)

