



BISC Lincoln Park Athletics Newsletter | January 2017



Welcome to 2017!

I would like to thank all the coaches, staff, and parent volunteers for their continual work and support throughout the term. With super achievements from all of our students and the incredible efforts of staff the winter term has been a hive of activity. With the spring term just beginning, my team and I would like to proudly present our first termly newsletter for all families in our community to keep up with the latest in our athletics department. As the year goes by, we'll share what our students are achieving and developing in mind and body. Looking forward to all of our successes together and wishing all BISC Lincoln Park families a happy new year!

Amy Donaldson-Davidson
BISC Lincoln Park's Athletic Director

Sporting Achievement Shout Outs!

- Congratulations to all the children who performed in *The Nutcracker*
- Shout out to all 80 students who passed their Taekwondo test and got their belt promotion
- Year 1 Pumas Lachlan for his ice hockey achievement in teams above his age group
- Year 3 Parrots Paige for winning a gymnastic competition (longest held handstand at over 9 minutes!)
- Year 3 Caimans Henry and Rishi's Lacrosse commitment
- Year 5 Walruses Sanya for her ice hockey team

Have a shout out? Send to Ms. Donaldson-Davidson. For more successes visit, our [Athletics](#) pages.



Clubs



Year 5&6 Multi-Sports Club

Year 5&6 have enjoyed an array of sports this term. One particular favorite was going to Stanton Park for Baseball and Kickball games. We also learned new sports including volleyball, cricket (Raoul's favorite), netball, and table tennis. There were lots of great moments, and the most memorable of the season was Famke in Year 5's awesome slide onto the 3rd base!

Miss Davidson

Year 1&2 Multi-Sports Club.

This term, the children have had fun developing fundamental skills for a range of sports. We have been working on our dribbling, passing, running and shooting in soccer, and our dribbling, catching, passing and shooting in basketball. The children have also been enthusiastic about some of the warm-up games we have played, such as 'Captain Says' and 'Rats and Rabbits'.

Mr. Fenlon

Fencing Club

'Fencing teaches respect, self-control, good sportsmanship, and teamwork.'

- Tsanko Hantov Fencing Head Coach

Tsanko Hantov is a 2000 Olympic Games competitor, a Bronze medalist at the 2001 World Championship (England) in the Modern Pentathlon, and a National Senior Champion in 1998. Tsanko has coached fencing for more than ten years and has extensive experience training fencers at all levels. Fencing is taught at BISC Lincoln Park by Tsanko Hantov and Windy City Fencing coaches. The classes provide a great introduction to fencing and a forum for more advanced training. The coaches make the class fun as well as educational. windycityfencing.com

Rugby

We have had an excellent start to the season in rugby club with unseasonably warm weather extending the clubs ability to train outdoors well into the fall. The club has grown since the beginning of the year and now has members from Years 3 to Year 6, eagerly developing their rugby playing skills. Since the weather has turned colder, the club has moved inside and is working hard on fitness, passing, and game situations to be fully prepared for the second half of the season.

Mr. Gill

Cheerleading

The children in the BISC Lincoln Park cheerleading team have made a truly fantastic start to the school year! They have worked both determinedly and enthusiastically to learn a range of exciting new skills including stunts, tumbles, dances, and cheers, even starting to put all of their new skills together into routines which can be performed throughout the year.

We have been so impressed with the dedication and engagement from all of the team, but certainly have a few cheerleaders who have really stood out for their passion and commitment each and every week. Olivia Manson in Year 6 has continued to attend cheerleading club throughout this term even while being unable to train due to an injury. Still, she has been instrumental in helping other children learn new skills and perfect their technique. Our two 'athletes of the term' from the first half-term were Nicole Land (Year 4) and Hanna Bilgin (Y6) for their wonderful work ethic and eagerness to learn new skills and constant support for others. Well done to all cheerleaders who also achieved their attendance award for fully committing to all cheerleading practices. We are very proud of you all!

Miss Quiliggotti and Miss Penner



Cross Country Club

'Cross-Country is a fun opportunity to challenge yourself and become faster, strong and healthier!'

- Victor Year 6

The new popular Cross-Country Club has seen students run at Stanton Park throughout the term with students from Years 3 to Year 6. Students have beaten personal best times with Victor in Year 6 holding the school's record time of 9 minutes 34 seconds for 6 laps. Cross Country will return in the summer.

Miss Davidson

'It was a privilege and honor to start the 2016 running club at the British International School, Lincoln park. It amazing to see the kid's improvement unfold over the past few months.'

With hard work and perseverance, the children have slowly worked their way up to seven laps around the park.

Running is a great way to improve your health and fitness. I look forward to the summer term and entering a few competitions.'

- Marie Ansu, Cross-Country Coach



Taekwondo Club

The Taekwondo Club at the BISC Lincoln Park campus has taken off to a great start! With almost 80 students enrolled at the club, ages 4 and up, the young Taekwondo pupils are showing great determination and desire to improve in the Korean Martial art! Lead by Master/Coach Krasimir Rusev 4th Degree Black Belt, all of our children have been preparing for their first belt grading and testing of the school year, working and mastering various techniques such as basic and advanced blocks, strikes, kicking combinations and self-defense moves and basic sparring skills!

All of the kids looked forward to their belt promotion which took place in the second week of December, especially at the moment where they broke real boards, which tested their mental strength and spirit!

We hope to continue with the positive attitude and development that Olympics Taekwondo deliveries to our young students at the BISC Lincoln Park!"

Master/Coach Krasimir Rusev

Soccer

Year 3&4 soccer club has been focusing on different roles on the team. Most children are understanding the different key positions and how individual players have different roles. We have also been working on our passing technique as well as communication on the field.

Mr. Gill and Mr. Gregory

New Clubs!

Lacrosse – Year 5&6 Tuesdays, Year 3&4 Wednesdays
Ski Club – Year 5 Wednesday afternoon

Basketball Tryouts

Thank you and well done to all the students that came along to Basketball Tryouts! This year the Year 5&6 Basketball tryouts had a record number of students turn out for the team. The quality of the turnout made it a tough decision for the coaches, therefore a development session that train alongside the team will training next term as well. Training: Year 5+6 boys and girls team training Monday morning 7:15 a.m. and Team and development session on Wednesday morning 7:15 a.m.

Chicago Marathon

Congratulations to all the staff that raised money for Lurie Children's Hospital running the Chicago Marathon
'Running my first marathon was the toughest most physical challenge I have ever faced. However, I feel immensely proud not only to have gained such a great personal achievement, but to have raised such a fantastic amount of money for Lurie Children's Hospital thanks to the generosity of the children, parents and staff of BISC Lincoln Park. Race day is an experience that I will never forget! The spectators who cheered, made signs and offered words of encouragement were a truly amazing support, and did not make me want to give up.'

(cont'd) When you run 26.2 miles, you expect your body to experience pains and twinges, but the most challenging aspect was keeping a positive mental attitude and believing in myself that I could do it. Reaching the finishing line and celebrating with fellow runners was exhilarating- as was wearing the anticipated medal around my neck - this made all those months of committed training really worthwhile! If anything, the most valuable thing I have gained from this experience is that if I put my mind to it, I can achieve anything!

Mr. Johnston

All Blacks Rugby training session

In November, members and coaches of the school rugby club had the pleasure of meeting and training with some of the New Zealand All Black rugby team for the Autumn Series. Players from Reception through Year 6 ran drills and enjoyed a match with players including Jerome Kaino, Ryan Crotty, and Damian Mckenzie. This was a fantastic opportunity brought to the school by club links with the Chicago Wapiti RFC and Illinois Rugby who we will continue to work with to develop our players and club.



Let's Step Up in 2017!

1 building. 80 floors. 1600 steps. And 10,000 ways to support the Children's Hospital of Chicago.

This year, our campus is stepping up and stepping out on our own as Team BISC Lincoln Park Steps-a-Lot, and our houses will be leading the fundraising efforts to meet our goal of \$10,000. Our house captains will lead the cause, and we'll need everyone - staff and families alike - to step up and support the patients and families at the Ann and Robert H. Lurie's Children's Hospital of Chicago.

Read More about the 20th Annual Step Up for Kids Event |
Register at luriechildrens.org/stepup