



Achievement



BISC Lincoln Park Athletics Newsletter | May 2017



Spring Forward!

The Spring term was another busy and exciting time for Athletics. Welcoming some firsts with BISC Lincoln Park Year 5 Ski Club and a Year 6 ski trip, both tremendously enjoyed by students and staff. With the school sports year in full flow, there was a record numbers of children participating in our various sports coaching and extracurricular clubs. Athletes perform best when they receive their parents' unconditional support and genuine praise, so a big thank you to all the parents (and staff) who have supported our athletic program, teams, and athletes.

Amy Donaldson-Davidson
BISC Lincoln Park's Athletic Director

Sporting Achievement Shout Outs!

Noah has been skating since the age of 3 and has been a Glenview Grizzly the past 3 years playing hockey competitively and learning the game. His biggest hope is to one day have a BISC Hockey team he can play on!

Year 3 Xander won his sparring competition and came second in the board breaking category in his Taekwondo competition.

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



Clubs



Taekwondo

Our students completed a very successful spring term in Taekwondo classes! During the last few months they have been working on developing their Taekwondo skills, mostly dedicating their time to lots of kicking and self-defense techniques.

Master K. Rusev has been very pleased with their overall progress and is confident that all the 80+ students aged 4 and up will be able to better prepare for their next belt grading that will take place in the month of May!

We would like to thank to all the parents for their support of the program and to the students for their constant involvement and dedication to the Taekwondo classes in all of the 5 days we run the program at BISC Lincoln Park!

Head Coach Krasimir Rusev

Lacrosse

As a new club for BISC Lincoln Park the Lacrosse Club had a lot of fun learning new skills over the Spring term, particularly in developing some of the players' game. We introduced a few new players to the sport of lacrosse, and had some experienced players that gave pointers, examples, and helped work with the beginner players. Will, Angelo, Henry, Ford, and Rishi brought a considerable base of lacrosse skills to the club, and we used them to great effect when practicing drills and games. Excellent progress made from all the new players Teja, Becksen, Bobby, and Mick.

Coach David

Super Soccer Stars

Super Soccer Stars has had a blast coaching the BISC Lincoln Park children! Every Super Soccer Stars class includes dynamic activities which involve dribbling technique and moves to promote confidence. The primary focus for this younger age group is body movement with the ball and other skill building activities. Some specific skill development objectives this season will teach the following:

1. Changing Speed
2. Kicking with the Inside of the foot
3. Out of Bounds
4. Offense / Defense
5. Complex moves like the Drag Back Sweep

Durham Barnes (Regional Coordinator)

Georges Gym (EYFS) Tumbling Club

We have had so much fun working with the children this term! They have gone over many of the basics of Tumbling through jumps, stretching, learning skills and terminology. The skills they have tried, include multiple types of Rolls, Cartwheels, Handstands, Bridges, Backbends, Kickovers and more! We have been so impressed with the progress we have seen! Enzo, Tim, Oliver and Marlee all perfected their Bridges and many other skills, to the point of doing them completely on their own. Everyone has mastered at least their Tuck Jumps, Forward Roll, Cartwheel at various stages and all the basic body positions and their names. We truly believe not only that the skills obtained through our program will not only be fun and challenging, but also aid in future sports even outside of Tumbling and Gymnastics.

Rachel Benson (Coach)



Year 3 & 4 Basketball Club

We've had a fantastic term of Year 3/4 Basketball Blitz! Some great skills were shown by all the players. We had: super shooting from Nicola, Dante and Grey; tremendous teamwork from Katie, Scarlett, Alex and Angus; dazzling dribbling from Gabe, George and Danyal. Star of the term goes to Ford for overall focus, effort and enthusiasm. Well done everyone!

Ms. Gordon

Rugby Club

The Rugby Club has been enjoying their indoor spring training and were joined by Illinois Rugby coach Dave Clancy for a USA Rugby rookie session in the gym. Coach Dave worked with our students' handling skills and drawing the defender. He also presented Hamish and Colin in Year 6 with a Tag Rugby set from USA Rugby on behalf of the club.

Mr. Gill



Spring PE Athletes of the term

- Reception - Graham (Foxes) Abby (Beavers)
- Year 1 - Anna (Panthers) (Vitor) (Cheetahs)
- Year 2 - Antonio (Polar Bears) Francesca (Sea Otters)
- Year 3 - Arjun, (Macaws) Jaqueline (Gorillas)
- Year 4 - Angus (Elephants) Honoria (Lions)
- Year 5 - Luke (Narwhals) Roya (Walrus)
- Year 6 - Jose (Eagles) and Fran (Hawks)



Fencing Club

A strong term for all the fencers who have come along extremely well this Spring.

Philosophy: Fencing teaches respect, self-control, good sportsmanship, and teamwork. It allows youth fencers to participate, progress, and compete at their pace with the strongest coaching support possible.

Tzanko (Head Fencing Coach)

Cheerleaders

This term the cheerleaders have really worked well as a team to put together two performance routines to show off at home basketball games throughout February and March. The children have also learned a series of chants to cheer on both BISC Lincoln Park basketball teams. A special shout out is definitely deserved for the girls who both performed in the cheerleading routines and also played on the basketball team as well as to the fantastic Year 6 children who have taken on leading the chants during the games. All cheerleaders have represented the school so well and have looked very smart in their new cheerleading uniforms.

Ms. Quiliggotti and Ms. Penner

Bulldogs Basketball Team

What a fantastic season the Bulldog boys and girls players have had this year! The teams grew stronger as they trained, coming together as a solid unit; no one could deny our determined spirit. Mentions go to Shayna for her determination, Sanya's perseverance, and Casey and Roya's offense. The Captain Vanessa's overall solid performance will be thoroughly missed next season. Some well-earned wins and a very close lose the girls have had a fightingly positive attitude. The boys team came out in force this year, with some great wins and only a handful of close losses. Mentions go to Liam for his 3 pointers and Sohail's silky movement around the key as well as Kai's strength. Captain Jose led his team with confidence, bringing the boys together as a squad. Players gave it their all during their matches, including blood sweat and a few tears team. This was a team that all played their hearts out.

Ms. Davidson, Coach Lawal & Coach Barr

Date	School	Score Boys/Girls		POM Boys/Girls	
02/23/17	BSCLP v BSCSL			Jose	Vanessa
03/02	BSCLP v NNM		12-14	Murray	Casey
03/14/17	BSCLP v CCS	14-12	9-6	Victor	Roya
03/15/17	BSCLP v GEMS	25-10 (boys only)			
03/16/17	BSCLP v BSCSL		10-22	Jose	Shayna
03/21/17	BSCLP v CCS	29-33	10-17	Kai	Sanya
03/23/17	BSCLP v NNM	26-18	13-10	Liam	Caroline
03/28/17	BSCLP v GEMS	31-15 (boys only)		Sohail	





Year 6 Ski Trip

March 7th 2017

Cascade Mountain, Wisconsin

45 Year 6 students embarked on an adventure to Wisconsin to take part in BISC Lincoln Park's very first ski camp! With students attending with a wide range of experience (from those who had never worn skis to confident black diamond skiers). The trip was an extraordinary success and our students' performance and behavior were outstanding!

Students split into small groups per the skills that they were learning and worked closely with ski instructors to finesse their techniques. Students moved across the slopes at Cascade Mountain tackling new challenges with resilience and determination. Some worked on the basics of skiing on the bunny slope while some students made it to the terrain park to practice jumps!

In the evenings we returned to Camp Chi for team building activities, inflatable obstacle courses, gaga ball, Olympic Games, and even an evening hayride!

Our students came back to school feeling confident in their new-found abilities with amazing experiences and wonderful memories to share.

Interclass Basketball Matches

The competition was on as the children showed off their new skills and understanding of rules through our P.E. interclass exit point.

Lakeshore

2016-17 school year has been skill vigorous and fun filled afternoons with all BISC Lincoln Park at Lakeshore. This spring we have had tennis, swimming, and basketball.

Tennis

On top of teaching tennis skills, we have taught player initiative activities and seen great results. The tennis pros emphasize working as a team and strongly emphasized the individual player ownership of each of the children's tennis games.

Swimming

In the pool the children have had a splashing time. Working primarily on the development of backstroke and freestyle with emphasis placed on core strength and stability in the water. The coaches structure practices for specific strengths and learning needs of all the classes.

Basketball

In basketball the kids have learned key fundamentals with some groups going even further and practicing some advanced dribble moves like the crossover and behind the back dribble. Our interactive and competitive games help develop skills including teamwork and sportsmanship. We saw tons of enthusiasm during these fun activities and game plays.

