



T.E.A.M.

Together Everyone Achieves More

Hi

guys! Our sports newsletter has awakened... Read about all our exciting sports activities during the first month of this academic

year. Maybe you are a part of it, or will soon be a part of it...



In pic: Rowing crew: from left- Ismail Sadurdeen(four), Shaveen Perera(four), Imashi Ramanayake(school girls scull and open scull), Nelaka Dayawansa(captain – four), Dinuk Fernando(vice captain - scull), RyanRamanayake(cox) and Apayakaran(four).

Early this September, our Rowing Crew did our school proud by winning silver and bronze medals at the Sri Lanka National ROWING REGATTA where they were not only competing with schools with far more experience than us but also with the Army and Navy. And... our oarsmen still won medals. How about that? Well done you guys! You sure deserve the new boat that you are soon getting.

Just some quick definitions of this rowing jargon – **Scull** means – you row alone. **Cox** is someone who is not rowing but calling out the beat for the other guys in the boat to row.

Four – means that there are four people rowing in the boat.

Not that difficult is it? Now, a special call to all the girls who are keen on rowing – please please do go for rowing. No, you won't lose your beautiful figures and become muscular and manly. In fact, you will become fit and beautiful. There are three vacancies in the girls rowing team. So, let's see you girls at the rowing club, sooner than later. Ms Janitha is the teacher in charge of rowing. She rowed for her school and if her figure is anything to go by...

Our Under 19 girls swim team went great guns at the national schools games swimming championships held in September this year. They won both the 4 X50 m medley relay and the free style relays. Way to go girls! *In this picture are from left: Saheli Weerasinghe, Mineka Karunaratne, Madhavi Dharmadasa and Devinka Gunathilake*



At the moment the Under 15 girls and boys Inter-International Schools basketball matches have just started. For those of you who are keen to watch our teams play and cheer them on – the next match will be on the **29th of September** at CIS.



'I think we should start FOOTBALL in AIS soon.'

A very interesting announcement by our Principal Mrs Gunasekara states that FOOTBALL is the new sport for our school this year. So, all Man – U fans and other football fans please note - here is a chance for you to stop being fans and start playing.

Yahren Tissera – our Head Boy, will lead the first AIS FUTSAL (indoor football) team -to victory- we hope. Our team will play in the FUTSAL tournament organized by Gateway College in late October.



All those who would like to try out for the teams please write your names and sign, on the notice put up on the third floor. Our school will field two teams – one from the A &AS level classes called the

A team and one from the O level class down to form III called the O team.

Our Inter-house sports meet is around the corner and your house captains are sleepless, harassed and stressed. Look at their



unbelievably stressed faces and co-operate with them please.

Iraj De Alwis – Amethyst house captain

**Faiza Chatoor
Garnet house
captain**



**Nelushi
Wickramaarachchi
Sapphire house
captain**

**Upeksha
Narayana
Topaz house
captain**



No! No! It's not all that bad. They still love you all anyway. But here is a message from them

'Please practise...
Please practise really hard...
Please please practise really really hard.'

So, that's all folks! Just remember that the field events are on the **28th of September** in the afternoon and the sports meet itself is on the **6th of October** in the morning.

*Quote of the month:
'You are never a loser until you quit trying.'
-Anonymous*

This newsletter is available on our school's website – www.ais.lk