

# Stripes

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20P

## Project Runway is a Great Success



'Runway', the Young Enterprise Company formed by 21 boys in year 13, held their Fashion Show in the Humphreys Hall on Thursday 7<sup>th</sup> February .

The night was a huge success with a turnout of over 200 people. Salsa dancers opened the event which was followed by clothes from Tempest, Ego, Benetton and S&T Moore.

Alan Simpson was the compere for the eve-

ning and he kept the audience well entertained with his wit and one liners.

At the end of the night the Managing Director, Owen McIntosh, thanked everyone for coming and giving their support throughout the year.

A great night was enjoyed by all but especially the boys of the company who came out of their shells and strutted their stuff like professionals down the runway.

The Company would again like to thank everyone for their help, especially Miss



## CAI cup dreams grind to halt

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On Saturday the 9<sup>th</sup> of February CAI 1<sup>st</sup> XV were drawn to play Regent House in the fifth round of the Northern Bank Schools Cup at home. The CAI team were confident going into the game and with a massive home crowd it was set to be a very good game.



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Montgomery who gave up a lot of free time to make the night a success.

Owen McIntosh (Managing Director)



Cont'd from page 1 From the kick off the Inst front five put pressure on the Regent pack until eventually a penalty was forced which Michael Griffith slotted giving his team the early lead.

However, this spurred on the Regent side but strong defensive work from Dean Rankin and Griffith in the centre did not allow the travelling side any real headway. After many phases Regent got their break when an unnecessary ruck infringement from CAI's backrow awarded them with a penalty in front of the posts. The Regent out-half made no mistake and equalized bringing the scores to 3-3.

The home side began to put a lot of pressure on Regent both in attack and defence with scrum half Jason Bloomfield and front rowers David Ferguson and David Lennox carrying the ball with intent. However, the solid Regent defence did not allow the CAI team to get into their rhythm and they battled hard for

any scraps of ball. With the two sides evenly pegged the referee blew for half time.

Unfortunately against the run of play McMaster

had a kick charged down, the bounce deceived the Inst players and it was the opposition who managed to dive on it first, giving the away side a very lucky try.

The CAI backs were beginning to create gaps with fullback Gaston cutting some great lines from deep. This gave space for the CAI wingers Shiels and Gourley to stretch the away team's backline, but Regent's scramble defence just managed to hold them in the game and no more.

A. McMaster drop goal led to an exciting conclusion but Regent were able to hold on for the 10-6 win..

Angus Warwicker



## Under 16 Team win the Coleraine Cup

A wet day welcomed the teams to the eagerly awaited Coleraine District league final on 9th January. As the game progressed Inst began to gain composure and were seeing a lot more of the ball, especially in midfield where Matthew Paul was dominating from the middle, but Ballymoney battled hard and were working for everything. Chances were limited, but after 12mins Inst's hard work paid off as a through ball from Stuart Millar split the defence and Stevie Mason ran on to it and slotted the ball into the bottom corner with a cool finish.

Inst then began to control the game as confidence grew. Just minutes after the goal another opportunity was created with Millar flashing a good cross in from the left hand side and Mark Anderson narrowly missing the header. Ballymoney's only chances seemed to be coming from set pieces and shortly after 20mins of play a free kick glanced narrowly wide. The remainder of the 1<sup>st</sup> half was dominated by Inst who looked comfortable in possession and were keeping the ball well. A good move ended with Alan McCallister striking just over from long range with his left foot. Then the break-through came in injury time with Anderson this time taking full advantage of the space in the box to head home Scott Hamilton's cross to give CAI a 2 goal cushion.

The 2<sup>nd</sup> half got under way to a very similar pattern of play and Inst began to enjoy themselves more and more as the game went on. Up front, Captain Stevie Mason was giving the defence all sorts



of problems and the midfield 4 were looking in fine form too. Inst were unlucky not to make it 3-0 after a scruffy goal mouth scramble, but it wasn't long after when a shot from Anderson was cleared, but the ball broke to Mason who doubled his tally poking the ball over the keeper at the post an giving Inst a comfortable 3-0 lead. Ballymoney's players head began to drop but it was a substitute who pushed forward and dug deep to try and pull something back and with 15mins to go he managed to smash the ball powerfully past the Inst keeper after a quick run at the defence, giving Ballymoney a little hope but it was short lived as Inst remained the stronger of the sides and gave little away.

Then in injury time Mason picked up the ball and showed great skill and determination to get through the defence and a perfect shot across goal clipped the post on its way in to complete his hat-trick. After the whistle went Inst could begin to celebrate properly and Mason, the man of the match, made it a day to remember hugging team mates and even teachers and the whole team showed exactly what winning meant to them on a day when hard work and skill had made them worthy winners.

Gary Taylor

## Mouse Mat Competition

Last year the ICT Department advertised a competition to create a design for a new school mouse mat. There were over 170 entries received and the first round of judging narrowed this number of entries down to 10 finalists.

The ten finalists were given some valuable time to improve their entries before the final judging. Finally, the judging panel of Dr Carruthers, Miss McIntyre, Miss Coyle and Mr Knight, met to decide which designs were the winning entry and the runner-up. The winner was Andrew McCullough 8D and the runner-up was Nick Bingham 8C.

The theme of Andrew's winning design was 'seasons'. His mouse mat incorporates digital pictures of the school in the different seasons of the year. His design will be passed to a UK based company who will professionally produce the mouse mats for us.

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Part of Andrew's prize was a HMV voucher, but more importantly he will be able to see his mouse mat design beside every computer in school. In addition to having the new mouse mats available in school, they can also be purchased through CIFA.

Miss McIntyre would like to thank everyone who took part in the competition and pass on her congratulations to both Andrew and Nick.

Miss McIntyre

Coleraine Academical Institution  
presents:

## Blood Brothers

13th - 14th March 2008



## Rowing Masterclass

On the 24<sup>th</sup> January, Keith Bailey, the Talent Development Coach for the Ulster Branch of the IARU travelled to CAI to coach the school's J15 and J16 oarsmen. He started off with a classroom session, in which he talked about the need for good nutrition and a good night's sleep before any training session - something that was a new idea to some of the boys. He then showed us some videos of good and bad oarsmen, to point out good and bad points of their technique, so that we could take into account some things that we may need to think about ourselves.

We then all had erg (rowing machine) tests to do, and our heights and weights were recorded, so that our power-to-weight ratios could be calculated, which is important in rowing. After this, the 10 boys went to the rowing club to take to the water and try to see if we could put into practice what Keith had been trying to get through to us. He got us to do still boat drills - which are a lot



harder than they sound - to build up what our technique should be like through the stroke. After one or two ... minor mishaps the whole



group of rowers (now dwindled to nine) were ready to be video recorded while we rowed so that we could be shown in which ways our technique was flawed. This was then taken back up to Dr Hull's room where each individual rower, whether they were in a single or double scull, was analysed for strength of their technique. This was useful as we could see where we were going wrong even if we usually argued with the coaches that we're rowing perfectly!

The J16 rowers, who are all vying for a place in the IARU sculling camps, showed that they have enough talent and strength to go far in their rowing careers. The Junior rowers would like to thank Keith Bailey for giving up his time to come down and coach us, and our gratitude is also again owed to Dr Hull, Jason Taggart and the Senior members of the Boat Club for organising the event and for being on hand in the motorboats to pluck wet, cold, and slightly embarrassed oarsmen from the water!

Calum McBurney

### Diary Dates

Year 11

Parents' Night

- 21 February

Closure Day

- 3rd March

## Medallion lose out to Methody in 4th Round

C.A.I. faced a tough challenge in the 4<sup>th</sup> Round of this year's Medallion Shield Competition against Methodist College Belfast. It was the 3<sup>rd</sup> season in a row that C.A.I. drew their Belfast rivals in the competition.

C.A.I. started confidently, but a lapse in concentration undid their good work. M.C.B. took a quick tap penalty deep and rounded a sleepy Coleraine defence to score in the corner. It was only excellent defensive work by Rory Gardiner and Josh McDowell that prevented further tries.

Another M.C.B. score did eventually follow when they again capitalised on a C.A.I. mistake to score closer to the posts. After this score C.A.I. rallied and again enjoyed a period of pressure in the M.C.B. half. However, it was another elementary defensive mistake by the C.A.I. centres which allowed M.C.B. to

stroll in for their third score under the posts. This time the extra points were added.



Coleraine turned round with the wind in their backs and spent almost the entirety of the second half in M.C.B. territory. C.A.I. eventually got reward for their effort. After penetrating surges by Connor Nicholl and Ross McLaughlin, Bobby Irons bulldozed his way over for a try. This was superbly converted by out half Michael Poskett. Coleraine continued to batter the M.C.B. line for the remainder of the match but a stubborn Methody defence held firm. Final score: C.A.I. 7 - M.C.B. 17.

Mr Beggs

## Open Night 2008

Open Night is our annual showcase – massively important in showing Year Seven boys what Inst has to offer, and no less so in giving the wider community a flavour of the school.

This year, as always, our people were the best advertisements for our school: the prefects and other senior boys who welcomed visitors and guided them around; the Year Eight boys who were also on hand to greet visitors on their arrival; and the teachers and helpers who enthusiastically showed off their departments and achievements.

We made some changes in the format of the evening. Exhibitions and demonstrations covering sixteen different sports were centred in the refurbished gym, and as always our younger visitors relished the 'hands on' opportunities that were on offer. The

Humphreys Hall was both an exhibition centre for a range of cultural activities and for Dr. Carruthers' presentation. The Headmaster was assisted by Year Eight pupils Thomas Black, Lloyd Johnston and Iain Ross who spoke confidently about their experience of coming to Inst.

Around the school, every department produced innovative celebrations of their achievement. Each had its own distinctive touch – ranging from the French cuisine of Modern Languages to the interactive opportunities in I.T. and the three sciences. A full description of each room would fill an entire edition of "Stripes". Suffice to say that the overall effect was impressive to visitors: the challenge now is to raise our game even higher next year!

Mr Cassells

## Year 10 Clay Animation Day

At the end of January Year 10 participated in a day of clay animation (or clay-mation) organised by the Nerve Centre of Londonderry. The day involved making 'human' models from modeling clay, taking a series of still photographs and then running them together to create an animation.

The first two periods generally consisted of learning how to make the models. This is a fairly simple process; the body is made first, followed by adding pipe-cleaners as arms, legs and neck. The wire and clay body is then covered in the shape of a pair of trousers, a dress, a skirt and so on. The feet, hands and head are added to the model and then finally the fine facial details.

For me the animation itself was the highlight of the event. The resulting productions were excellently made and ranged



from animations of school life to more sadistic productions. Some of the clay torsos ended up with more holes than a piece of Swiss cheese!

I would love to repeat the experience - although my own model was truly pitiful. It was an enjoyable and highly educational experience.

Richard Nicholl (10A)

## Minor Boys' Athletics Team qualifies for Ulster Finals

Cross Country Districts took place on Tuesday 5<sup>th</sup> February. The Minor boys team, Luke McDowell, William Wright, Ryan Murray and David Hunter, successfully qualified to the Ulsters with Luke coming 4<sup>th</sup> out of a field of 160 competitors.

The Junior boys team missed out on a team qualification but Stewart Fulton managed to Qualify as an individual in this age group.

Philip Gilliland also qualified as an individual in the Intermediate age group, coming 4<sup>th</sup> out of a field of 100 competitors.



These boys are through to the Ulsters which take place on Wednesday 20<sup>th</sup> February.

Good luck!!

Miss Montgomery

## Photo Round-up



Some of our 6th Form helping out at Open Night



Some Ulster players help out with the Medallion Team training

Year 10 pupils at the Young Enterprise NI Seminar



Some supporters watching the 1st XV

The charity committee presenting a cheque to Cancer Research.



## Sentinus One-Day Robotics Road show

On Friday 10<sup>th</sup> of January, year eights were treated to a fun course in robotics. Gerald Hughes, from sentinus who works with the University of Ulster, Jordanstown to promote STEM (science, technology, engineering and mathematics.) They all had an enjoyable day learning how to program robots to follow their commands. Special thanks to Gerald and all the mentors who made it an



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