

Stripes

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20P

Under 19 Football Team Win The League!

CAI 3 : Loreto College 2

Both sides had grounds for confidence going into this district final. CAI had enjoyed a 5-1 victory over Loreto in the previous month's league fixture. However, Loreto came into the match as holders and looking to win the competition five times in a row. Inst were forced to make a change from the side that beat St Mary's in the playoff match due to the unavailability of Shane Crutchley. Dane Templeton came into the team in the centre of midfield with captain Edwin Taylor moving up front to partner Stephen Dobbins.

Inst were the first team to threaten their opponents' goal when they were awarded a free kick. From the resulting cross Dobbins was able to force a save from the Loreto goalkeeper. Loreto then enjoyed a spell of pressure where they won a succession of free kicks. They came closest to opening the scoring

when Neil McCracken had to make a crucial clearance off the line. Midway through the half Ed Taylor had a number of chances to open his account. First he created a chance for himself in the box but blazed his shot over, then he nearly got on the end of a Neil Bleakly free kick with only the 'keeper to beat and when he finally got a shot on target, he saw his effort saved. This was undoubtedly Inst's best spell in the game and it was no surprise when they opened the scoring. The ball fell to Stephen Dobbins in the box and he placed his shot beyond the Loreto goalkeeper.



The final ten minutes of the first half was end to end stuff. First Loreto fired in an effort only to see John Dillon make an excellent save. Then Craig Ramsey had a chance to double the lead from an Alan Ewart cross but glanced his header wide. Just before half time a Loreto player headed over the bar and Neil McCracken was forced into making another goal line clearance. Half time score: Loreto 0,

CAI 1.

As expected, Loreto came out with all guns blazing in the second half and John Dillon was forced into making a couple of saves in the first five minutes. However, against the run of play it was Inst who scored first. This was probably their best football of the second half as Ewart and Taylor were involved in the build up play before Stephen Dobbins spun and shot to make it 2-0. By this time Gareth Gaston had replaced Templeton in the Inst midfield and the team were succumbing to the temptation to hold on to what they had got. This resulted in Loreto being invited to put pressure on the Inst goal for long spells of the second half. Their pressure paid off midway through the half when several Inst defenders failed to clear the ball in the penalty area and a Loreto player drove the ball home. Loreto nearly equalised a few minutes later but once again Dillon was on hand to make an excellent save.

With ten minutes of the game left Stephen Dobbins claimed his hat trick when he turned the last defender and ran through to coolly finish. This was his



fifteenth goal of the season and cemented his position as Inst's top goal scorer. This should have settled Inst's nerves but they gave Loreto another lifeline when, once again, they were



too slow to clear the ball allowing a Loreto follower to run in and chip the ball over the advancing Dillon. This set up a nervy last seven minutes. However, Inst were able to restrict Loreto to one good chance which Dillon again saved. Referee Dessie Loughry blew his whistle and Inst were able to celebrate their first Under 19 trophy since joining the league in 2003.

Mr Spence

Inside this issue:

Ski Trip	2
Stop Smoking	2
Athletics Review	3
Rowing report	3
Golf Coaching Course	3
Medallion Shield	4

Ski Trip Magic Moments

This year the ski trip was to Passo Tonale, Italy. Everyone really enjoyed themselves and here are some of their favorite moments.

My most memorable moment at the ski trip was when I was off-piste and I was going over jumps and when I was in mid-air a snowboarder came at full speed down a slope and we collided with each other.

By Joshua McDowell (9A)

My most memorable moment on the 2006 ski trip is going over my first off-piste jump. I also really enjoyed having snowball fights at night in trenches that we dug ourselves!!!

By Peter Murphy



The ski party outside the hotel

Ben Macauley, Adam Dysart and Patrick Farrell take a rest during ice skating.



On the ski trip we had the best snowball fight on the 2nd night we were there. The whole group had turned out in the snow after tea. Before tea we had been building trenches, so everything was ready for the fight. When we went outside the teams were decided and it was the 2nd Years vs the 4th Years and 3rd Years. It was madness as the 4th and 3rd Years invaded our trenches. In the end I think it was a draw as we held firm through the invasion. It was great fun the whole trip.

By Patrick Farrell (9A)

When we went on the ski trip the thing that I remember most about it was the snowball fight outside the hotel.

By Gareth Clarke (9A)

My most memorable moment when I was on the ski trip was the second night when we had a huge snowball fight outside the hotel. It started with only a few people but many others came and it went on for several hours. It was very good fun but the ice and snow attached itself to all your clothes and it took a while to dry off!

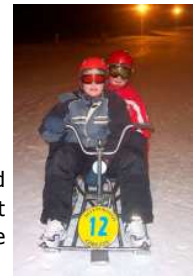
By Conor Nicholl (9A)



One of the beginners groups with their instructor before a lesson.

My most memorable moment was when we were going down a really icy black. One person fell and most of the group fell so they would not hit him. We all slid the whole way down the mountain and at the end of that there were only three people still standing at the end of the slope.

By David McCluskey (9A)



Colin Henry and Gareth Clarke at the bottom of the sledge run.

Golf Coaching Course at Royal Portrush

During January and February twelve boys from Years 8-11 took part in a golf coaching course on Wednesday afternoons. The course was taken by Allister Brown, an old boy of the school, the Assistant Professional at R.P.G.C.

Within the group there were a wide range of abilities, from relative beginners to boys who had represented the school in competitions. All however gained tips from the experience

and improved as a result.

At the end of the course there was a competition around the pitch and putt at Rathmore G.C. This was won by Chris Barber.

List of boys who took part: C McCleary, J Breen, A Lynch, A Barr, B Porter, C Curry, M Kane, J Dunlop, R McGee, C Barber, A Brown and R Bell.



By Mr Beggs

Do You Need Help To Quit Smoking?

During last term Mr. Beggs and Mr. Harkness attended a smoking cessation course run by the Ulster Cancer Foundation and the Northern Health Board. The purpose of this course was to train the participants to help smokers to quit the habit.

The first CAI group are currently meeting together to help them give up smoking. Eleven boys from year 12 and two

from year 11 are meeting once a week to learn more about the dangers of smoking and how the tobacco industry encourages people to kill themselves. The course runs for six weeks and during this time all the course members must make a genuine effort to stop smoking.

If you are a smoker and would like to stop please give your names to Mr.



Beggs or Mr. Harkness to be considered for the next smoking cessation course.

Mr Harkness

Coleraine Inst Harriers Success Continues!

District Cross Country Championships:

Our District heat took place at the University of Ulster Coleraine on Tuesday 31st of January. The school had teams competing at minor, junior and intermediate level.

In the minor boys race Stuart Fulton ran a strong race and finished 10th, qualifying him for the Ulster Finals.

The junior team consisting of Philip Gilliland, Mark Anderson, John Bennett and Scott Hamilton came third overall, qualifying for the Ulster's with Mark finishing 6th and Philip 11th.

In the intermediate race the team also finished 3rd. The team was Jason Bloomfield, who came 10th, Christopher Steele, 11th, Tom Brown and Scott Lynas.

In the senior race Matthew Livingstone and Philip Rowan ran as individuals. Matthew finished 2nd and Philip 10th both getting through to the Ulster Finals.

Ulster School's Cross Country Finals:

The Ulster finals were held in Mallusk on Wednesday 15th of February. After good performances at the districts two weeks earlier 14 boys from school travelled to compete at the finals. Stuart Fulton ran very well in the minor boys race, finishing 24th at his first Ulster finals. The junior race produced the best performance of the day. Running a year down Philip Gilliland ran a brilliant race to finish

in 10th place. An excellent result, well done Philip! This qualified him for the Irish finals, which take place on the 4th of March, and we wish him all the best. The other members of the junior team also ran well for the team to finish 5th overall.

At Intermediate level a young team competed and ran well but didn't qualify for the Irish Finals finishing 9th overall.

In the senior race Matthew Livingstone finished 13th, missing qualification by one place and Philip Rowan also ran well.

Glasgow:

On the 8th of February the Harriers team travelled to Glasgow to represent the school in the annual road relays at St Aloysius College in Glasgow. The team consisted of Stuart Fulton, Philip Gilliland, Mark Anderson, Christopher Steele, Jason Bloomfield and Matthew Livingstone.

In the first leg of the relay Stuart ran very well against good opposition to finish in 4th position. Philip Gilliland took over and gave another superb performance running the 2nd quickest time of his leg and moving the team up into 3rd position. Mark ran next and ran another great race closing the gap on the teams in front. Taking over from Mark was



Christopher Steele, who ran well in a crucial stage of the race. At the start of the 5th leg the team were in 3rd place when Jason Bloomfield took over. Jason ran excellently moving into 2nd place at the start of the final leg. Matthew Livingstone started the final leg with a narrow lead over the team in 3rd place, who had a very strong last leg runner. This class athlete who went on to win the race quickly overtook Matthew. However, Matthew was able to catch the team who had started the last leg in first place meaning the team finished overall in 2nd place. Another great performance by the school in this prestigious race. Well done again to all the boys who competed.

Thanks to Miss Montgomery, Mr. Cushion and Mr. Adams for all the effort and hard work put in to make these great results possible.

Matthew Livingstone

Rowing Report



Lagan Head Saturday 18th February

J16 Quad competed against all schools entered in their category and won tremendously, well ahead of the competition, putting them in first position in their age group and proving that age doesn't matter in this sport.

The j18 four in the morning had a disappointing row with not much of an advance over any other crew but had fierce competition from all age groups from j16

level in schools right through j18 to university crews and veteran crews.



J 18 pair consisting of Ryan Dinsmore and Peter Calvin had a good race in the morning over taking other crews and finishing in a decent position.

The J18 8 had a lot of power but unfortunately another veteran crew came too close and there was a clashing of blades as the crew battled to gain the position on the river. Unfortunately the Inst crew was forced to stop and straighten their

line and after doing so the crew took off at tremendous speed to catch the crew that clashed with them, nearing the end the crew fought well and completed the course not far from the other 8s in their age category.

Mark Reid

Diary Dates

6th March Start collecting Tesco Computers for Schools Vouchers

7th March Year 9 Parents' Evening

30th March CIFA Fashion Show

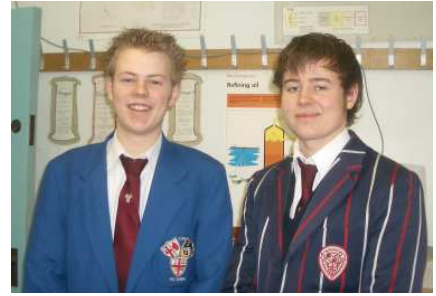
Photo Round Up



Spectators at the football



Photos from the 'school' formal



Philip McElnay and David Rea participated in the quarter finals of the 'Belfast Civic Trust Debating Competition' held in Lisburn Council Chambers. The boys defeated top debating school Bangor Grammar in a very closely fought argument.



Answers form last month's quiz: Mr Irwin, Mr Cassels — Forty Shades of Steam, Emily & Amy, 1992, Miss Nelson, Mr Gault, Mr Quigg & Mr Cassels, Mr Crown & Mr Graham, Mr Beggs & Mr Knox.

C.A.I. Narrowly Lose Quarter Final Thriller!

M.C.B. 22 C.A.I. 15

As soon as the draw was made, by Mr Barr of Limavady Grammar, this was heralded as the tie of the round. Both teams were well fancied and C.A.I. knew they had their work cut out travelling to Pirrie Park to play a team who were unbeaten this year. Despite this, C.A.I. were confident of achieving victory.

The match started in the worst possible way for the away team. After 2 mins the M.C.B. centres carved up the C.A.I. defence to score under the posts much to the disappointment of the huge travelling support. At this point wing forward McIntosh had to be replaced as he was still suffering the effects of flu. This was a blow but his replacement Greenlaw didn't let the team down.

This try seemed to spur inst into action and from the kick off their for-



wards grabbed the match by the scruff of the neck. A period of pressure followed and good work by Christie, Dorsett, McCabe, Lavery, Cromie and the rest of the forwards led to a try in the corner for 'captain marvel' Angus Warwicker. Griffith narrowly missed a difficult conversion.

C.A.I. forwards continued to dominate the first half, however, it was the C.A.I. backs who were to create the next score towards the end of the first half. A perfect up and under from out half Griffith and excellent pressure from Murdock caused the M.C.B left wing to spill the ball on the half way line. This

mistake was snapped up by the ever alert Bloomfield and he out paced the cover defence to score in the right hand corner. Griffith struck the ball well but unfortunately again narrowly missed the conversion.



An inspired C.A.I. again pressed the M.C.B. try line from the kick off. C.A.I. controlled the line out with some excellent throwing by Ferguson and takes from Christie and Warwicker. It was from a line out that C.A.I. almost got their third try, the forwards rumbled again and McCabe and Dorsett rolled round the side of the maul only to be stopped just short of the line. Two M.C.B. defenders then dived off their feet killing the ball but unfortunately the C.A.I. forwards were deemed to be 'rucking' too aggressively and a penalty was awarded to M.C.B. when a penalty try could have been awarded just as easily to C.A.I! This exchange signalled the end of the first half.

M.C.B. were a different team at the beginning of the second half. They pressed C.A.I. into uncharacteristic mistakes and were awarded a penalty in front of Cole-raine's posts. They elected to kick and duly

tied up the score at 10 all. Most of the second half was played between the 22s with honours being even in the exchanges up front and behind the scrum. With 12 mins to go C.A.I. mauled well from another lineout catch by Christie and Warwicker again peeled of the back to score in the left hand corner. Griffith unfortunately missed the extra points.

M.C.B. came back strong, and after some excellent work from their backs they scored an unconverted try in the corner. With 4 mins to go it looked like the match would be a draw until the very talented Methody backs struck again. They moved the ball well from a midfield scrum and despite excellent defence by Gaston and Young, after several phases of play they scored a converted try near the C.A.I. posts. This was a sickening blow for C.A.I. team. However worse was to come, from the next passage of play Peter O'Hara fielded a ball superbly and punted the ball high in the air. While chasing his kick he collided with Mark Lowe and suffered a horrific facial injury. M.C.B. played out the rest of the match with control and composure, never letting C.A.I. out of their own half.

This was an excellent match which neither team deserved to lose. The CAI boys were gutted at the end but must take a lot of credit from the resilience and heart they showed during the match and the grace they showed in defeat. The MCB coach commented that this match would have graced Ravenhill in the final and it was unfortunate that the two best teams left in the competition had to meet at this stage.

Mr Beggs

Any comments or ideas please e-mail them to stripes-magazine@hotmail.co.uk