

Stripes

ISSUE 4

APRIL 2006

20P

CAI on the Catwalk

On Thursday the 30th of March the school proudly hosted its very own fashion show. The show was arranged by the friends association with the main teacher in charge being Mr Livingstone with the aim to raise money for the association. The show was a success with more people turning up for it than expected as teachers were seen scurrying around getting more chairs to put out. Congratulations were evidently deserved by all that took place as the evening



ran smoothly raising a total of £1,300.

Although the evening was very



successful the school is yet to be flooded by calls from all major modelling companies to sign the

the fashion world map!



models up! Never the less Mr Quigg is still living in hope to have our school placed on



K.Armstrong

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Under 14's just miss out O'Kane Trophy!

After winning the bowl competition at the RBAI annual tournament on the previous Thursday, 18 confident but tired U14 bodies set out to compete in the O'Kane Trophy at Ballymena Academy. Coleraine played their first match against a very competitive Cambridge House side. With neither side being able to stamp their authority on the game a no score draw resulted. In their second game Coleraine meet Royal School Dungannon, the side they had



defeated in the RBAI bowl final. After taking a few minutes to settle into the game Coleraine dominated and convincingly defeated RSD. The final pool game was played against the hosts Ballymena. Despite a very spirited Coleraine performance, Ballymena narrowly came out on top. Results in the pool matches earned Coleraine a quarter final place where the met local rivals Dalriada. The Coleraine players were determined to avenge and defeat by Dalriada earlier in the season, and recorded a comfortable victory. The semi final was contested against Royal School Armagh. Coleraine took an early lead with an unconverted try by Alex Gourley closely followed by

an excellently taken penalty by Ritchie McMaster. This spurred Armagh into action and they came back to score a try leaving Coleraine with a slender 3 point lead. However the Coleraine defence held firm and a place in the final was secured. The final was contested against hosts and favourites Ballymena. Ballymena started strongly scoring a converted try in the early stages. Most of the first half saw Ballymena camped on the Coleraine line, with resolute defence by Coleraine denying them another score. In the second half Coleraine scored a try through Keith McKnight with Ritchie McMaster adding the conversion.

For long periods it looked as if the score would remain at 7 -7, however Ballymena scored two late converted tries to win 17-7.

Despite losing the final the Coleraine players performed excellently throughout the tournament and showed improvement with every game.

Competing in two tournaments within 3 days was extremely demanding and the player should feel proud to have contested two finals.

Dr Hull

Ulster School Golf Championships 2006

Clandeboy Golf Club

On Mon 20th March the senior golf team consisting of Richard McCrudden, Fionn McAlpin, Phillip McAuley and Christopher Hayes took part in the Ulster School Golf Championships held this year at Clandeboy golf in Bangor. The team finished 6th overall out of 42 schools competing. This was a creditable performance however it was not good enough to qualify for the match play stage of the competition.

On the day Christopher Hayes top scored with 24 pts, then Richard McCrudden (23pts), Phillip McAuley (22pts) and Fionn McAlpin (17pts).

Mr Beggs



CAI Medallion wins the N.E.B.S.S.A. Sevens



This year ended with some silverware when we were victorious in the N.E.B.S.S.A. 7-A-SIDE Tournament staged at Cambridge House on 30/3/06. The squad of A Warwick, P O'Hara, M Griffith, M Lowe, J Bloomfield, R Sturgeon, J Christie, T Young, C Gaston and J Cromie cruised through to the final with

notable victories over Dalriada 38-0 and Rainey 45-0.

The Final was a much tougher test against Larne G.S. (who this year were semi-finalists in the Shield). C.A.I. despite conceding the first score were run away winners 38-15, with sublime skills by Christie and excellent tries by Bloomfield, Warwick and Lowe. Griffith was in fine kicking form converting 4 of the 6 tries in the final.

Mr Beggs

Coleraine Inst – Ulster Schools Squash Champions

On Wednesday 8th March the Coleraine Academical Institution under 13 Squash team, comprising Peter Murphy, David McCluskey, Andrew Avery and James Taylor became Ulster Schools Champions at Kiltonga Squash Centre of Excellence in Newtownards. The team saw off strong competition from Methodist College Belfast and Banbridge Academy to

bring home the silverware. It is the first time CAI have achieved this level of success in squash and they have now achieved the honour of representing Ulster at the All Ireland Schools Championships in Sligo at the end of April.

Mr McCluskey



Stuck in the mud!!

The seconds cup match between C.A.I and Banbridge academy was a hotly contested affair. With us only beating them 12-10 earlier in the season it was to be close. After early pressure C.A.I forced a penalty which Chris Thomas slotting it through the posts to make it 3-0. Unfortunately Banbridge came back with two of their own with mistakes from C.A.I. This dented morale and it wasn't long before their centre split the defense and scored in the corner. At half time the pitch was completely destroyed making it hard for both teams to play any of

the flowing rugby that had been displayed all season. However C.A.I did put up a resilient effort in the second half but were unlucky to concede another try making the score 20-3. With this score the team felt they had something to prove and from the next kick-off pressure was exerted in order for Banbridge to make a mistake and give us the advantage. Chris Garvin provided the momentum the team needed with a break into their half to have a one on one with the full back. With more resilience David Lennox squeezed his way

over the line to score only his second try this season. And as usual Adam Teacy got one for himself in the dying seconds of the game with some excellent mauling from the forwards. He should have had another with a perfectly good try being disallowed - final score 20-13 to Banbridge. I'm sure the whole team would like to thank our Captain Chris Hayes and Philip McAllister for the work they have put in this season and that it has been a pleasure to play with them.

Chris Garvin

U15 Football

This was a friendly match as both teams warmed up for the start of the Under 15 season. The College got off to the ideal start when they opened the scoring early on in the game. The ball was played through to their striker and he rounded McIntyre in the Inst goal and slotted the ball home. This came against the run of play with Quinn, Lynas and Steele all spurning chances to open Inst account. Half-time score Coleraine College 1 CAI

0. Inst had the wind at their backs in the second half and wasted no time in turning the game around. The equaliser came from Jamie Allen before Gary Quinn struck to give Inst the lead. Inst were looking very comfortable by this stage but the game had to be ended prematurely



when one of the College players sustained a serious injury.

Mr. Spence

Boat Club Raise Funds for 2 new Boats

On Saturday the 18th of March Coleraine Academical Institution boat club had two of their new boats named. The Boats that were named where a four donated to the club by the old boys and a pair that was bought by the boys through bag packing.

The old boys came down and named the four the C.A.I.O.B 193 , Bobby Platt and his wife named the pair the Salmon Leap.

Mark Reid



What is diabetes?

An interview with Jonny Elliot from L6th.

What is diabetes?

"Mr. Harkness says that the pancreas isn't producing insulin, so I have to inject it myself"

Do you miss eating sugary foods?

"Yes, I'm not allowed to eat a lot of sugary foods, and of course no alcohol because I may slip into a coma"

Any advice for others who have diabetes?

"Stay on the straight and narrow. Don't starve yourself, try to maintain a balance."

How long have you known you've had diabetes?

"2 years"

How did you feel when you found out?

"I was feeling pretty bad but it turned

out for the best because I've lost a lot of weight."

Do you get any help from the government?

"Disability living allowance, basically about £4000 over 2 years but it changes every year."

What are the dangers of diabetes?

"Your leg can fall off, you can go into a coma, go blind, bad circulation and heart problems."

What is a hypo?

This is when you have a low blood sugar level and you can slip into a coma. You feel a bit weird and need sugar.

How do you treat a hypo?

By eating something sweet or injecting glucagon. If things get worse I would need to go to hospital for an intravenous sugar drip

How did you find out you had diabetes?

"I had to go to the bathroom every 5 minutes even if I didn't have anything to drink, and my lips kept going dry."

And finally, what advice would you give to those who have diabetes?

"Stay strong!" (laughs) "Just try to get through it. Really it isn't as bad as it looks and you get a lot of sympathy."

Aimal Khan

Diary Dates

Friday 7th April Last day of Easter term.

Monday 24th April Summer term begins

Friday 28th April Closure day for staff development

Monday 1st May Day Holiday

Wednesday 3rd May Sports' Day

Photo Round Up



Some of the 10A pupils who were involved in a bun sale to raise money for Miss Magee's trip to Tanzania.



Four time Gold Medalist Matthew Pinsent who visited Bann Rowing Club and met the Coleraine Inst. rowers.



Pupils involved in the French Exchange



The NEBSSA's Cross Country Year 9 team winners. Philip Gilliland (2nd in the race) John Bennett (5th) Stuart McCaffrey (15th) and Scott Hamilton (16th).

The band Messenger playing at a CU event!



Mixed Emotions for Inst Badminton Team at Ulster Finals

There were mixed emotions for the C.A.I. Senior badminton team as they got a taste of both success and failure at the Ulster Schools' Badminton Finals held in Lisburn on Friday 3 March.

Following a very successful season, where they remained undefeated, the team had qualified for both the Ulster Schools' Cup and League finals, brushing aside any opposition they were faced with. The boys were out to emulate the achievements of the team of 2005, who had won both the league and cup competitions. However, they were faced with some stiff opposition in the form of the very impressive Royal and Prior of Donegal team in the cup, and the rejuvenated Ballyclare High school team in the league.

It was an early start for the boys with the team bus leaving at 7:45a.m, Mr. Blair at the wheel and his trusty sidekick for the day, Miss Watters, alongside him. Despite the miserable hour of the day, the team was optimistic of its prospects in Lisburn. The C.A.I. line-up for the finals was the same team, which had been consistent throughout the year with Stephen "Doobie" Dobbins captaining the team, followed by Rodger "the Todge" Camp-

bell, Neil "Nelly" Wallace and Chris "Tommo" Thomas.

The first match of the day was the cup final against Royal and Prior, and Chris and Neil took to the court to begin with 2 doubles, with Chris modelling a stylish new bandana. Despite the occasion and the tricky opposition to say the least, the Inst team were unfazed, and professionally disposed of their opponents, running out 6-0 winners. With the Cup taken care of, the boys had a little time to relax before turning their attention to the showdown in the afternoon against Ballyclare. With both teams playing well, this promised to be an exciting match-up.

The match itself failed to live up to the high expectations. Ballyclare proved too strong for the Inst side. Despite their best efforts, the Inst doubles pairings, which hadn't lost all year, crumbled under the pressure of the final. Neil was a prime example of the effort put in by the Inst players, eventually having to succumb to the pains of cramp in his legs in his Singles. The only real highlight of the final was the performance of Chris. Whether it

was the presence of females at court-side for once, or the new stylish bandana, he managed to keep his concentration for long enough in his match to edge past his Ballyclare opponent, with some very impressive smashing, and the odd trick shot as well, just for show. His efforts however, proved to be in vain as the Ballyclare side ran out 5-1 winners, and in the process qualified for the Irish finals in Dublin.

All in all, it was a mixed day for the Inst team, but they could be proud of their achievements of not only getting to both finals, but also coming away with at least some silverware.



Stephen Dobbins