

AUGUST/SEPTEMBER 2022 | VOLUME 1

THE MIGHTY ROAR

ISK's Lions Pride Sports Journalism Newsletter



Credit: ISK Athletics and Saba (Grade 11)

UPCOMING ISSEA: TRACK AT ISK!

Written by Melissa (Grade 9)

ISSEA Track here at ISK is fast approaching! Our team has trained 4 times during the school week and always push themselves to be the best they can be. This sports club has amazing opportunities like visiting Nyayo stadium to prepare for ISSEA and running at Karura forest for cross country. Very soon, our track team and cross country will represent us and host ISSEA Track at our school and Karura forest.

This is such an exciting event, from the stellar high jumps to spectacular sprints to true displays of endurance in long distance. Track ISSEA is going to be a truly special event, and let's encourage our teams to defend our gold!

Track ISSEA is happening here in Kenya from Thursday, October 27th to Saturday October 29th. Make sure to come out and support our team and help us reach gold once again!

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UPCOMING ISSEA: VOLLEYBALL AT ICS

Written by Solomon (Grade 12)

ISSEA Volleyball is back! As a member of the boys volleyball team, I could not be more excited to return to playing this great sport we all love. Not only that, but the fact that we actually get to go for ISSEA in another country is huge! I'm super excited for what's ahead. I'm ultra confident in both our Girls and Boys teams and if all goes well, not only will we have a great time but also the chance to come back with a trophy or two. Looking forward to playing once again and getting out on the court!

Since the start of the volleyball season, coaches and athletes have shown dedication to attending practices. All athletes including myself have worked hard to reach where we are today. We are all hoping that ISSEA Volleyball will end up with our Lions coming back with some hardware! The ISSEA competition is scheduled for October 27th to October 27th, 2022 hosted by The International Community School in Addis Abbaba, Ethiopia.



Credit: Saba (Grade 11)



Credit: ISSEA Basketball 2022 Facebook

GIRLS BASKETBALL UPDATE

Written by Vera (Grade 12) and Mafor (Grade 12)

The basketball season for our Varsity Girls so far has gone very well. Convincing wins against WNS built up our confidence and skill, and with the guidance of Coach Fisher, we were able to also beat RVA in a tough game at home. However, we still have a few challenging games ahead, vs Rosslyn at home and RVA away. These games are crucial for us, as we're fighting to secure our spot in the NISAL Local League final.

If you want to check out the current standings for the NISAL League, [Click Here](#).

Super excited about this season so far, and as we build toward ISSEA Basketball in Mozambique, it's super important that we keep playing at this high level.

VARSITY FOOTBALL

ISK 1 - ROSSLYN 0

Written by Reuben (Grade 12) and Mouhamed (Grade 12)

The Varsity team's inaugural game of the season was scheduled to take place against Rosslyn. Our typical routine of a dynamic warmup, possession games, shooting drills, and stretching served as the first step in our preparation. It was crucial that the crew function as a single one. Our anxiety levels were tremendous, and the players' nerves as spectators were obviously a role. We hadn't previously played competitively together, so there were challenges and communication issues. After a while, we started collaborating and began to control the ball more. In the end, we managed to

score one goal in the entire 60-minute contest. The fact that our substitute players were able to infuse the game with fresh vitality and drive was also to our advantage. Both of our coaches were crucial to our success since they knew how to clearly express the flaws in our play. The crowd's encouragement at both our successful and unsuccessful times served as our final source of inspiration. Rosslyn proved to be a challenging foe because they were quick and well-organized, and they were eager to confront us physically. Go Lions!



Credit: Manoa (Grade 12)



Credit: The Olympics

THE LEGACY OF ROGER FEDERER

Written by Hana (Grade 10) and Izzy (Grade 10)

The 41-years-old and 20 time grand slam winner, Roger Federer recently announced his retirement and the end of his long tennis career, leaving many fans downhearted. Collecting over 360 wins during his tennis career and playing more than 1500 games, Swiss tennis player Roger Federer was a prestigious player who is still an inspiration to many. The reason behind his decision for retirement is not entirely clear, however he has stated that one of the factors is most certainly his several injuries and surgeries during the past 3 years. On his instagram post announcing his retirement, Federer said "I've worked hard to return to full competitive form. But I also know my body's capacities and limits, and its message to me lately has been clear." He will be extremely missed on the court and many other famous tennis players shared their respect and admiration for Federer, including Nadal who commemorated on twitter: "Dear Roger, my friend and rival. I wish this day would have never come. It's a sad day for me personally and for sports around the world. It's been a pleasure but also an honor and privilege to share all these years with you, living so many amazing moments on and off the court."



Credit: The Guardian

RECALLING THE GREATNESS OF SERENA

Written by Zahra (Grade 11) and Chansa (Grade 11)

Serena Williams is a world renowned tennis player, winning her first US open title at the early age of 16. Since then, Williams has won 73 singles titles and 39 Grand Slam victories over her career. Recently, Williams announced that she was doing the “hardest thing ever”, and announced her retirement, due to this, it feels only right to reminisce on a few of the moments in history that have made Serena the distinguished and reputable tennis player we all know and love.

One of the most iconic moments was were it all started for her in 1997 when she was only 16 years old made and made it all the way to the semi finals. This achievement set her up for huge success. Then in 2002 she had her first world number one ranking in the French Open, where she defeated her own sister, Venus, 7-5, 6-3 and got the nick name Serena Slam, and finally you can’t forget how she won the Australian Open in 2017 at the age of 35, and 8 weeks pregnant with her first child.

Her announcement comes as a reminder of her greatness, as one of, if not the best, athlete of all time. Her timeless domination has not been matched by anyone in tennis history, and her legacy will live on forever.



Credit: Manchester News

WILL HAALAND BEAT THE SCORING RECORD?

Written by Max (Grade 10) and Leo (Grade 10)

Erling Haaland is one of many additions to Pep Guardiola's Manchester City side. Haaland is one of the world's most lethal strikers in the game. He is physically strong and fast, and he has a powerful yet accurate finishing ability. So far this season, Haaland has been shocking the premier league fans. He has currently bagged 11 goals in only seven appearances. Pundits are currently discussing if he might be able to break the all-time scoring record in the premier league, Mohammed Salah with 32 goals in 38 game seasons.

The case for Haaland beating the record is excellent, but there can be some potential setbacks for him to beat the scoring record. Haaland's large build causes him to be injury prone. Last season Haaland only played 22 games in the Bundesliga. This could be a significant obstacle for Haaland. Haaland has also only played weaker sides that came from the championship, and these teams have a poor defense, which is the reason why Haaland has so many goals so far. Does Haaland have it in him to break the scoring record? Let's wait and see!

THIS VOLUME'S JOURNALISTS

Melissa (Grade 9)

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Vera (Grade 12) and Mafor (Grade 12)

Reuben (Grade 12) and Mouhamed (Grade 12)

Hana (Grade 10) and Izzy (Grade 10)

Zahra (Grade 11) and Chansa (Grade 11)

Max (Grade 10) and Leo (Grade 10)

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More questions about Lions Pride and/or this newsletter?

Contact us (Solomon, Ms. Wood, Mr. Moore, and/or @iskathletics@isk.ac.ke) in person and/or via email.

This newsletter is meant to give the monthly articles of all sporting events, games and news, along with interviews, op-eds, highlights, and statistics and more at ISK and across the globe.

Interested in writing an article in this newsletter?

Contact @iskathletics@isk.ac.ke to get your article into The Mighty Roar, or if you have more questions.