

AUGUST/SEPTEMBER 2021 | VOLUME 1

# THE MIGHTY ROAR

ISK's Lions Pride Sports Journalism Newsletter



Credit: Rehema (Grade 12)

## STRESS BUSTER FRIDAY'S ARE BACK!

*Written by Manoa (Grade 11)*

SBF, also known as Stress Buster Friday took place on the 3rd of September. The sports offered were Ultimate Frisbee and Volleyball. In Frisbee, there were 3 competitive teams, all competing for the prize. The team comprised of Kurt, Jason, Brian and Max took home the medal. The Frisbee teams have to communicate with one another to work together to catch the Frisbee in the opponent's end zone. In this sport, the players on both teams are responsible for calling the fouls. The spirit of the game stresses sportsmanship and fair play. Competitive play is still encouraged just not at the expense of respect for one another.

Volleyball, a well-known sport, brought 5 different teams to participate in the SBF. Some teams were seniors, juniors, sophomores, and the Lion's Pride team. Volleyball is a net-type game where two competing teams of six members control the ball with different parts of the body. The team of Matias, Maria, Enrique, Jodie, Sam, and Brooks won the medal. In volleyball, sportsmanship is very important, it's about discipline, respect, and self-control. Respecting your teammates, opponents, coaches, and officials is how to play volleyball. Overall, the experience of Stress Buster Friday, both volleyball and ultimate frisbee, were incredibly enjoyable and provided a stress releasing experience that was a great way to end the week.

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Credit: FIBA AfroBasket

## ISK'S GRIFFIN LIGARE AT FIBA AFROBASKET

*Written by Solomon (Grade 11)*

The FIBA AfroBasket competition in Kigali took place this past August, and our very own Coach Griffin Ligare (ES PE and Assistant Varsity Boys Basketball Coach) captained the Kenyan National team throughout the tournament. Along with Coach Sadat (Assistant Varsity Girls Basketball Coach), ISK was very well represented at this year's FIBA AfroBasket.

Coach Griffin (#5) contributed significantly to the success of the Kenyan's, including an impressive performance of 12 points, 8 rebounds, 2 assists, 3 steals, on almost 40% field goal percentage in just 22 minutes, put on against Mali. Overall, Coach Griffin put up an impressive run in FIBA AfroBasket, averaging about 4 points, 3 rebounds, and 1 assist in 11 minutes of action. ISK players, coaches and staff, could not be more proud of Coach Sadat and Coach Griffin's hard work and effort, on clear display during this tournament.

As a team, Kenya turned out a solid run in FIBA AfroBasket. They started out rough with a tough losses to Cote d'Ivoire and Nigeria, however bounced back with a solid victory over Mali. Kenya was able to maintain a strong lead for most of the game, and ended up on top despite a strong effort at the end from Mali. The highlights from this game are linked to the title of the article, so click there for the link.

In the qualifiers for the quarterfinal, Kenya faced a tough challenge in South Sudan, yet they held their ground and put up a resilient fight. Kenya started off slow against South Sudan, yet came back late in the game to make it close. However, their efforts just came a bit short, ending up in defeat for Kenya, 60 to 58.

Interested in watching highlights and/or looking at box scores from other games in this tournament? Click on the picture above of Coach Griffin for the link.

# ISK'S RETURN TO SPORT

*Written by Vera (Grade 11)*

When returning to sports at ISK, it was already preferable to last year's practices. Due to Covid-19 we have to wear masks in training, this makes people struggle during practice because it makes it hard to breathe. Especially after summer vacation it has been hard to jump back into sports but overall it is beneficial. I am doing track and field and basketball the first season. In track and field I am part of the sprints group. We have training around three times a week and we do different activities like relays, 100 meter sprints, and some 400 meter runs.

In basketball, we are working on a lot of dribbling techniques and running mainly to get back into shape. One of the many restrictions from Covid is that we can not play basketball games against other schools, and or practice defence within our training sessions. As of right now ISSEA is hopefully happening in the second semester, so I think that the basketball girls are very excited for the possibility of an ISSEA.



Credit: ICS Addis Athletics



Credit: Capital FM KE

# TAZANA KAMANGA-DYBRAK AT THE OLYMPICS AND WORLD CHAMPIONSHIPS

*Written by Jaime (Grade 11)*

Tazana Mikkel Kamanga-Dyrbak is a Danish sprinter. Former rugby player, he has represented his country at the 2021 World Athletics. He used to go to the International School of Kenya. He holds the national record in the 4 × 100 m and qualified to represent Denmark in the 2020 Olympic Games in Tokyo. His mother is Zambian and his dad is Danish but grew up in Kenya. Tazana lives and trains in Kenya where he has set up a sprint club. Tazana is one of the leading contenders for men's 200m gold at the World Athletics U20 Championships Nairobi 21.

He holds the senior Danish record of 20.48 in the 200 meters. In 2019 he won 200m silver at the European Youth Olympic Festival in Azerbaijan, and in 2020 he lowered his 100m best to 10.39.



Credit: Supersport

# THE CRAZIEST TRANSFER WINDOW EVER

*Written by Joshua (Grade 11)*

Football /Soccer is a sport that is full of excitement, passion and unpredictability. This year's transfer window showed nothing less than all 3 of these traits. For those who are not familiar with Football, the transfer window is a 12 week event, that allows players to switch from one team to another. The aim of the transfer window is for clubs to be able to buy players that will help improve their overall team. Furthermore, this years transfer window was arguably the most eventful and 'craziest' transfer window in football history.

To begin with, Lionel Messi's transfer to PSG alone was enough to make this years window unforgettable. Lionel Messi (located on the top left) is one of the, if not the greatest football player in history. Messi has won the best footballer of the year award 6 times (the most in history) along with winning multiple trophies and 1000+ goal contributions.

His transfer to PSG from Barcalona was nothing more than shocking. He has spent his whole career in Barcalona, so leaving the club definitely left a void of unfamiliarity in many football fan's hearts.

Furthermore, Cristiano Ronaldo's transfer to Manchester United from Juventus was arguably as shocking to football fans. Ronaldo (Top Right) is considered to be one of the greatest players of all time. He has won 5 Ballon D'ors, multiple trophies and created 1000+ goal contributions. However, what makes Ronaldo's transfer more compelling is that he used to play for ManUTD during the early stages of his career (2003-2009). His unexpected return to the club definitely created a buzz for football fans and Man UTD supporters around the world.

**Other notable transfer window moves:** Romelu Lukaku's return to Chelsea (£97.5 million), Jack Grealish to Man City (£100 million) and Sergio Ramos to PSG (Free)

All in all, the transfers of the 2 greatest players in history (Messi and Ronaldo), made this transfer window an unforgettable event. Along with other notable transfers like Lukaku (Bottom Left) returning to Chelsea, and the promising star Jack Grealish's (Bottom Right) move to Man City.

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*More questions about Lions Pride and/or this newsletter?*

*Contact us (Solomon, Ms. Wood, Mr. Moore, Vera 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.*

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*Interested in writing an article in this newsletter?*

*Contact me (Solomon – Grade 11 and/or @iskathletics@isk.ac.ke) to get your article into The Mighty Roar, or if you have more questions.*