



# Woodlands International College

## Junior College Newsletter

### 22 November 2019

*Dear Woodlands Family,*

#### **Final hurdle**

As I'm sure you all know, I'm a massive fan of athletics. I have been a runner my entire life (I've tried a few Triathlons as well, but that's another story...) and I have tried to stay competitive at my level throughout. These days all it means is trying to win my category at a parkrun on a Saturday morning. My one son is a nationally competitive distance runner, my other son, (who actually prefers cricket and hockey) can also easily beat me these days at parkrun...but that doesn't mean I will ever give up against him 😊

However, today it's more about the metaphorical athlete than the literal one. In all my years of following athletics, International and otherwise, I have always found that hurdles events are very exciting. However, one of the strange things that tends to occur is that the athlete seems to battle with the last hurdle. They often look smooth and in command, whether it is in the 3000m Steeplechase or in the 400m Hurdles or even in the 1100/110m Hurdles, they glide over the hurdles and keep their stride patterns, but suddenly, everything falls apart at the last hurdle. Stumble, trip, or clip the hurdle, but something often happens. So what causes this phenomenon? Is the athlete just tired? Do they lose concentration, just for a micro-second? Do they lose focus? Is the winning line just a few metres too far away? Do they lose confidence? It is heart-breaking to see an athlete perform so well throughout a race, only to fall at the last hurdle.

So, in that light, I would urge everyone (children and parents) to see it through. Don't lose focus or concentration. Keep going with studying. Keep your uniform neat and tidy up until the last day. Keep your hair neat. Ensure that your behaviour remains top class. Make sure you see it through to the last day of school (4 December). We still have exams to complete, sports awards ceremonies, and Honours evening to go. Don't stumble at the last hurdle!

So good luck with the last of the examinations!

So remember, never, ever give up!

*Dr G Pienaar*

