



Reliving the Relay

Excitement, nervousness and tension filled the atmosphere of the valley as the runners took their positions for the class relay. This is one event where the valley is at its quietest. The GET SET not only started the race, but it also was the sign of the noise creeping back into the valley.

As they started off, Vindhya of grade 12 took the lead with Nandita close behind, followed by Ria of grade 11 and Saideep of the 9th grade. The race carried on in favour of the 12thies while the 10th graders lost their second position due to an unintentional error. Therefore, the 11ths took the second position from the 10ths. The 12th graders won by a huge margin thanks to their team co-ordination. The eleventhies who had Yash, Ria, Aditya and

Durga ran very well too. The tenth graders racers were Varun, Nanditha, Shreya and Rahul. The ninth graders were represented by Darius, Dyuti, Rhea R and Saideep who were quite close considering the fact that they are the youngest and first timers.

The twelfths have been winning the relay since their tenth, but unfortunately, haven't been able to break the previous record and have been missing it just by milliseconds.

- Tanaya, Damini and Ananya Y.



Two Records Overthrown

Only two records have been broken on the first day of sports and both these have been in the throws.

Stanzin broke a 12 year old record in Javelin throw by 2 m covering a distance of 39.86m.

Jigmet broke his own record in the Cricket Ball Throw. His previous record was 61.70 m where he beat Zubin's record in 2010 of 61.57m.



FLASH NEWS!

LAST YEAR: JIGMET BREAKS C BOYS RECORD IN CBT MARKING A DISTANCE OF 61.70M.

This year: Jigmet beats his own record in C Boys CBT marking a distance of 62.5 m

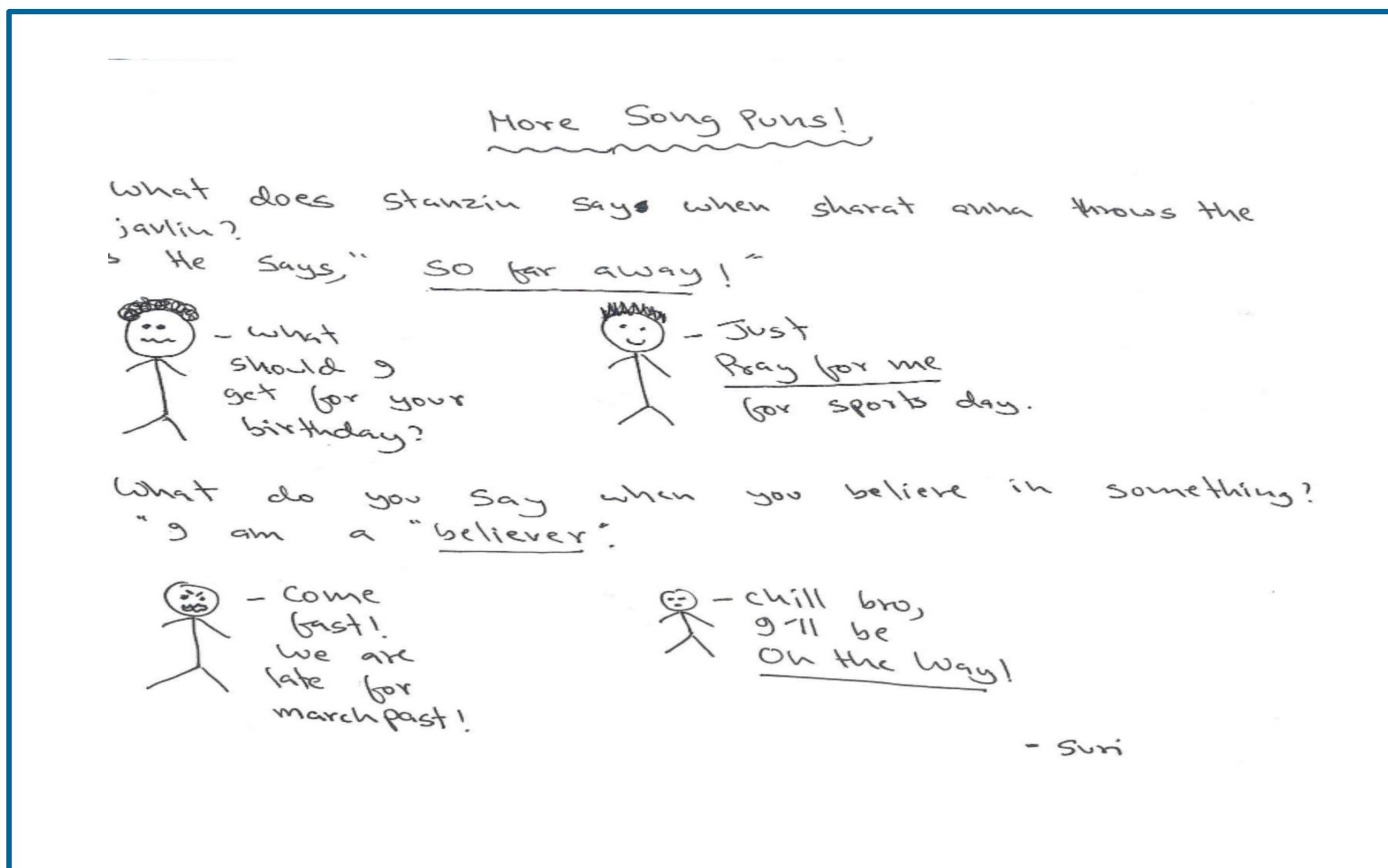
Spears Pierce the Sky

The Javelin B boys was a spectacular event! Stanzin, a favourite to break the record, did not cow down under the expectations. He broke the 12 year legacy of Devashish Mishra by a whopping 2 m, striking the ground at 39.86m.

He took three throws: the first, a foul; the second, won him his record, and the third, just a bit behind his second. The red flag signified the declaration of his record.

On the other hand, the most surprising thing was not only the record breaking but also Darius, the underdog's podium finish, who came third with a throw at 28.36m, missing Tharan's by a slim 1m.

- Yashvardhan and Anvit



Speak up Sid!

Q: What all are you planning to do this sports Day?

A: Nothing much, I like watching the other events.

Q: What are your thoughts on sports day?

A: I think the participation has gone down. Earlier when I was in 4th, sports day was the main talk.

Q: Are there any records you think you can break?

A: Other than the class relay, which I hope we break as we were very close to breaking it last year, I am also looking at high jump.

Q: Do you think they will be easy to break?

A: Well records are never easy to break, for the relay we might and for high jump; if it were that easy, it wouldn't have remained since 1989.

Q: You have attended numerous Sports Days in RV, how do you think they have changed?

A: As I said the participation and enthusiasm have gone down. Before there used to be loads of excitement. Otherwise, it's the same except for the addition of Sagai Sir.



Play Safe On Sports Day



Sports day is a time to enjoy and have fun but in the process, there are often unfortunate injuries that may come in way. But there are ways to prevent these injuries.

After a short talk with Anuradha Akka, we came up with a few precautions that we should take:

- When landing after a jump you should bend your arms and put your hands in front of your head. You should also bend your head. This will prevent any sprains or fractures on the arm.
- If any dust goes into your eyes, DO NOT RUB! Just splash water and visit the hospital if necessary.
- To keep yourself from fainting, getting a headache, feeling dizzy or getting muscle spasms you need to be hydrated. Drinking walyte and water will be sufficient. Though, before your event, drinking too much will cause you to throw up.
- Of course, you need to keep yourself energetic and active in order to be able to perform well in your events. You should have a balanced diet with carbohydrates, proteins and all other nutrients.
- But there's nothing much one can do to prevent knee bruises and deeper open wounds./ Then, you can go to the first aid tent and get a dressing if necessary.

- Prapti and Sanija



Pitter Patter on the Playfield



However casual and easy these events may look, no matter what the age is, only the participating competitors know the value and worth of these events. A-girls or B-boys weren't the only industrious folk in the club. Children from the prep section were equally enthusiastic and excited about Sports Day. The little ones had been practising hard alongside all the other classes in the evenings. The grand finale was a good show of sportsmanship through all their events.

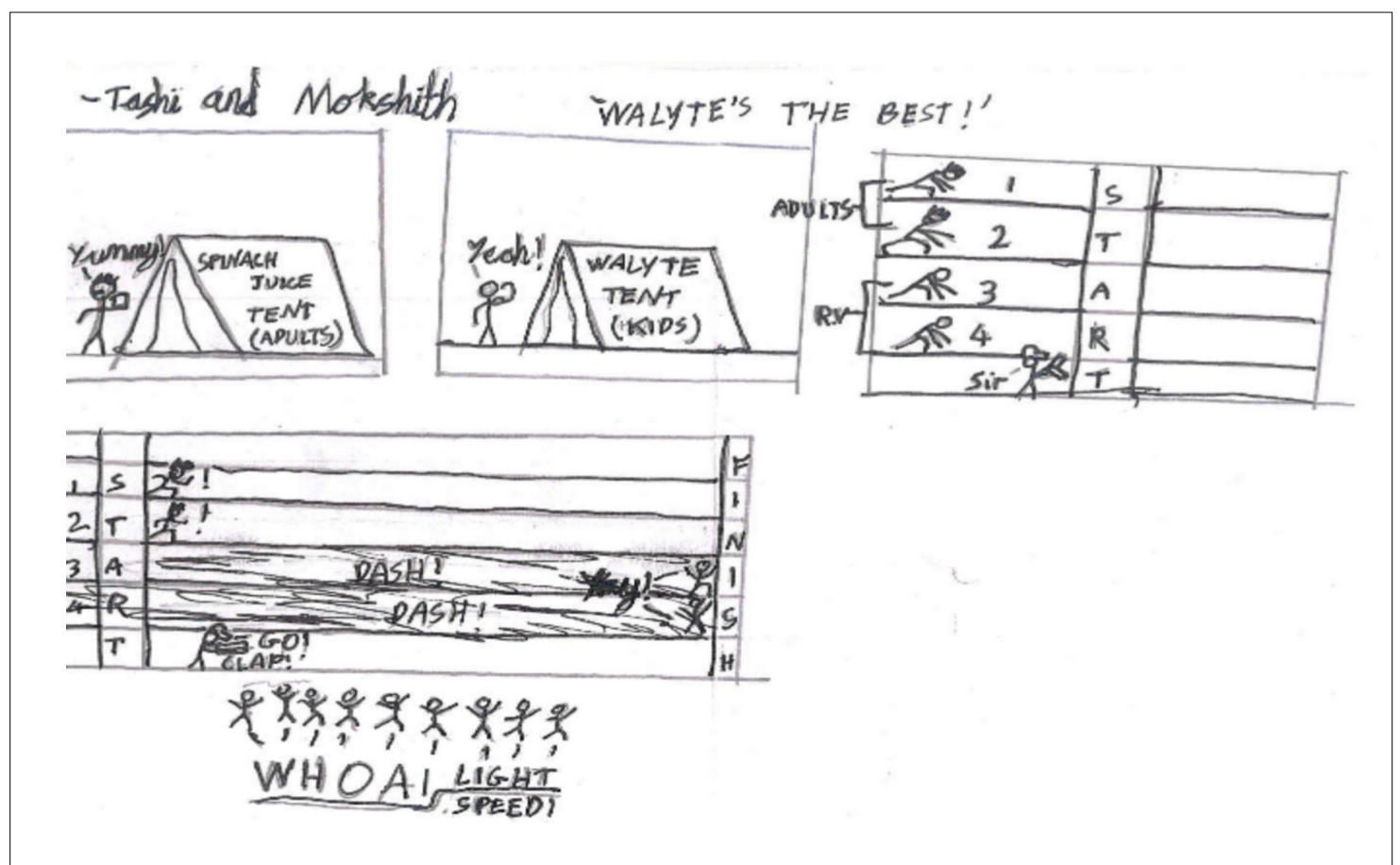
They participated in an interesting medley of races: 25 m run, 50 m run, potato gathering - 25 m, obstacle race (loop and hurdle) - 50 m, and the much sought after relay race of 50 m.

Anu akka their class teacher said, "There was never a

dull moment with the kids. They were constantly exuberant and enthusiastic about the sports meet." Everyone put in their best in all their events and there were different winners each time. Keep working hard, preppies! You make us proud! Way to go...

Being the opening event of the meet it attracted a lot of audience who cheered heartily as the proud parents looked at the tiny pattering feet. Thus began the sporting events of 2018.

- Ananya Y, Damini, Tanaya



A Boys High Jump: A-Man and Man-AN



The A-boys high jump event was a sight worth watching, what with their spectacular performances, unbreakable will power and determination. The participants were Aman, Manan, Rohith, Vivek, Siddharth and Nikhil.

The event began in a cool and calm manner as they all jumped well, the first round being pretty easy. The second round was quite above the average but they were lucky enough to leap their way into the third round. The third round, however, was not like any other. Nothing but one's own grit and strength could help them tide over this phase. Disqualifications and injuries came in their way. Finally, three names paved their way into the fourth round: Sid M., Aman and Manan. They all had their eyes on one goal - the podium. Unfortunately, Rohith injured himself on the back and sadly couldn't make it to the finals. Thus ended the event with Siddharth winning the first position followed by Aman and Manan in that order.



Q:What makes you so interested in sports?

A: Team work , skills kicking the ball and hitting a ball using racket.

Q:According to you, what is the importance of sports in general?

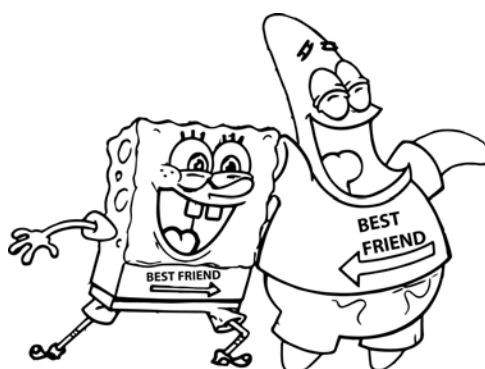
A: Sports is an opportunity for children to play under varying circumstances and without goals and objectives or with goals and objectives; without any pressure and under pressure. Sports and games are an opportunity to learn the meaning of competition, understanding, patience, interpersonal relationships etc.

Q: How about Sports Day in particular?

A: Sports day is a time to relax with moments of seriousness in between. Children compete in an atmosphere of fun, camaraderie and purpose.

- Rohit and Shreyas

Catching up with Sunil Sir



RV's Underground Games: Hiding in Plain Sight

Football is considered the most popular sport in RV, but people who miss it during Sports day turn to foyer. Foyer is not only played during Sports day; people play year-round. The boys hostel is the most popular location for playing foyer. Some students who enjoy playing foyer don't play football. This is understandable because some aspects of foyer are easier. You have to run less, the game is faster, goalkeeping is easier because the goal is much smaller and everybody gets a chance to get the ball. Players who are perhaps weaker than their opponents also score, making the game more unpredictable and interesting. All of these prompt us to ask: *Is foyer more popular than football?*

For the students who want to be on the field and experience the atmosphere,

a few options come to mind. Perhaps, the most notable is hopscotch. In case you are wondering, hopscotch is believed to have originated from the Roman army: Soldiers designed a training course to improve footwork. Children copied the game and it evolved. In the case of foyer, students might not always have access to a ball to play with or the space but hopscotch doesn't require much equipment. Students make the grid, grab a few stones and then start playing right on the field.

So this Sports day, look out for the underground games and remember: *They could be hiding in plain sight.*



Just There but not There

Vishnu of Class 10 managed to equal the record of B Boys High Jump and tried to jump higher. He was almost there but it just wasn't enough. He equalled the record which was made 36 years ago. Now three people hold the same record. Looks like the record is gonna stay on the same high forever.

- Arjun and Daksh

Ground Realities in REC

The R.E.C grounds are not as big as ours, but they make up for it on their 100m track. If they want to run 200m they run twice, up and down. All the R.E.C children practise their events in the evenings. The juniors of R.E.C like to participate in all the running events, especially Tunnel Ball Relay. The seniors too take part in all the running races. They are good at long jump but they may not have been able to practice much. However, they perform very well on sports day. Their enthusiasm is quite contagious. Good work, friends!

- Rohith.

Wind-Yeah! (Vindhya)

Q: How many records do you hold?

A: I hold two records – 400 m and 800 m.

Q: How do you feel about being school captain?

A: I feel really honoured to be the school captain and hope to do a good job.

Q: How do you feel about your last sports day?

A: I loved it and put my level best in it and there was only one regret – our class couldn't break the records. This time we're practising hard to break it. I'll miss all my moments here.

Q: What was your inspiration?

A: Encouragement from my parents.

Q: As an athlete, do you consider participating more important or winning?

A: Earlier, I used to consider winning much more important. Eventually, I now consider participating important – if you don't participate, how will you win?

"Run for the fun of it and not because you want to win."

Q: What would your message be to the people who don't feel good about their performance in sports?

A: There are a million moments when people are ahead of you but what is important is not wanting to be the best; but participating and chasing your dreams.

Q: Who in RV would you thank for reaching where you are?

A: There are many people who helped me, especially my class-mates who jogged with me, even though they loathed jogging and the entire school for allowing me to keep my running and go for all the competitions.

- Sahiba and Anushka



Panav Podcast



Q: What does sportsmanship mean to you?

A: Here's an example : There is a race going on and the representative of your team is lagging behind. Don't shout at them or scold them. Cheer them up. The win isn't important, the attempt at is.

Q: Do you think sportsmanship is more valuable or winning is? Why?

A: Sportsmanship is more important because winning is all about medals, fame and money; but when you play (whatever sport it is) with sportsmanship, you get a feeling in your heart which feels better than medals, fame and money.

Q: What does sports day really mean to you?

A: Sports day is a chance to know your capabilities, to try and do better. It is a chance for everybody to participate and enjoy.

Q: So, how many events have you been selected for?

A: All of them!

Q: Cheating!?

A: No! Sir allowed me to have a chance at all events and I ended up being selected in all.

Q: What records are you aiming for?

A: High jump, cricket ball throw, my own obstacle race record and long jump.

Q: How do you plan on regaining your energy after participating in so many events?

A: I don't know, after my events I will just sit down and take some rest.

Q: How do you handle pressure?

A: I don't get pressure because it's fine whether I win or lose. I give my best in whatever I do.

Q: Do you have any special message for our readers?

A: Whatever happens don't lose hope. Give it your all, no matter whatever anybody tells you!

Best of luck for sports day and enjoy.

- Siddhant, Sanija and Siddhi



Runners Galore





Framed!





Winners at a Glance

S. No	Events	1 st	2 nd	3 rd
1.	25 m run [prep] Jr	Saanvi	Karthik	Skanda
2.	50 m run [prep] Sr	Viswa	Chaithali	Praneeth
3.	25m potato gathering [prep] Jr	-	-	-
4.	50m obstacle race [prep] Sr	-	-	-
5	50m relay race [prep] Sr	-	-	-
6	50m run [Children 4th]	Likhith 1.01.52 sec	Gareth 8.75 sec	Rupesh(REC) 8.78 sec
7	50m run [D girls]	-	-	-
8	100 m run [C girls]	Manasvini 15.54 secs	Siya 15.91 secs	Shreya T 16.18 secs
9	100 m run [D boys]	Panav 15.11 secs	Jatin 15.97 secs	Adith 16.27 secs
10	100 m run [children]	Likith 16.57 secs	Garreth 17.19 secs	Rupesh (REC) 17.81 secs
11	100 m [D girls]	Aarushi 15.82 secs	Khyati 15.9 secs	Ashra 16.76 secs
12	100m [C boys]	Anand 13.21 secs	Jigmet 13.66 secs	Sanan 14.53 secs
13	100 m [B girls]	Nandita 15.05 secs	Rhea 15.78 secs	Ekshika 16.08 secs
14	100m [A girls]	Vindhya 14.47 secs	Anjana 15.95 secs	Ria 15.66 secs
15	100m run [B boys]	Varun 12.21 secs	Rahul 12.95 secs	Darius 13.06 secs
16	100m run [A boys]	Siddharth Murli 12.01 secs	Aman 12.51 secs	Nikhil 12.59 secs
17	Tunnel ball relay [children, 4th]	-	-	-
18	High jump [A boys]	Siddharth Murali 1.57 mts	Aman 1.54 mts	Manan C 1.49 mts
19	Long jump [B girls]	Rhea 3.68 mts	Varshini 3.44 mts	Shreya B 3.003 mts
20	Shot put [10lb] [A girls]	CSR Sharda 6.72 mts	Anjana 6.36 mts	Vindhya 6.29mts
21	Javelin throw [B boys]	Stanzin 39.86 mts RECORD	Taran 29.03 mts	Darius 28.56 mts
22	Cricket ball throw[children, 4th]	Rupesh (REC) 27.54 mts	Likith 25.79 mts	Kiran (REC) 20.34 mts
23	Triple jump [A girls]	CSR Sharada 8.45 mts	Kasthuri 8.35 mts	Vindhya 7.87 mts
24	400m run [D boys]	Panav 1.13.73 secs	Aadit 1.23.11 secs	Shivam 1.24.22 secs
25	400m run [C girls]	Manasvini 1.18.90 secs	Lakshmi (REC) 1.23.66 secs	Ananya.H 1.23.88 secs
26	400m run [C boys]	Anand 1.04.90 secs	Sanan 1.08.39 secs	Anvit & Saayan 1.10.22 secs
27	400m run [B girls]	Shreya B 1.14.27 secs	Chaturya 1.24.42 secs	Varshita 1.27.88 secs
28	400m run (A girls)	Vindhya 1.09.75 secs	Mariam 1.20.12 secs	Ria S 1.25 secs
29	400m run [B boys]	Varun 1.3.46 secs	Rahul 1.8.44 secs	Anaas 1.10.22 secs
30	400m run [A boys]	Arnav B 1.0.16 secs	Aman 1.2.87 secs	Indraneel 1.3.66 secs
31	25m Spoon and lemon [C girls]	Ria R 7.56 secs	Maya 7.69 secs	Niya 8.63 sec
32	25m Needle and thread [D girls]	Gauri	Ananya	Ria
33	Tunnle ball relay [D girls]	-	-	-
34	Long jump [D boys]	Panav 4.05 mts	Revanth 3.42mts	Aadit 3.38 mts
35	Javelin throw [A boys]	Rinchen 36.34 mts	Bilva 35.8 mts	Vishwajeet 32.88 mts
36	High jump [B boys]	Vishnu 1.58 mts RECORD EQUAL	Saaket 1.34 mts	Kirtan 1.27 mts
37	Shot put [8lb] [B girls]	Shrimadhi 9.52 mts	Rhea 8.93 mts	Varshita 7.76 mts
38	Long jump [A girls]	CSR Sharada 3.74 mts	Durga 3.10 mts	Ria 3.06 mts
39	50m obstacle race [children, 4th]	Likhith 12.3 secs	Neil 12.91 secs	Arnav 13.01 secs
40	50m obstacle race [D girls]	Pranjal 12.41 secs	Aarushi 12.57 secs	Ananya J 13.22 secs
41	50m obstacle race [D boys]	Panav 11.88 secs	Jatin 12.24 secs	Ahaan 12.30 secs
42	50m obstacle race [C girls]	Mishka 12.19 secs	Lakshmi (REC) 12.21 secs	Rhea 12.84 secs
43	50m obstacle race [C boys]	Sanan 10.92 secs	Krish 11.60 secs	Mokshith 11.67 secs
44	50m Slow cycle race [B girls]	Anunya 45.68 secs	Shrimadhi 36.23	-
45	50m Slow cycle race [B boys]	Angad 2.11.64 secs	Shreyas A 1.14.57secs	Saaket 1.6.87 secs
46	50m Slow cycle [A boys]	Bilvasai 2.22.52 secs	Venkatanaga 1.46.22 secs	Keerthan 1.42.81secs
47	50m Slow cycle[A girls]	Aman 1.9.53 secs	-	-

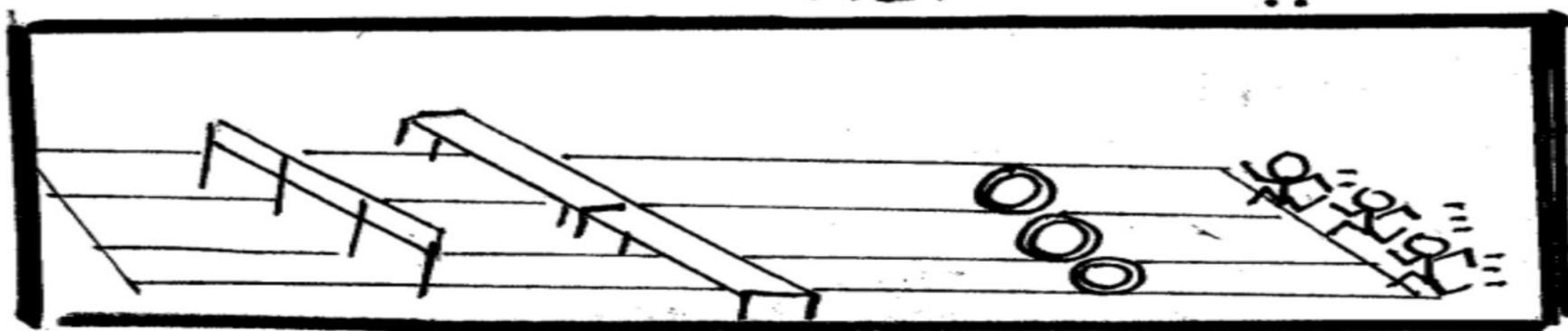


Winners at a Glance

Sl no	Events	1 st	2 nd	3 rd
48	3000m open [A+B girls]	Sanjula 18.16.38 sec	Purna 18.26.31sec	Gamya 18.41.98 sec
49	1000m open [C boys]	Anand 3.25sec	Saayan 3.27.57sec	Jigmet 3.29.53sec
50	4x100m relay [9,10,11,12 boys + girls]	12 th 54.46 sec	11 th 58.48 sec	10 th 58.63sec 9 th 59.13 sec
51	2 x 50m relay [4 th boys + girls]	Likith and co	Ahana and co	-
52	4 x 100m relay [5,6,7,8 boys + girls]	Anand, Shreya T, Aadit, Aarushi	Manasvini, Krish, Panav, Shrita	Jigmet, Niya, Soam, Khyati
3	High jump[D boys]	Panav 1.11 mts	Shivam 1.06 mts Revanth 1.06 mts	-
54	Shot put [10lb] [B boys]	Stazin 10.52mts	Varun 10.26mts	Abheet 9.27mts
55	Cricket ball throw [C girls]	Mishka 40.92mts	Gohitha 30.64mts	Siya 29.06mts
56	Long jump [A boys]	Indraneel 5.67mts	Siddharth M 5.42 mts Pradnayan 5.42mts	-
57	Long jump [children, 4 th boys + girls]	Likhith 3.56 mts	Neil 2.85 mts	Raghuveer 2.84 mts
58	Cricket ball throw [C boys]	Jigmet 62.52mts	Mokshith 44.25mts	Vaibhav 40.3mts
59	5000m open [A+B girls]	Ritie 27.54.97 sec	Sahana 31.8.00sec	Joyeetha 32.27.00 sec
60	1500m open [A+B boys]	Rinchen 5.5.28 sec	Mrigank 5.11.73 sec	Praneeth 5 12.37 sec
61	800m open [D boys]	Panav 3.09.53 sec	Shivam 3.12.91 sec	Prakhar 3.29.01 sec
62	800m open [C girls]	Tanaya 3.28.4 sec	Vanshika 3.36.62 sec	Niya 3.46.18 sec
63	300m open [children]	Likhith 1.1.52 secs	Neil 1.2.89 secs	Gareth 1.10.3 sec
64	500m open [D girls]	Aarushi 1.58.48 sec	Medha 2.2.32 sec	Devyani 2.4.22 sec
65	Cricket ball throw [D boys]	Panav 40.82 mts	Prakhar 38.71 mts	Ashoka 35.80 mts
66	High jump [C boys]	Sanan 1.37 mts	Srivar 1.32 mts	Krish 1.19 mts
67	Long jump [C girls]	Siya 3.67 mts	Mishka 3.15mts	Lakshmi(REC) 3.14mts



EXPECTATIONS
VS
REALITY!!

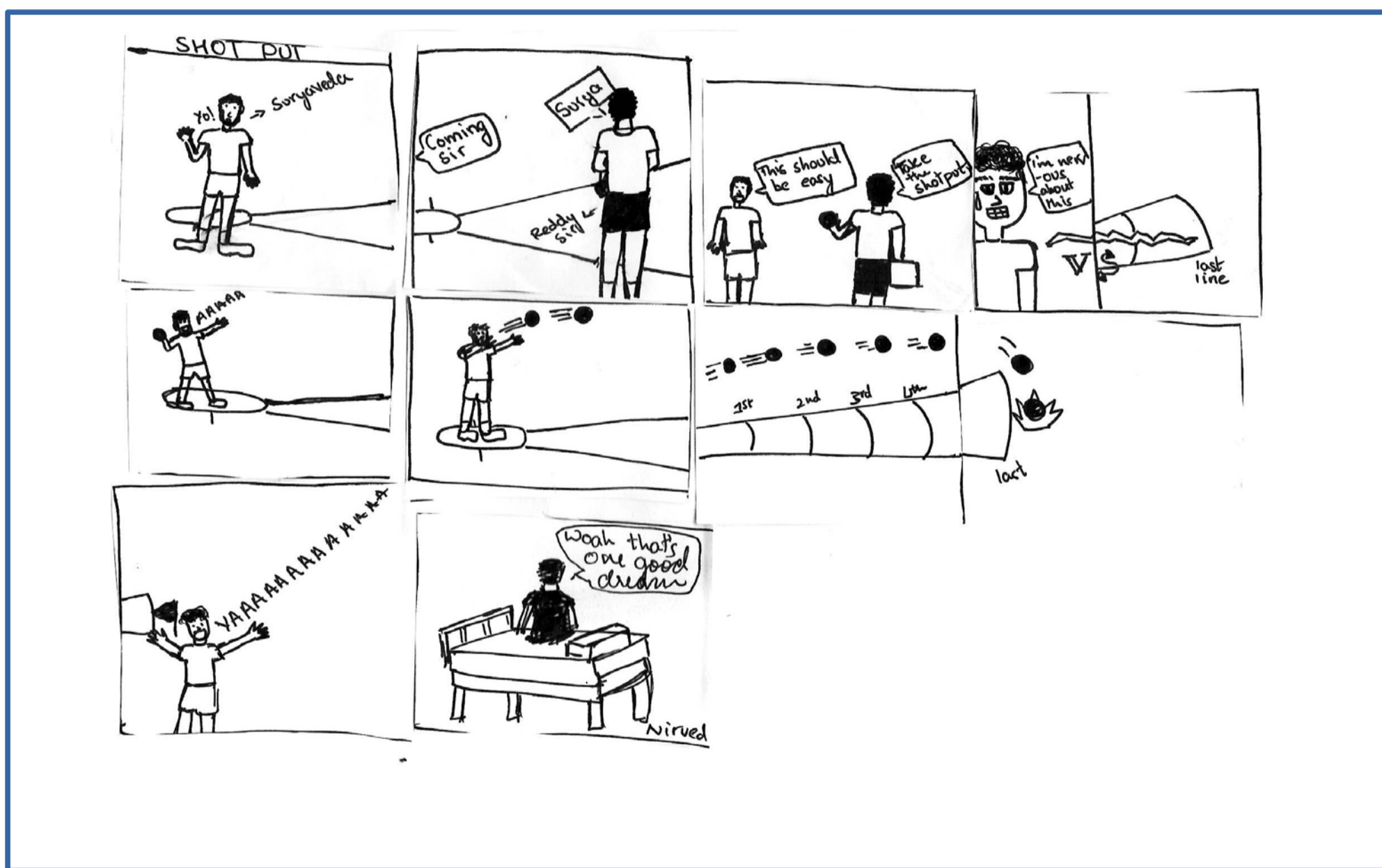


By Surua & Vanshika

Records at a Glance

S.No	Event	Old Record	Year	New Record
1	Javelin throw [B BOYS]	Debashish Mishra – 37.86 mts	2006	Stanzin – 39.86 mts
2	Cricket Ball Throw [C BOYS]	Jigmet Lawang – 61.70 mts	2017	Jigmet Lawang - 62.52 mts

If Only Dreams Could Become True...



Today's Edition was brought to you by:

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