

# PRIME SPORT

RISHI VALLEY SPORTS TABLOID



## POM POMS AND HULA HOOPS

*News direct from the field!*

## GOING HIGH ON HIGH TEA

*An exclusive interview with Hareendran Sir*

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*It's all about Music!*

DAY 1 - 29 AUGUST 2019

ISSUE NO 1

# WHY PRIME SPORTS?

## EDITORIAL

It has been a tradition, right from the beginning, for the 8th grades to present the sports day tabloid. It takes a lot of hard work for the students to work on the tabloid, during the turbulent course of daily life. Also, an extra burden, since even we have to practice for our events. But, we take up the challenge, with pleasure and courage. We hope we can serve you satisfactorily, this sports day.

We would like to take this opportunity to thank all the people without whom sports day would not be made possible. DH, Support Staff, Hospital, Teachers and each and every one of you. Let us uplift the spirit of sports, as we hitch off the annual sports meet. By the way, why Prime? This is the 11th edition of Sports Tabloid. 11 as we all know is a prime number!! Best of Luck everyone!

**Lalith**





**SOMEONE WHOSE RECORDS ARE UNBEATEN EVEN AFTER 30 YEARS!**

## **SPECIAL GUEST OF HONOUR**

Marchpast was the usual march to the tune of *Colonel Bogey's March*. It was a spectacular start to Sports Meet 2019. The children marched in co-ordination in their colourful t-shirts and blazing logos. Until 1976, students did march past wearing plain white clothes—no logos!.

The school flag was held by Captain Aditya Honnur; the 12th class was led by Gamyra and Vivek; The 11th by Taran and Shreya Bhatt; 10A by Anhiti and Raheem and 10B by Sandhya and Anurag; 9A by Anvit and Sanvi and 9B by Tanaya and Srivar.

The 9thies really enjoyed their first march past. "It was a wonderful experience", says Anvit of class 9. The 12thies were happy too. This being their last march past, they did it with all their 'JOSH'. After taking the pledge led by Maqbool, Aman and Ria brought down the torch from around Cave Rock hill to the tune of *Chariots of Fire* bringing goose bumps to the audience.

The special guest of honour, Dr Naresh G S, an alumnus and a current parent unfurled the flag. He still holds the record of 100m and triple jump from the year 1989 with a record of 11.08 sec (same as P T Usha's record) and 12.65 m respectively.

After that Krishna Menon Sir declared the sports meet open. This was followed by the drills.

**Sebastian and Lakshman**

KRISHNA MENON SIR

# OPENING REMARKS



It is a pleasant sight to see all of you lined up on the playing fields of Rishi Valley, after marching to the beats of the drum in a disciplined and orderly manner.

The Duke of Wellington, the conqueror of Napoleon is said to have remarked that the Battle of Waterloo was won on the playing fields of Eton. Whether that is true or not, what he was pointing to was that the traits developed on the sports grounds of the English boarding schools, helped mould the character of the adult Englishman.

The playing fields of Rishi Valley are not intended for turning out ferocious warriors. However, there are many skills that one can pick up on the sports grounds which can be of help to us for marching to the beats of a different drum, the Drum of Wisdom. I shall briefly point to three of them.

The first important lesson that one can learn on the sports ground is the art of learning to lose. The fear of failure can sometimes be so overwhelming, that it can prevent us from living our lives to the full. Consequently, our lives end up being narrow and impoverished. The sports ground is a good place for overcoming this fear, as it could teach us that what really matters is not what whether we win or lose, but how we play the game. It can teach us that it is far better to play well and lose, than play bad and win. We can then carry that healthy attitude to other areas of our lives.

The sports field can also help develop in us the feeling of respect and courtesy for our fellow humans, based on our shared identity as sportsman. All other identities which tend to divide us from one another can become irrelevant on the sports ground. The chivalrous code of conduct that we pick up here can then be transferred to the larger sphere outside the sportsfield, thus bringing about a more peaceful and harmonious world.

Finally, the sportsfield is an egalitarian space, where the only hierarchy we recognize is the one of excellence and merit. It is a space where one cannot hope to survive on reputation alone, where if the emperor is lacking in clothes he will not be able to deceive anyone. It was at the 1936 Olympic Games that the myth of Nazi racial superiority was shattered, when their supermen were left standing at the starting blocks by the Black American runner Jesse Owens. The sportsfield is, therefore, an excellent place for dismantling myths and illusions, and for keeping us rooted in reality.

# POM POMS AND HULA HOOPS

The solemn atmosphere that set in with the lighting of torch was dispersed delightfully when the drillers rolled in to the sound of drums. This year preppies, class 4 and class 5 students added to the festive spirit with colourful pom-poms, skipping ropes and hula hoops to the accompaniment of melodious instrumental music.

This medley of movements was choreographed by Venugopal Sir and ably assisted by class teachers Anu Akka, Jai Shree Akka and Radha Akka along with Pushpa Akka, Lavanya Akka and Rajeshwar Sir.



Classes 6 and 7 gyrated to the classic '*We didn't Start the Fire*' (instrumental version) by Billy Joel. The students of Class 6 performed with dumbbells and the students of class 7 with lezim moves around the field in a circular pattern. This drill was choreographed by their class teachers Tanuj Sir, Rajasekhar Sir, Parita Akka and Meena Akka.

As usual, the 8th graders choreographed their drill. They performed to an EDM by *Marshmello* called *Colours*.



CONTINUED ...

## POM POMS AND HULA HOOPS

The students of REC as usual came up with a novel idea for their drill. They portrayed the important eight Telugu festivals: Ugadi, Srirama Navami, Dusshera, Sankranthi, Vinayaka Chaturthi, Deepavali, Atlataddi and Janmashtami. The middle school teachers compiled the songs from various sources and choreographed it themselves. This was rendered vibrantly by students of classes 6 and 7.

Finally, Yoga brought back the air of solemnity.

**Kiera and Anisha**



# LEGACY OF THE LOGOS

Creativity and class spirit come together to be blazoned as logos on the T-shirts of the senior students. Here is the story behind the logos - how they made it to the final screen print.

Vedant is the first-time designer of Class 9 logo. "I was inspired by Srivar and Sanan" says Vedant. The slogan is a tribute to an ex-classmate Jigmet. It was his favourite quote. This logo was their first enterprise and he therefore wanted to signify something along the lines of 'clearing obstacles and overcoming difficulties.' He was pretty happy with the outcome of the logo.

Abhinav of Class 10 poured his talent into the Class 10 logo which bridges their sportsmanship with team spirit. The logo depicts a basketballer leaping into the air with the ball against the bold slogan 'One Team One Dream'.







## EXCLUSIVE INTERVIEW WITH HAREENDRAN SIR

# FIRST STOP IS ALWAYS FOOD

**Q:** Sir, how many sports days have you witnessed in RV? **A:** I have been here since 2005. This is my 15th Sports Day.

**Q:** What is the major role of the DH? **A:** I think High Tea because the students are excited. We take great pleasure in organizing it.

**Q:** What is the special item for this High Tea? **A:** The Burger because we are adding lettuce, mayonnaise and cheese. There is also paneer patty.

**Q:** (mouthwatering!) Anything more Sir? **A:** Yes, a layered chocolate cake, potato finger chips and more.

**Q:** When is the DH busier? For Sports Day or Special O? **A:** Sports Day because there is less time to prepare the items.

**Q:** Do the staff get time to watch their children participate? **A:** Yes, they do.

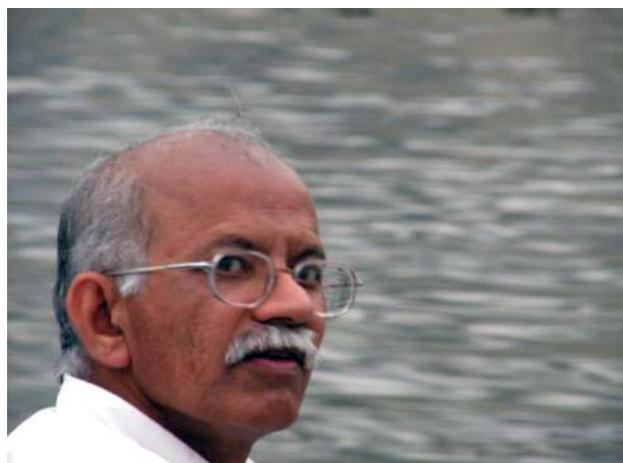
**Q:** We came to know that you were earlier working in Sahyadri School. Is it true? **A:** Yes, Prabhakar Sir, KM Sir and Manjula Akka were there at that time too.

**Q:** Was the food there similar to RV? **A:** No, since the cooks were predominantly from Maharashtra, the food was Marathi cuisine.

**Q:** Is the food better in Sahyadri? **A:** Can't compare. Both are nutritious.

**Q:** Thank you for your time, Sir. **A:** No problem at all.

**Lalith & Naail**



## A CHAT WITH DR KUMARASWAMY

When Dr Kumaraswamy joined Rishi Valley, the sports day was always held on August 15th. Students would go straight to the field after breakfast. All the events happened on one day and the same evening, sports day would be declared 'closed'.

Many people felt that having the sports meet only for a day was not a good decision. Students had to participate in multiple events on the same day and so it was extended to two days. It was further changed—now the opening ceremony is held on Thursday evening and the sporting events are held on Friday and Saturday. Also, 15th August was usually very hot and therefore the school rescheduled sports day to the end of the month. At that time seniors and juniors had common PT and games. There were many coaches and PDs then. For many years, even Kumaraswamy Sir anchored PT and games.

Sir then told us about a few events which have changed over time. For example, Javelin throw had to be discontinued as many students found it difficult. One year all the participants were disqualified in the selections.

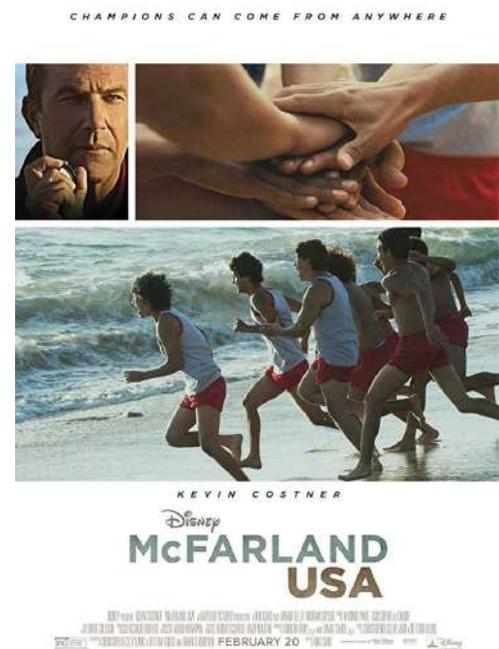
Over the years participation of students has decreased drastically. However, in the tug of war, it has been quite the opposite. Students from the 11th grade would wear the t-shirts of the 12ths and join 'illegally'. Sir still has to keep a check on them each year.



### FUN FACTS

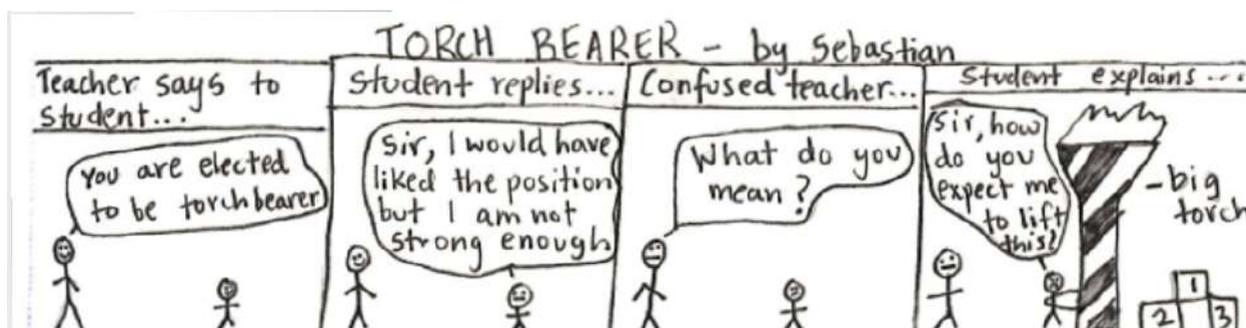
- Once the students pulled the tug of war rope so hard that the rope snapped into two.
- There were many more fun events earlier. In one such event, a blind folded person would have to throw a stick at a pot and the first person to do it would receive whatever was inside.
- The games field used to be so tilted towards the boy's hostel; that the ball would roll on down. Later the ground had to be bulldozed in order to level it.
- Once a boy set a record in the 'A boys' 100 m race in the year 1989 which is still unbroken.

# MCFARLAND USA



Directed by Niki Caro, McFarland USA, a 2015 American sport drama film, is an inspirational tale of school sports. It stars Kevin Costner, who plays Jim White, a school coach who leads the school team to win a state championship. A struggling coach and teacher who has had to move around for different reasons finally comes to one of the poorest cities in America: McFarland, California. There he discovers buried potential in several high school boys and slowly turns them into championship runners and brings them closer than even he could ever imagine. It is based on a true story of a 1987 cross country team from a mainly Latino High School. The film received positive reviews from critics who found it entertaining, enjoyable and stated that is "a paean to family and community in which the runners make a lasting impression".

Kiera



# OH CAPTAIN, MY CAPTAIN!

In conversation with the school Captain Aditya Honnur.

**Q:** How do you feel about becoming the school captain? **A:** It's a good feeling. Giving orders to the rest of the senior school is fun.

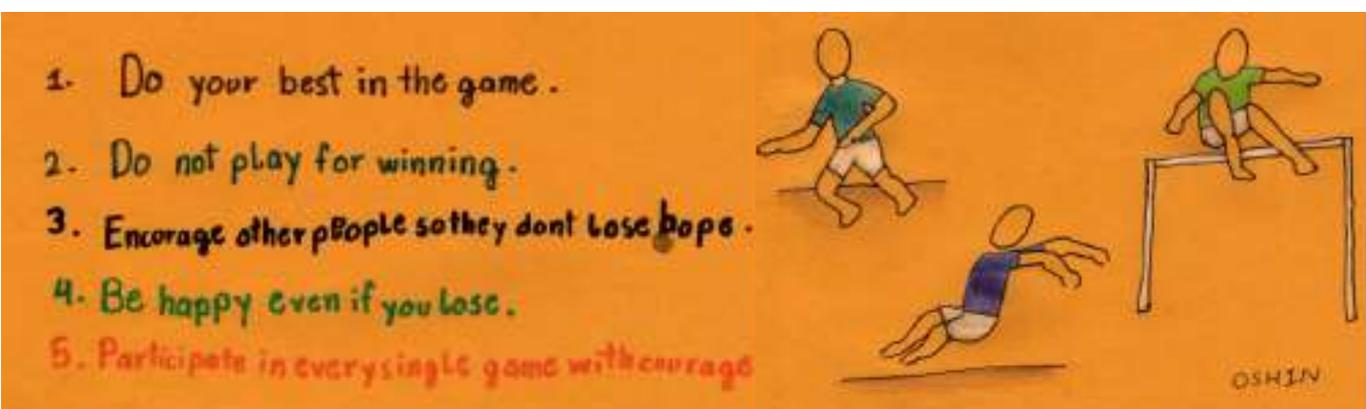
**Q:** What are you most scared of? **A:** Kittu tripping and banging me with the placard. Actually, worse is if she trips and sets me on fire during the closing ceremony. It is quite possible.

**Q:** Did you ever think that you would become the school captain this year? **A:** :Yeah, I knew that I had a pretty good chance.

**Q:** What are the events that you are participating in? **A:** Triple jump, three-legged race, discuss and 5 K run.

**Q:** This is your last sports day? How do you feel about it? **A:** I surely will enjoy it thoroughly this time.

**Jayesh and Rinchen**



# SESHU TO THE RESCUE



The class teachers were having a hard time organizing the drill for classes 6 and 7. Even though 'We didn't start the Fire' had a simple beat, the lezims and the dumbbells were not synchronizing with it. Obviously, they became anxious. After a tussle with the students the frustrated teachers almost gave up. All hope seemed lost. As a final attempt, they called Seshu for advice. Little did they know that Seshu would prove to be their saviour.

Seshu arrived, grinning as usual. He observed the offbeat drill with his usual sharpness. He immediately did something simple yet lifesaving. He explained to the students that the song was set to *Adi Thalam*. Since most of the 6ths and 7ths had some understanding of Carnatic music they understood the beat.



This is a classic example to show that Carnatic music comes in handy when trying to understand other forms of music. "If one knows Carnatic music, then one can master any other music form in the world," says Seshu.

**Lalith**



## LAST BUT NOT THE LEAST ....

### *DO OBSERVE THESE SAFETY RULES*

*Don't casually roam around*

*Sit in designated areas*

*Where ever throws happen, ensure you're behind boundaries*

*Don't cut through the tracks, during track events*

*Don't run alongside runners*

*Warm up and keep yourself hydrated*

*Don't stand out in the sun too much*

**Manojna and Shraddha**

*Today's edition of the tabloid is brought to you by*

**Rinchen, Shraddha, Yuvikaa, Jayesh  
Jidvish, Krish, Prahasit, Vedang, Diya  
Ritisha, Devesh, Ria, Vignesh, Sathvik**

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