

Issue No. 1

NEWSLETTER' 19

KINNAIRD SPORTS CLUB



kinnaird1913



kinnaird sports



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PRINCIPAL NOTE

Kinnaird College recognizes the value of sports especially for women and believes it to be an integral means to inculcate teamwork, coping with pressure, being consistent and working towards a common goal. We believe it instills responsibility, trust and teaches one to deal with success and especially with failure.

I would like to acknowledge and congratulate Ammara Rubab the Head of the Sports Department, the faculty, all the coaches and the Junior Staff for working together to help develop quality athletes and sportswomen at Kinnaird.

It is a pleasure to see that many of our students are playing both nationally and internationally.

Dr. Rukhsana David
Principal
Kinnaird College for Women



HEAD OF DEPARTMENT NOTE

Welcome to the first edition of sports newsletter 2019. Take a look to find out exactly what kinnaird sports do and how we are involved in our communities. Kinnaird has many outstanding athletes. The success that our athletes have had over the years is due to commitment of our athletes, qualified coaching staff, and supportive fans. We offer a variety of sports including Badminton, Basketball, Cricket, Hockey, Lawn Tennis, Table Tennis, and Baseball. I believe that participation in sports closely models life itself and provides an opportunity to learn teamwork, commitment, discipline, leadership, hard work, toughness, sportsmanship, perseverance, and sacrifice. I hope you find this issue informative and interesting.

Ammara Rubab
Head of Department
Kinnaird Sports Club

INTERNATIONAL REPRESENTATIONS

Kinnaird College has a big contribution in Pakistan sports by producing more than forty students/players who represented Pakistan at international Arena in various games including hockey, badminton, cricket, lawn tennis, basketball and table tennis. Kinnaird has extensive outdoor activity areas and an indoor Sports rooms and a fitness center, which is fully equipped to help our students/players maximize their potential in this essential area of their overall development. Kinnaird accommodates their own students/players and students from other schools/Colleges and our teams compete in local and affiliated leagues. It's the utmost hard work, guidance and support of the qualified coaching staff that we can proudly introduce you to our 40 brilliant stars that have represented Pakistan in mega events like ICC World Cup, Commonwealth Games, Islamic Games, Asian Games, South Asian Games, and world university Games.

Sr#	Name of Player	Game
1.	Syead Amna Mukhtar	Basketball
2.	Syeda Khadija Mukhtar	Basketball
3.	Mehru Khan	Basketball
4.	Hamda Khursheed	Basketball
5.	Aima Amin Dar	Basketball
6.	Saman Rasheed	Hockey
7.	Sehrish Arshad Ghuman	Hockey
8.	Sumera Sajjid	Hockey
9.	Rabia Sarwar	Hockey
10.	Saman Islam	Hockey
11.	Kalsoom Munir	Hockey
12.	Rushna Khan	Hockey
13.	Quratul Ain Waheed	Hockey
14.	Mahnoor Aslam	Hockey
15.	Saima Waris	Hockey
16.	Sana Muzaffar	Table Tennis
17.	Farwa Babar	Table Tennis
18.	Sahar Zaman	Football
19.	Tania Shah	Badminton
20.	Javeria Tahir	Badminton
21.	Manaal Tariq	Badminton
22.	Aliya Riaz	Cricket
23.	Iram Javed	Cricket
24.	Sidra Amin	Cricket
25.	Anam Amin	Cricket
26.	Natalia Pervaiz	Cricket
27.	Fareeha Mehmood	Cricket

28.	Ghulam Fatima	Cricket
29.	Sadia Iqbal	Cricket
30.	Kaynat Hafeez	Cricket
31.	Mehwish Tariq	Cricket
32.	Namra Imran	Cricket
33.	Komal Feroze	Cricket
34.	Noreen Yaqoob	Cricket
35.	Hafsa Amjad	Cricket
36.	Farzana Shafi	Cricket
37.	Rabia Shahzadi	Cricket (Blind)
38.	Saba Gull	Cricket (Blind)
39.	Aqsa Arif	Cricket (Blind)
40.	Bushra Zahoor	Cricket (Blind)
41.	Sadia Khalid	Cricket (Blind)
42.	Rabia Javed Hahsmi	Cricket (Blind)
43.	Rabia Razzaq	Weight Lifting
44.	Noor Malik	Tennis
45.	Bakhtawar Iqbal	Baseball
46.	Nimra Nadeem	Karate

SPORTS ACHIEVEMENTS 2019

Participation in 33rd National Games, Peshawer

After nine-year hiatus, mainly due to the threat of militancy in the region, the Khyber Pakhtunkhwa province hosted the subject event in the capital city of Peshawar with “play for peace” as its theme. The national games are the biggest sporting event in Pakistan where 8000 athletes participated in 33 disciplines. Following players of Kinnaird showed determination and resilience in matches and brought laurels to the college with their commendable achievement in the said event:

- Five basketball players namely Hamada Khursheed, Aima Dar, Ayesha Toor, Rida Zeeshan, and Rameen Qasim represented Punjab Basketball team. They won three matches and lost only two which put them at the 3rd place on position table.
- In table tennis, Sana Muzaffar and Farwa Babar won Gold medal
- Zara Iqbal Raja and Sahar Zaman played for Punjab and WAPDA, won Bonze and silver medal respectively.
- In Tennis, Noor Malik won gold medal in team event.
- Participation in SAG (South Asian Games)

Kinnaird players have been selected by their respective sports association for the national team to participate in SAG, Katmandu 2019

- | | | |
|----|---------------|---------------|
| 1. | Sana Muzaffar | Table Tennis |
| 2. | Farwa Babar | Table Tennis |
| 3. | Rabia Razzaq | Wight lifting |
| 4. | Noor Malik | Tennis |

Five-week Table Tennis training camp at China

Sana Muzaffar was nominated by Pakistan table tennis federation for the training and conditioning camp under the coaching staff of china based on her incredible performance in 33rd National games, Peshawar.

Participation in ICC (International cricket council) Women cricket championship against South Africa, West Indies & England

Following Kinnaird cricketers were selected by Pakistan cricket board to represent Pakistan at international event organized by International cricket council:

1. Sidra Amin Declared player of the series against west indies
2. Aliya Riaz Declared Player of the match against South Africa
3. Iram Javed Declared Player of the match against South Africa
4. Anam Amin
5. Kaynat Hafeez
6. Sadia Iqbal
7. Natalia Pervaiz

Emerging Women Cricket Asia Cup, Srilanka

Kaynat Hafeez& Noreen Yaqoob were selected to represent National-A Team in emerging Asia cup held at Sri Lanka October, 2019

Skill to shine U-18 Girls Cricket Championship

Following junior cricket players were selected to represent different teams in skill to shine U-18 girl's cricket championship held in November 2019 in Lahore

1. Gul Rukh Declared player of the match
2. Laveeza Munir
3. Laraib Fatima
4. Zahra Ahsan
5. HaleemaDua

2nd Asian Baseball Championship, China 2019

Bakhtawar Iqbal represented Pakistan in 2nd Asian Baseball Championship held at China in November, 2019

COLLABORATIVE SPORTS ACTIVITIES

1st International T-20 Blind Women Cricket Series, 2019

(Collaboration with Pakistan Blind Cricket Council)



Sports energize inner discipline, competitive spirit, and friendship among individuals as well as nations. Girls suffering with visual impairment are passionate about cricket and overcome great odds to play the sports. Cricket for blind was launched by PBCC (Pakistan blind cricket council) in August 2018. We proudly share that six of Kinnaird students were also part of the Pakistan Blind women cricket team in 1st ever international match played between Pakistan and Nepal blind girl's cricket team at the hub of cricket, Kinnaird College in January, 2019. Rabia Shahzadi (Kinnaird student) was named as captain of Pakistan team while five other students were selected as team members.



Team group and Pakistan vs. Nepal match photo at Kinnaird Cricket ground.

Result: Nepal girls 'teamwon the match.



Five-day cricket clinic for underprivileged school girls
(Collaboration with Australian High Commission)



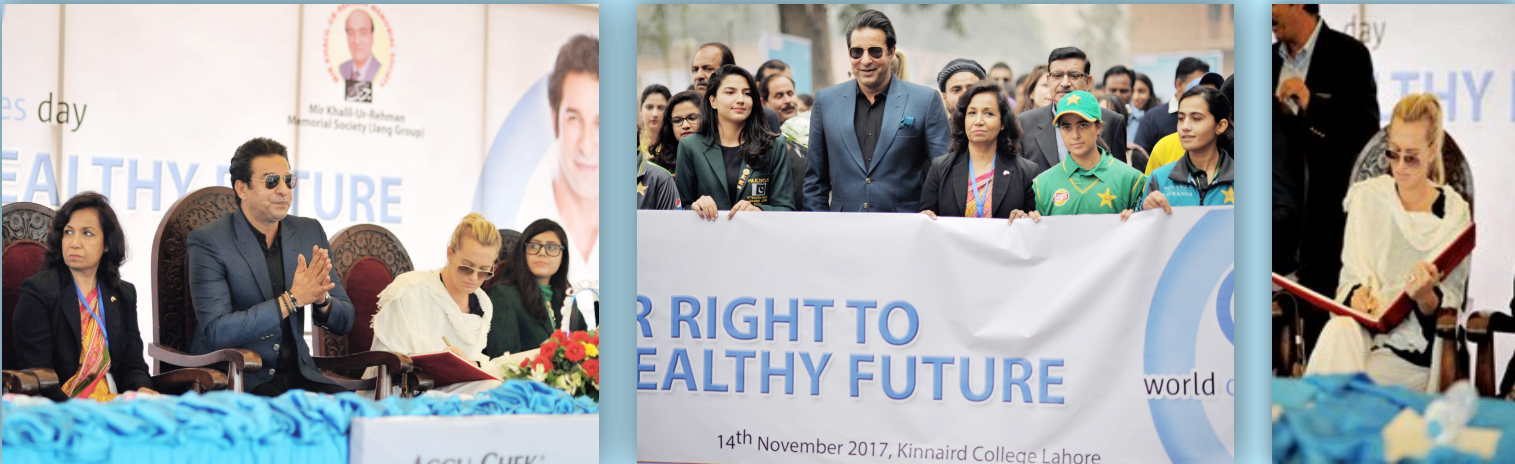
With the aim of “**Empowering young women and girls through sports**” Kinnaird sports department focuses on sharing the importance of sports involvement in the lives of women, and girls. When it is important for girls to take part in sports at young age, not every girl has the same opportunity or resources to play. This is where the empowering young women and girls throe sports come in. It was pleasure to partner up with Australian high Commission, introduced a five-day grassroots program for underprivileged girls in Lahore. Pakistan is a beautiful country with so much potential for the development of girls' sports programs. However, so often, so many obstacles block this potential and make it incredibly challenging to develop a sustainable program but together with the Australian High Commission we are looking to remove obstacles and build such a strong plate from for the young girls. This program was aimed at holistically developing the youth, by aiding their social, emotional, as well as physical skill development. More than 100 young girls from six schools participated in the training sessions and competitions. International women cricket players namely **Iram Javed, Sidra Amin, Aliya Riaz** shared their sports gear with the girls involved in the program. We are looking to expand our operations and aims to be associated with more participation in next year.



World Diabetes Day
(Collaboration with Jang groups)



In light of world diabetes day on November 14th, Mir Kahlil-ur-Rehman Memorial Society (Jang Groups) and sports department organized a diabetes awareness walk , a cricket match ,and speeches at Kinnaird College on World Diabetes day .Mr. Wasim Akram (Former Captain Pakistan Cricket Team)along with his wife Ms. Shaniera Akram graced the occasion as “Chief Guest”. Diabetes walk was led by Principal Dr. Rukhsana David, Mr. Wasim Akram, and international women athletes while match was played between national and international Kinnaird cricket players. Team names were Fatima Jinnah & Begum Liaquat Ali while Fatima Jinnah eleven won the match convincingly.



KINNAIRD CRICKET CLUB

Kinnaird cricket club is one of the oldest women cricket clubs in Pakistan with three seniors and two junior teams having more than 100 registered women cricket players from all over the country. Over hundred girls and women enjoyed playing for Kinnaird this year which is a long way from the 2 or 3 girls we started in 2005. We hope our growing numbers speak volumes about the fun and enjoyment our girls have playing at Kinnaird whether they are aiming to play at national level or just want a fun way to keep fit while playing a team game in a warm and friendly environment.

We are the inclusive club who believes that every female who wants to play in matches should be given the opportunity to do so. We are extremely fortunate to have experienced and qualified coaching team. Kinnaird club itself is proud to have been the home of a number of outstanding Pakistan green cap players namely AliyaRiaz, IramJaved, Sidra Amin, AnamAmin ,Sadia Iqbal, KaynatHafeez, and Natalia Pervaizover the years in junior and senior teams.

We organize Practice matches of junior and senior teams on weekend with boy's teams at our cricket ground. We have players of all standards and welcome anyone who wishes to get into the game.

We offer:

- Free coaching by qualified coaching staff
- Financial assistance for the players with limited resources
- Excellent training facilities including fitness and technical sessions
- Beginners through to advanced levels
- Play for fitness or fun
- No playing fee in the competition
- Bring a friend – Everyone is welcome (age 6 and upwards) no matter your standard or expertise.
- Nets sessions and matches
- Six first class pitches and one cement wicket





Kinnaird Junior Team



Kinnaird Senior Team

One of our club members **Elizabeth Barkat** have played for Walmley cricket club, Birmingham in 2018. She has signed six month contract (December 2019-June 2020) with Banks town cricket club, Sydney for the domestic season 2019-2020. She is the 1st Pakistani girls who have got the contract from Australian club to play their domestic season.

Samiya Afsar and Mahroo Mishal joined cricket club in 2018 at the age of seven, the youngest members of Kinnaird club enjoy playing at Kinnaird after their school time.



Elizabeth Barkat



Mahroo Mishal & Samiya Afsar

On the pitch over couple of seasons, we have hosted Pakistan women cricket team, Blind Women Cricket training camps, Aitcheson College, State Bank and ZTBL women cricket teams.

SUCCESS STORY

IRAM JAVED- from Street Cricket to T-20 World CUP, Australia

Q. Where did you spend your childhood?

A. I was born on the night of 16th of December in Lahore. My parents were already raising 3 daughters and a son so I was their fifth child and they were longing for another son. However nature had other plans so I arrived. We were a big family of 8 members and it was quite challenging for our father to fulfill all our wishes and desires. Long story told short, I wasn't raised with a silver spoon in my mouth. We faced problems which any poor household has to face. Roof over the head, but empty stomachs. Childhood was spent roaming around the streets on the bicycle running errands for mother and our neighbors. Playing street cricket with my brothers friends and having fun.

Q. Did you want to make cricket your career?

A. I had no idea back then that there is a proper women's cricket team. I just loved playing cricket and hitting sixes. Relatives were against a girl playing cricket however my father listened to no one and agreed to send me to Kinnaird for practice. And only by coming to Kinnaird I realized that I could make a career out of what I enjoy doing the most. PLAY CRICKET. Here at Kinnaird I was exposed to the possibilities of making my dream come true. Here i met people who supported me in every manner and helped me to be who I am.

Q. When did you get a call for the National team?

A. Back in 2013, I got the call that I had been waiting for. I was selected to represent Pakistan in England-Ireland series. It was a very happy and memorable day.

Q. What is your best international achievement so far?

A. My best appearance for the team till now is the inning I played against South Africa. I was the player of the match scoring a career best of 55 runs off 46 balls in T20 match in 2019.

Q. How did you develop an interest in Cricket?

A. I used to play out on the streets with boys along with my brother who envied me since I was better at hitting sixes than him. We had a park nearby our house where we had cricket matches in the late afternoons. I was known as Ahmad back then and no one had the slightest idea that they are playing alongside a girl. I clearly remember the boys calling me to come out and play cricket, hit sixes and win matches for them. However soon it became too hard to hide the truth that I was a girl so I wasn't allowed to go out and play with the boys anymore. By then I was in college. I have always been energetic and enthusiastic about cricket, so I went about using that energy in playing cricket for the college team. Soon I was the captain and leading my team into a tournament organized by the board.

Q. How were the early training days?

A. Early days were tough. I used to wake up at 6:00a.m, excited every new day, to come to Kinnaird and practice. I didn't have a proper playing kit. I used to wear my brothers shirts to the practices. Days were hot and long. My mother only gave me 10 Rupees each day which were far from enough because I couldn't get lunch in that. I used to practice on an empty stomach. Even if my friends offered me food, I would never take it saying that I am already full. Earlier I had no proper shoes to run in, but once I started regular practice in Kinnaird, my sister bought me a new pair of trainers, despite her low income. I still recall my heart skipping a beat when I saw them. Its moments like these that still keep me motivated and going.

Q. Who supported you the most ?

A. Firstly my Father. If it was not for him, I wouldn't have been sitting here and giving you an interview. He went against our family traditions and let his daughter play cricket. My eldest sister supported me in every manner. Kinnaird as an institution has provided me with every facility that I required to be represent the country. The staff here guided me, cared for me in a manner I doubt that anyone else can. My coach Irfan Ullah has a huge role to play in my story. Ms. Ammara Rubab along with other teachers have been of the greatest help.

Q. What inspires you?

A. My parents are a big inspiration for me. I remembered how hard my Father worked when I was young. I take inspiration from the little girls that I see practicing in Kinnaird, as I was once like them.

Q. What is your next assignment?

A. I am going to play T-20 World Cup being held in Australia 2020. I am very excited for the event aiming to win matches for Pakistan and do my Country, Family, and Kinnaird proud.

Q. What does success means to you?

A. For me the way I have changed my life, changed my family's life is success. Success is not a destination for me. It's an ongoing process. Every day if am able to be one percent better I believe that I have succeeded.

Q. Any message to youngsters?

A. You have always got to expect the best from yourself (Be confident), live your very best but be prepared and ready to handle the way you are going to think when aren't playing how you would like to. It's not all going the way you plan it. You can't control that but you can control how you are going to react to it. Great athletes are great, not because they have brilliance or talent, but because they are more self-accepting of their mistakes. Be consistent in your habits and routines. HAVE FUN!

Rapid Fire Questions

Describe yourself in 3 words

Energetic, Irritating, and Confident

Are you a morning or a night person

Night person

Favorite color

Blue

Favorite show

Big Boss

Favorite player

Virat Kohli

Best Friend

Ayesha Zafar

Your Nickname

Pathan

Coffee or Tea?

Tea

Audi or BMW?

Land Cruiser

Nike or Adidas?

Adidas

Mountains or Beach?

Beach

Plane or Train?

Train