

# SPORTS TRAINING & CLUBS

## HALF TERM 4

### 20 February to 31 March 2023

MONDAY				
Time	Activity	Age Group	Location	Changing Room
<b>Pre School 07:30-08:30</b>	Cricket Pre-Season	Yr 11-13	Gym/Sports Hall	9, 10
<b>Break 11:40-12:10</b>	Badminton	Yr 10	Sports Hall	8
	Fives	Yr 8	Fives Court	n/a
<b>Lunchtime 13:25-14:15</b>	Recreational Gym	Yr 9-13	Gym	8, 9, 10
	Rugby Squad S&C	Yr 11	Gym	8, 9, 10
	Hockey - Penalty Corners	Yr 11	Astro	4, 5
	Basketball	Yr 7&8	Sports Hall	1
	Fives	Yr 9	Fives Court	n/a
	GCSE PE Table Tennis	Yr 11	Queen's Hall	n/a
<b>After School 15:45-17:00</b>	Recreational Gym	Yr 9-13	Gym	9, 10
	Senior Rugby Squad S&C	Yr 12-13	Gym	9, 10
	Rugby 7s	Y8-9	Pitches	2&3
	Hockey Squad	Yr 7	Astro	4, 5
	Y11 GCSE PE	Yr 11	Sports Hall/ Queen's Hall	8
	Cricket Training	TBC	Cricket Nets	Pavilion
<b>After School 17:00 - 18:00</b>	Rowing	Yr 11	Pavilion/River	Pavilion/1
	Rowing Squad S&C	Yr 9	Gym	9, 10

# SPORTS TRAINING & CLUBS

## HALF TERM 4

### 20 February to 31 March 2023

TUESDAY				
Time	Activity	Age Group	Location	Changing Room
<b>Pre School</b> 08:00-08:30	GCSE PE Badminton	Yr 11	Sports Hall	9, 10
<b>Break</b> 11:40-12:10	Badminton	Yr 7	Sports Hall	8
	Fives	Yr 10	Fives Court	n/a
<b>Lunchtime</b> 13:25-14:15	Recreational Gym	Yr 9-13	Gym	8, 9, 10
	Rugby Squad S&C	Yr 10	Gym	8, 9, 10
	Hockey - Penalty Corners	Yr 10	Astro	4, 5
	Basketball	Yr 11&12	Sports Hall	1
	Fives	Yr 8	Fives Court	n/a
<b>After School</b> 15:45-17:00	Recreational Gym	Yr 9-13	Gym	9, 10
	Rugby Squad S&C	Yr 11	Gym	9, 10
	Senior Rugby/Speed	Yr 12-13	Pitches	2, 3
	Cricket	Yr 7-13*	Sports Hall	8
	Hockey Squad	Yr 8-9	Astro	4, 5
	Rowing	Yr 9/12/13	Pavilion	Pavilion
	Fives	Yr 12-13	Fives Court	8
<b>After School</b> 17:00-18:00	Rowing	Yr 10	Pavilion/River	Pavilion/1
	Rowing Squad S&C	Yr 11	Gym	9, 10
<b>After School</b> 19:00 - 20:30	Junior Cricket Development Programme	Yr 8-9	Sports Hall	9, 10

\* Year group for cricket sessions to be advised by Mr Fletcher

# SPORTS TRAINING & CLUBS

## HALF TERM 4

### 20 February to 31 March 2023

WEDNESDAY				
Time	Activity	Age Group	Location	Location
<b>Pre School 07:30-08:30</b>	Hockey Squad S&C	Yr 10	Gym	9, 10
	Rowing S&C	Yr 10	Gym	9, 10
<b>Break 11:40-12:10</b>	Badminton	Yr11	Sports Hall	8
	Fives	Yr 9	Fives Court	n/a
<b>Lunchtime 13:25-14:15</b>	Recreational Gym	Y9-13	Gym	8, 9, 10
	Senior Rugby Squad S&C	Yr 12-13	Gym	8, 9, 10
	Hockey - Penalty Corners	Yr 8, 12/13	Astro	4, 5
	Basketball	Yr 9-10	Sports Hall	8
	Football & Hockey (Games)	Yr 12-13	Astro	2, 3
	Fives	Yr 10&11	Fives Court	n/a
	GCSE PE Table Tennis	Yr 11	Queen's Hall	n/a
<b>After School 15:45-17:00</b>	Recreational Gym	Yr 9-13	Gym	9, 10
	Rugby Squad S&C	Yr 10	Gym	9, 10
	Rugby Squad/Speed	Yr 7	Astro	2&3
	Fencing	Yr 8	Sports Hall	Swimming Pool
	Rowing	Yr 9-11	Pavilion	Pavilion / 1
	DART Karate	Yr 7-13	Sports Hall	4, 5
<b>After School 17:00-18:00</b>	Rowing	Yr 12-13	Pavilion/River	Pavilion / 1
<b>After School 19:00 - 20:30</b>	Senior Cricket Development Programme	Yr 10-13	Sports Hall	9, 10

# SPORTS TRAINING & CLUBS

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### 20 February to 31 March 2023

THURSDAY				
Time	Activity	Age Group	Location	Changing Room
<b>Pre School 08:00-08:30</b>	GCSE PE Badminton	Yr 11	Sports Hall	9, 10
<b>Break 11:40-12:10</b>	Badminton	Yr 9	Sports Hall	8
	Fives	Yr 11	Fives Court	n/a
<b>Lunchtime 13:25-14:15</b>	Recreational Gym	Yr 9-13	Gym	9, 10
	Hockey - Penalty Corners	Yr 9	Astro	5
	Hockey Squad S&C	Yr 9	Gym	9, 10
	Multi Activity	Yr 8&9	Sports Hall	8
	Fives	Yr 7	Fives Court	n/a
	Cross Country	Y7-13	Pitches	4
	GCSE PE Table Tennis	Yr 11	Queen's Hall	n/a
<b>After School 15:45-17:00</b>	Recreational Gym	Yr 9-13	Gym	9, 10
	Rugby Squad S&C	Yr 9	Gym	9, 10
	Rugby Squad/Speed	Yr 10 & 11	Pitches	2&3
	Hockey Squad	Yr 10-13	Astro	4&5
	Fives	Yr 8&9	Fives Court	8
	Rowing	Yr 10/12/13	Pavilion/River	Pavilion/1
	Fencing	Yr 9-13	Sports Hall	Swimming Pool
<b>After School 17:00-18:00</b>	Rowing Squad S&C	Yr 11	Gym	9, 10

# SPORTS TRAINING & CLUBS

## HALF TERM 4

### 20 February to 31 March 2023

FRIDAY				
Time	Activity	Age Group	Location	Location
Pre School 07:30-08:30	Hockey Squad S&C	Yr 9	Gym	9, 10
	Cricket Pre-Season	Yr 11-13	Sports Hall	9, 10
Break 11:40-12:10	Badminton	Yr 8	Sports Hall	8
	Fives	Yr 7	Fives Court	n/a
Lunchtime 13:25-14:15	Recreational Gym	Yr 9-13	Gym	9, 10
	Hockey Squad S&C	Yr 11-13	Gym	9, 10
	Multi Activity	Yr 10-11	Sports Hall	8
	Fives	Yr 12-13	Fives Court	n/a
After School 15:45-17:00	Cricket	Yr 7-13*	Sports Hall	8
	Rowing	Yr 9/11	Pavilion	Pavilion/1

\* Year group for cricket sessions to be advised by Mr Fletcher

# SPORTS TRAINING & CLUBS

## HALF TERM 4

### 20 February to 31 March 2023

#### SATURDAY

Activity	Age Group
Rowing @ Longridge 08:00-10:00 10:00-12:00 12:00-14:00 14:00-16:00	Yr 10, 12, 13 Yr 9, 10 Yr 9, 11 Yr 9, 12

#### SUNDAY

Activity	Age Group
Rowing @ Longridge 10:00-12:00 12:00-14:00 14:00-16:00	Yr 11, 12, 13 Yr 9, 10 Yr 9, 11