

SPORTS TRAINING & CLUBS

AUTUMN TERM 2020

Time	Monday	Location	Tuesday	Location	Wednesday	Location	Thursday	Location	Friday	Location	Saturday	Sunday
1st Lunch 11:40-12:25					Table Tennis - Year 8-13 Hockey - Year 8 Penalty Corners & Free Practice	The Space Astro	Table Tennis - Year 8-13 Rugby - Year 9 S&C Hockey - Year 9 Penalty Corners & Free Practice	The Space Gym Astro				
2nd Lunch 13:45-14:20	Rugby - Year 11 S&C Hockey - Year 11 Penalty Corners & Free Practice	Gym Astro	Rugby - Year 10 S&C Hockey - Year 10 Penalty Corners & Free Practice	Gym Astro	Rugby - Senior Squad S&C Hockey - Seniors Penalty Corners & Free Practice	Gym Astro			Hockey - Year 7 Penalty Corners & Free Practice	Astro		
After School 15:45-17:15					Fencing - Year 8 (Members only)	Sports Hall	Fencing - Year 9-13 (Members Only)	Sports Hall				
15:50-17:15	Hockey - All Years Technical Focus Session (Invite Only)	Astro	Hockey - Year 11 & Seniors Year Group Training	Astro	Hockey - Year 8/9 Year Group Training		Hockey - Year 7 Year Group Training	Astro	Hockey - Year 10 Year Group Training	Astro	Rowing Training (Longridge/Gym)	Rowing Training (Longridge/Gym)
16:00-17:00	Rugby - Senior Squad S&C Rugby - Year 8 Speed Rugby - Year 9 Speed	Gym Pitches Pitches	Rugby - Year 11 S&C Table Tennis - Year 7	Gym The Space	Rugby - Year 9 S&C Rugby - Year 7 Speed	Gym Pitches	Rugby - Year 10 S&C	Gym			J18 - 08:00-10:00 J16 - 08:00-12:00 J17 - 12:00-14:00 J14 - 12:00-16:00 J15 - 14:00-16:00	J18 - 10:00-12:00 J14 - 12:00-16:00 J15 - 14:00-16:00
16:00-17:15	Cricket - Year 10/11 Trials (28/09 -12/10)	Outdoor Nets	Cricket - Year 8 Trials (19/09 - 13/10)	Outdoor Nets	Cricket - Year 9 Trials (30/09 - 14/10)	Outdoor Nets	Cricket - Year 12/13 Trials (01/10 - 15/10)	Outdoor Nets				
16:00-18:00*	Rowing - J16/J18	Longridge/Gym	Rowing - J15/J17	Longridge/Gym	Rowing - J15/J18	Longridge/Gym	Rowing - J15/J17	Longridge/Gym	Rowing - J14	Longridge/Gym	Rugby Training Please check with your Rugby Rep	
19:00-20:30			Cricket - JDP Training (10/11 - 15/12)	Sports Hall	Cricket - SDP Training (11/11 - 16/12)	Sports Hall						

* After October half term, Rowing training will finish at 17:30

Due to Covid restrictions we are currently unable to run the following training/clubs until further notice - **BADMINTON/BASKETBALL/FIVES/KARATE/SQUASH**