

SPORTS TRAINING & CLUBS

HALF TERM 3

9 January to 10 February 2023

MONDAY				
Time	Activity	Age Group	Location	Changing Room
Pre School 07:30-08:30	Cricket Pre-Season	Yr 11-13	Gym/Sports Hall	9, 10
Break 11:40-12:10	Badminton	Yr 10	Sports Hall	8
	Fives	Yr 8	Fives Court	n/a
Lunchtime 13:25-14:15	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
After School 15:45-17:00	Recreational Gym	Yr 9-13	Gym	9, 10
	Senior Rugby Squad S&C	Yr 12-13	Gym	9, 10
	Rugby/Speed	Yr 8	Astro	2, 3
	Rugby/Speed	Yr 9	Pitches	1
	Y11 GCSE PE	Yr 11	Sports Hall Queens Hall	8
	Hockey Squad	Yr 7	Astro	4, 5
	Rowing	Yr 9/10/12/13	Pavilion	Pavilion
After School 17:00-18:00	Rowing Ergs	Yr 11	Pavilion	Pavilion
	Rowing Squad S&C	Yr 9	Gym	9, 10

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TUESDAY				
Time	Activity	Age Group	Location	Changing Room
Break 11:40-12:10	Badminton	Yr 7	Sports Hall	8
	Fives	Yr 10	Fives Court	n/a
Lunchtime 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
After School 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
	Table Tennis**	Yr 7	Queen's Hall	1
After School 17:00-18:00	Rowing Ergs	Yr 10	Pavilion	Pavilion
	Rowing Squad S&C	Yr 11	Gym	9, 10
After School 19:00 - 20:30	Junior Cricket Development Programme	Yr 8-9	Sports Hall	9, 10

* Year group for cricket sessions to be advised via SOCS Co-curricular

**Table Tennis Club start date and sign up to be advised in January 2023

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WEDNESDAY				
Time	Activity	Age Group	Location	Location
Pre School 07:30-08:30	Hockey Squad S&C	Yr 10	Gym	9, 10
	Rowing S&C	Yr 10	Gym	9, 10
Break 11:40-12:10	Badminton	Yr11	Sports Hall	8
	Fives	Yr 9	Fives Court	n/a
Lunchtime 13:25-14:15	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
After School 15:45-17:00	Recreational Gym	Yr 9-13	Gym	9, 10
	Rugby Squad S&C	Yr 10	Gym	9, 10
	Rugby Squad/Speed	Yr 7	Astro	1, 2, 3
	Fencing	Yr 8	Sports Hall	Swimming Pool
	Rowing	Yr 9-11	Pavilion	Pavilion
	DART Karate	Yr 7-13	Sports Hall	4, 5
After School 17:00-18:00	Rowing Ergs	Yr 12-13	Pavilion	Pavilion
After School 19:00 - 20:30	Senior Cricket Development Programme	Yr 10-13	Sports Hall	9, 10

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THURSDAY

Time	Activity	Age Group	Location	Changing Room
Break 11:40-12:10	Badminton	Yr 9	Sports Hall	8
	Fives	Yr 11	Fives Court	n/a
Lunchtime 13:25-14:15	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
After School 15:45-17:00	Recreational Gym	Yr 9-13	Gym	9, 10
	Rugby Squad S&C	Yr 9	Gym	9, 10
	Rugby Squad/Speed	Yr 10	Pitches	2
	Rugby Squad/Speed	Yr 11	Pitches	3
	Hockey Squad	Yr 10-13	Astro	1, 4, 5
	Fives	Yr 8&9	Fives Court	8
	Rowing	Yr 10/12/13	Pavilion	Pavilion
	Fencing	Yr 9-13	Sports Hall	Swimming Pool
After School 17:00-18:00	Rowing Squad S&C	Yr 11	Gym	9, 10

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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
	Rugby	Yr 10-13	Pitches	2&3
After School 15:45-17:00	Cricket	Yr 7-13*	Sports Hall	8
	Rowing	Yr 9/11	Pavilion	Pavilion

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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