

# SPORTS TRAINING & CLUBS

## HALF TERM 1

### 11 September to 19 October 2023

MONDAY				
Time	Activity	Age Group	Location	Changing Room
Break 11:40-12:10	Badminton	KS3 Squads	Sports Hall	8
	Fives	Yr 9	Fives Court	n/a
Lunchtime 13:25-14:15	Recreational Gym	Yr 9 & 10	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	8
	Fives	Yr 10	Fives Court	n/a
After School 15:45-17:00	Recreational Gym	Yr 11-13	Gym	9, 10
	Senior Rugby Squad S&C	Yr 12 & 13	Gym	9, 10
	Rugby	Yr 8	Pitches	2, 3
	Rugby	Yr 9	Pitches	1
	Handball	Yr 8 & 10	Sports Hall	8
	Hockey Squad	Yr 10	Astro	4, 5
	Rowing	TBC*	Ergs/Longridge*	8
	Cricket - Development Programme Selection Sessions	Yr 11-13	Outdoor Nets	Pavilion
After School 17:00-18:00	Rowing Ergs	TBC*	Ergs	8
	Rowing Squad S&C	TBC*	Gym	9, 10

\*Rowing age groups/locations will be advised via rowing comms

# SPORTS TRAINING & CLUBS

## HALF TERM 1

### 11 September to 19 October 2023

TUESDAY				
Time	Activity	Age Group	Location	Changing Room
Break 11:40-12:10	Badminton	Yr 7 & 8	Sports Hall	8
	Fives	Yr 10	Fives Court	n/a
Lunchtime 13:25-14:15	Recreational Gym	Yr 9 & 10	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	8
	Fives	Yr 8	Fives Court	n/a
After School 15:45-17:00	Recreational Gym	Yr 11-13	Gym	9, 10
	Rugby	Yr 12-13	Pitches	2, 3
	Y11 GCSE PE	Yr 11	Sports Hall/Queens Hall	8
	Hockey Squad	Yr 11-13	Astro	4, 5
	Rowing	TBC*	Ergs/Longridge*	8
	Cricket - Development Programme Selection Sessions	Yr 10	Outdoor Nets	Pavilion
After School 17:00-18:00	Rowing Ergs	TBC*	Ergs	8
	Rowing Squad S&C	TBC*	Gym	9, 10

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# SPORTS TRAINING & CLUBS

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### 11 September to 19 October 2023

WEDNESDAY				
Time	Activity	Age Group	Location	Changing Room
Pre School 07:30-08:30	Rowing S&C	TBC*	Gym	9, 10
Break 11:40-12:10	Badminton	Yr 11	Sports Hall	8
	Fives	Yr 12	Fives Court	n/a
Lunchtime 13:25-14:15	Recreational Gym	Yr 11-13	Gym	8, 9, 10
	Senior Rugby Squad S&C	Yr 11F, 12 & 13	Gym	8, 9, 10
	Hockey - Penalty Corners	Yr 8, 12 & 13	Astro	4, 5
	Basketball	Yr 9 & 10	Sports Hall	8
	Fives	Yr 11	Fives Court	n/a
After School 15:45-17:00	Recreational Gym	Yr 9 & 10	Gym	9, 10
	Rugby Squad S&C	Yr 10 & 11B	Gym	9, 10
	Rugby	Yr 7	Astro	1, 2, 3
	Fencing	Yr 8	Sports Hall	8
	Rowing	TBC*	Ergs/Longridge*	8
	Hockey	Yr 8 & 9	Astro	4, 5
	DART Karate	Yr 7-13	Sports Hall	8
	Cricket - Development Programme Selection Sessions	Yr 9	Outdoor Nets	Pavilion

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### 11 September to 19 October 2023

## THURSDAY

Time	Activity	Age Group	Location	Changing Room
<b>Break 11:40-12:10</b>	Badminton	KS4/5 Squads	Sports Hall	8
	Fives	Yr 11	Fives Court	n/a
<b>Lunchtime 13:25-14:15</b>	Recreational Gym	Yr 11-13	Gym	9, 10
	Hockey - Penalty Corners	Yr 9	Astro	5
	Hockey Squad S&C	Yr 9	Gym	9, 10
	Multi Activity	Yr 7 & 8	Sports Hall	8
	Fives	Yr 9	Fives Court	n/a
	Cross Country	Yr 7-13	Pitches	4
<b>After School 15:45-17:00</b>	Recreational Gym	Yr 9 & 10	Gym	9, 10
	Rugby Squad S&C	Yr 9	Gym	9, 10
	Rugby	Yr 10	Pitches	2
	Rugby	Yr 11	Pitches	3
	Hockey Squad	Yr 7	Astro	1, 4, 5
	Fives	Yr 8 & 9	Fives Court	8
	Rowing	TBC*	Ergs/Longridge*	8
	Fencing	Yr 9-13	Sports Hall	8
	Cricket - Development Programme Selection Sessions	Yr 8	Outdoor Nets	Pavilion
<b>After School 17:00-18:00</b>	Rowing Squad S&C	TBC*	Gym	9, 10

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**11 September to 19 October 2023**

<b>FRIDAY</b>				
<b>Time</b>	<b>Activity</b>	<b>Age Group</b>	<b>Location</b>	<b>Changing Room</b>
<b>Break</b> 11:40-12:10	Badminton	Yr 9 & 10	Sports Hall	8
	Fives	Yr 8	Fives Court	n/a
<b>Lunchtime</b> 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 9 & 10	Sports Hall	8
	Fives	Yr 12	Fives Court	n/a
	Rugby	Yr 10-13	Pitches	2, 3
<b>After School</b> 15:45-17:00	Cricket	Yr 7	Sports Hall	8

**SPORTS TRAINING & CLUBS**  
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**11 September to 19 October 2023**

**SATURDAY**

Activity	Age Group
Rowing @ Longridge 08:00-16:00	TBC*

**SUNDAY**

Activity	Age Group
Rowing @ Longridge 10:00-16:00	TBC*

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