

SPORTS TRAINING & CLUBS - SUMMER TERM 2021

| Time | Monday | Location | Tuesday | Location | Wednesday | Location | Thursday | Location | Friday | Location |
|--------------------------|---|-------------------------|--|-------------|------------------------------------|-------------|--|-------------|--|------------|
| 07:30-08:20 | | | Invitational Small Group Cricket Coaching | Sports Hall | | | Invitational Small Group Cricket Coaching | Sports Hall | | |
| 1st Lunch 11:40-12:25 | Cricket - Junior Wicketkeeper Training Rugby - Yr 10 (Backs) S&C | Sports Hall/Nets Gym | Athletics - Long Distance | Main Field | | | | | | |
| | | | Rugby - Yr 9 (Backs) S&C | Gym | Rugby - Yr 8 S&C | Gym | Rugby - Yr 9 S&C | Gym | | |
| | | | Rugby - Yr 8 Speed (w/c 7 June) | Pitches | Rugby - Yr 7 Speed (w/c 7 June) | Pitches | Rugby - Senior/Yr 10 Set Piece (w/c 7 June) | Pitches | Rugby - Yr 9 Set Piece (w/c 7 June) | Pitches |
| 2nd Lunch 13:45-14:20 | Cricket - Senior Wicketkeeper Training Rugby - Yr 11 S&C | Sports Hall/Nets Gym | Athletics - Jumps | Main Field | Athletics - Throws | Main Field | Athletics - Sprints | Main Field | | |
| | | | Rugby - Yr 10 S&C | Gym | Rugby - Senior Squad S&C | Gym | Rugby - Yr 10 Forwards S&C | Gym | | |
| 15:45-17:15 | Cricket - Seniors/Yr 11 | Pitch/Nets | Cricket - Yr 10 | Pitch/Nets | Cricket - Yr 8 | Pitch/Nets | Cricket - Yr 9 | Pitch/Nets | Cricket - Yr 7 | Pitch/Nets |
| | Tennis - All Play Session | Astro | Tennis - Junior Squads | Astro | | | Tennis - Inter Squads | Astro | | |
| | Rugby - Senior S&C | Gym | Rugby - Yr 11 S&C | Gym | Rugby - Yr 9 Forwards S&C | Gym | Rugby - Yr 8 S&C | Gym | | |
| | Rugby - Yr 9 Speed (from w/c 7 June) | Pitches | Rugby - Seniors Speed (from w/c 7 June) | Pitches | Fencing - Yr 8 (Members only) | Sports Hall | Fencing - Yr 9-13 (Members only) | Sports Hall | | |
| | Rugby - Yr 10 Speed (from w/c 7 June) | Pitches | Rugby - Yr 10 Speed (from w/c 7 June) | Pitches | | | | | | |
| 16:00-18:00 | Rowing - J16/18 | Longridge | Rowing - J15 (Grp 1)/J17 | Longridge | Rowing - J14 (Grp 1)/J17/J18 | Longridge | Rowing - J15 (Grp 2)/J17 | Longridge | Rowing - J14 (Grp 2) | |

Activities highlighted in YELLOW are open to any student without prior sign up.

Activities written in RED will commence from 7 June.

All rowing takes place at Longridge Activity Centre, Marlow - minibuses leave promptly at 15:50.

Due to Covid restrictions we are currently unable to run DART Karate after school.

If you have any queries or require further info, please email sportsadmin@rgshw.com