

Sport CCA for Spring Term 2020

Monday

Name of club	Start time	Finish time	Year groups involved or by invitation	Location	Lead staff
Fitness suite	7.00am	8.30am	Over 16's subject to induction	Fitness Suite	
PIPP Programme S&C			By invitation	SBA	Mr F Sanderson
Girls Football Club	1.05pm	1.40pm	All Years	Astro/SBA	Miss Manley
Netball	1.05pm	1.40pm	U14, U16, U18	SBA	Mrs Newton
Squash Club	1.05pm	1.40pm	All Years	Squash Courts	Miss Wambeek
Strength & Conditioning	1.05pm	1.40pm	All Years	Fitness Suite	Over 16's only
Rugby Sevens	1.05pm	1.40pm	U12, U13	Astro/Field	Mr Excell and Mr Copeland
Cross Country	4.00pm	5.00pm	All Years	Field	Miss Wambeek
Fencing – Elite Performers	4.00pm	6.00pm	All Years	Fencing Centre	Fencing Staff
Football Practices	4.00pm	5.00pm	1 st -3 rd Years	Field	Football Staff
Girls Hockey Practices	4.00pm	5.00pm	U14,U16,U18	Astro, SBA	Hockey Staff
Goalkeeper training	4.00pm	4.30pm	All Years	Field/SBA	Mr Sanderson
Netball Practices	4.00pm	5.00pm	U12, U13, U15	Courts & SBA	Netball Staff
Rugby Sevens Practice	4.00pm	5.00pm	U16 & U18	Field	Mr Sanderson, Mr Excell and Mr Copeland
Strength & Conditioning	4.00pm	5.00pm	All Years	Fitness Suite	Mrs McCabe
Swimming Coaching - all abilities	4.00pm	5.00pm	All Years	Pool	Ms Holroyd
Badminton	5.00pm	5.50pm	All Years	SBA	Mrs Bessell and Mrs Norfolk

Tuesday

Name of club	Start time	Finish time	Year groups involved or by invitation	Location	Lead staff
Swimming	6.30am	8.00am	All Years	Pool	Ms Raines
Tennis Academy	7.00am	8.15am	By invitation	SBA	Mr Askey
Girls Hockey	1.05pm	1.40pm	U12, U13, U15	Astro	Miss Manley
Squash Club	1.05pm	1.40pm	All Years	SBA	PE Graduate
TED talks	1.15pm	1.45pm	All Years	Room 82/83 in the SBA	Mr Sanderson
Strength & Conditioning	1.05pm	1.40pm	All Years	Fitness Suite	PE Graduate
Boys Hockey Practices	4.00pm	5.00pm	U12, U13, U14, U15/U16, U18	Astro/SBA	Hockey Staff
Fencing – Elite Performers	4.00pm	6.00pm	All Years	Fencing Centre	Fencing Staff
Fitness Suite	4.00pm	5.00pm	All Years	Fitness Suite	Mrs Chanter (week A)/Mrs

					Newton (week B)
Girls Netball Training for Regional Tournaments (First 3 weeks of term only)	4.00pm	5.00pm	U14	SBA/ Courts	Mrs Robins
Judo	4.00pm	5.00pm	All Years	SBA	Mr F Sanderson
Squash	4.00pm	5.00pm	All Years	Squash Courts	Mr Smith
Squash	5.00pm	5.50pm	By invitation	Squash Courts	Mr Smith
Strength & Conditioning	4.00pm	5.00pm	All Years	Fitness Suite	Mr Hooper
Trampolineing	4.00pm	5.00pm	All Years	SBA	Mr Holland
Basketball	4.00pm	5.00pm	1 st -3 rd Years	SBA	Ms Sharman
Basketball	5.00pm	5.50pm	4 th Year +	SBA	Ms Sharman

Wednesday

Name of club	Start time	Finish time	Year groups involved or by invitation	Location	Lead staff
Swimming	6.30am	8.00am	All Years	Pool	Ms Quatermaine
Fitness Suite	7.00am	8.30am	16+ subject to induction	Fitness suite	
Fencing – Elite Performers	4.00pm	6.00pm	All Years	Fencing Centre	Fencing Staff
Strength and Conditioning	4.00pm	5.00pm	All Years	Fitness suite	Mrs Flowers

Thursday

Name of club	Start time	Finish time	Year groups involved or by invitation	Location	Lead staff
Fitness Suite (7.00 - 8.30am)	7.00am	8.30am	Over 16's subject to induction	Fitness suite	
Squash Club	1.05pm	1.40pm	All Years	SBA	Miss Wambeek
Strength & Conditioning	1.05pm	1.40pm	All Years - Girls only	Fitness Suite	PE Graduate
Table Tennis	1.30pm	2.00pm	All Years	SBA	Mr Sparkes
Indoor Cricket	1.05pm	1.50pm	All Years	SBA	Mr S Hooper
Badminton	4.00pm	5.50pm	All Years	SBA	Mrs Bessell and Mrs Norfolk
Cross Country	4.00pm	5.00pm	All Years	Field	Miss Holroyd
Fencing – Elite Performers	4.00pm	6.00pm	All Years	Fencing Centre	Fencing Staff
Girls Hockey matches (SSP)	4.00pm	5.00pm	U12-U16	Astro	Hockey Staff
Rugby Sevens Practice	4.00pm	5.00pm	U14, U15	Field	Mr Excell and Mr Copeland
Squash	4.00pm	5.00pm	All Years	Squash Courts	Mr Smith

Strength & Conditioning	4.00pm	5.00pm	All Years	Fitness Suite	Mrs Newton
Teen Yoga	4.00pm	5.00pm	All Years	Dance Studio	Mrs Monnier-Gilchrist
Squash Team	5.00pm	5.50pm	By invitation	Squash Courts	Mr Smith

Friday

Name of club	Start time	Finish time	Year groups involved or by invitation	Location	Lead staff
Swimming	6.30am	8.00am	All Years	Pool	Ms Quatermaine
Cricket	7.00am	8.30am	By invitation	SBA	Mr S Hooper
Fitness suite	7.00am	8.30am	16+ subject to induction	Fitness Suite	
Chamber Choir	8.15am	8.45am	Invite only	M1	Mr Palmer
Badminton Club	1.05pm	1.40pm	1 st & 2 nd year	SBA	PE Graduate
HIIT (Insanity)	1.10pm	1.40pm	3 rd Year – Sixth Form	SBA	Mr Whatley
Squash Club	1.05pm	1.40pm	All Years	Squash courts	PE Graduate
Strength and Conditioning	1.05pm	1.40pm	All Years	Fitness Suite	Ms Holroyd
Fencing – Elite Performers	4.00pm	6.00pm	All Years	Fencing Centre	Fencing Staff
Squash	4.00pm	5.50pm	All Years	Squash Courts	Mr Smith
Strength and Conditioning	4.00pm	5.00pm	All Years	Fitness suite	Mr Sanderson
Tennis Academy	4.00pm	5.30pm	By invitation	SBA	Mr Askey