

# Before College

	ACTIVITY	TIME	YEAR(S)	AREA	STAFF
<b>WEDNESDAY</b>	Volleyball	7.30 – 8.30	All Years	Sports Hall	HTT
<b>FRIDAY</b>	Dance Technique	8.00 – 8.45	All Years	Gymnasium	ABB

Try our early morning activity sessions. Aside contributing to a healthy lifestyle, exercise first thing in the morning gives a feeling of mental alertness and revitalises you after a night's sleep!

## Lunch Time Sports Activities

### MONDAY

ACTIVITY	YEAR(S)	AREA	STAFF
Athletics – Endurance Running	All	Ivybridge	WKS
Volleyball	All	AW2	HTT
Cricket	10	AW1	RRI
Basketball	7 & 8 Mixed	Sports Hall	CHL
Weightlifting	All	Studio 2	BRZ
Athletics – Javelin	All	Throwing Area	GGR
Tennis	All	Courts	WNS
Gymnastics – Recreational	All	Gym	NYR
Football	10 / 11	AW1	MCY / LND
Rugby – 1 <sup>st</sup> XV	11, 12 & 13	Top Field	RQS
Rugby	7	Top Field	PTE

### TUESDAY

ACTIVITY	YEAR(S)	AREA	STAFF
Athletics – Throwing	All	Throwing	SLN
Rugby	8	Top Field	HTT
Rugby	Academy	AW2	R.Gibson
Weightlifting	All	Studio 2	BRZ
Dance – Boys Dance Co.	All Boys	Studio 1	LCH
Gymnastics – Girls Team	All	Gym	NYR / RRI
Football	9	AW1	MCY / LND
Badminton	Squad	Sports Hall	JE/WRN
Cricket	9	AW1	RQS
Cricket	7 & 8	AW1	PTE

### FRIDAY

ACTIVITY	YEAR(S)	AREA	STAFF
Athletics – Throws Academy	All	Throwing	G.Frost / GGR
Weightlifting	All	Studio 2	BRZ
Dance – Lower School Dance Co.	7 & 8	Studio 1	LCH
Tennis	All	Courts	WNS
Ultimate Frisbee	All	Sports Hall	RBW
Football - Girls	All	AW1	MCY / LND
Rugby – 1 <sup>st</sup> XV	11, 12 & 13	Top Field	RQS
Rugby	7	Top Field	PTE

### WEDNESDAY

ACTIVITY	YEAR(S)	AREA	STAFF
Athletics – Sprints	All	Track	RQS
Athletics – Middle Distance	All	Ivybridge	SLN
Rounders	7 & 8	AW1	GGR
Volleyball	All	AW2	HTT
Weightlifting	All	Studio 2	BRZ
Dance – Technique	All	Studio 1	ABB
Tennis	All	Courts	WNS
Gymnastics – Boys Gym	All	Gym	NYR / RRI
Football	7	AW1	MCY / LND
Rugby	7	Top Field	PTE
Cheerleading	8	AW1	FAB

### THURSDAY

ACTIVITY	YEAR(S)	AREA	STAFF
Athletics – Sprints	All	Track	RQS
Athletics – Middle Distance	All	Track	SLN
Rugby	Academy	AW2	R.Gibson
Weightlifting	All	Studio 2	BRZ
Rounders	11, 12 & 13	AW1	GGR
Dance	8, 9, GCSE	Studio 1	ABB
Gymnastics – Rec Acro	All	Gym	NYR / RRI
Climbing	All	Sports Hall	MTC
Football	8	AW1	MCY / LND
Cheerleading	10	AW1	FAB

ACTIVITY	YEAR(S)	AREA	STAFF
Rounders	9 & 10 Girls	AW1	LTB

# SUMMER TERM 2009

<b>MONDAY</b>			
<b>ACTIVITY</b>	<b>YEAR(S)</b>	<b>AREA</b>	<b>STAFF</b>
Weightlifting	All	Studio 2	BRZ
Dance	7	Dining room	LCH
Football	10 / 11	AW1	MCY / LND

<b>WEDNESDAY</b>			
<b>ACTIVITY</b>	<b>YEAR(S)</b>	<b>AREA</b>	<b>STAFF</b>
SAQ	All	Track	CHL
Weightlifting	All	Studio 2	BRZ
Gymnastics – Acro Squad	All	Gym	NYR
Football	7	AW1	MCY / LND
Tennis	All	Courts	WNS
Cricket	9	AW1	RQS
Cricket	7 & 8	AW1	PTE
Volleyball	All	AW2	HTT

## After College Sports Activities 3.35 to 5pm

<b>TUESDAY</b>			
<b>ACTIVITY</b>	<b>YEAR(S)</b>	<b>AREA</b>	<b>STAFF</b>
Weightlifting	All	Studio 2	BRZ
Rounders	ALL	AW1	GGR
Gymnastics – Comp Team	All	Gym	NYR / RRI
Football	9	AW1	MCY / LND

<b>THURSDAY</b>			
<b>ACTIVITY</b>	<b>YEAR(S)</b>	<b>AREA</b>	<b>STAFF</b>
Weightlifting	All	Studio 2	BRZ
Dance – Revision	12	Studio 1	ABB
Gymnastics – Team Gym	All	Gym	NYR / RRI
Football	8	AW1	MCY / LND
Netball	All	Tarmac ?Sports Hall	ELS



<b>FRIDAY</b>			
<b>ACTIVITY</b>	<b>YEAR(S)</b>	<b>AREA</b>	<b>STAFF</b>
Athletics- Circuits	All	Fitness Suite	SLN
Volleyball	All	AW2	HTT
Weightlifting	All	Studio 2	BRZ
Football - Girls	All	AW1	MCY / LND
Table Tennis	All	Common Room	C.Russell

<b>ACTIVITY</b>	<b>YEAR(S)</b>	<b>AREA</b>	<b>STAFF</b>

\*Rounders, Cricket, Athletics and Tennis fixtures will be taking place throughout the summer term after College.

\*\*Where 3 activities are on AW1 the pitch will be divided into 3rds by the nets.