

STAMFORD HIGH SCHOOL

Extra-Curricular Timetable: Autumn 2015

<u>Day</u>		<u>Activity</u>	<u>Venue</u>	<u>Time</u>	<u>Staff</u>
<u>Monday</u>	AM	Early Morning Swimming	SES Pool	7.00am-7.45am	AW
	PM	Senior Hockey Training (Set play & Fitness)	SHS Astro	4.45pm-6.00pm	MH & HC
		Swimming Squad Training	SES Pool	4.15pm-5.15pm	AW
		Gymnastics Squad (Invitational)	SJS Sports Hall	5.00pm-6.30pm	LH
<u>Tuesday</u>	Lunch	Indoor Rowing- Year 9, 10 & 11	SHS Gym	1.00pm-1.30pm	VS
		Indoor Rowing- Year 12 & 13	SHS Gym	1.30pm-2.00pm	VS
		Hockey Masterclass (Yr 10-13)	SHS Astro	1.00pm-1.45pm	MH
	PM	U18 Netball (Invitational)	SHS Courts	4.15pm-5.30pm	HC
		U16 Netball (Invitational)	SHS Courts	4.15pm-5.30pm	DS & PW
		U14 Netball (Invitational)	SHS Courts	4.15pm-5.30pm	CR & Tammy
		Swimming	SES Pool	4.15pm-5.15pm	AW
<u>Wednesday</u>	AM	Early Morning Swimming	SES Pool	7.00am-7.45am	AW
	Lunch	Hockey masterclass (Y10-13)	SHS Astro	1.00pm-1.45pm	MH
	PM	U12 Hockey Training	SHS Astro	4.15pm-5.30pm	DS & CR & MH
		U15 Hockey Training	SS Astro	4.15pm-5.45pm	LM & PW
		Football Training (Yr 7-13)	SJS Fields	4.15pm-5.30pm	OR
		Running Club	Meet @ SHS Gym	4.00pm-5.00pm	ALJ
		Water Polo	SES Pool	4.15pm-5.15pm	AW
<u>Thursday</u>	Lunch	Indoor Rowing- Year 8	SHS Gym	1.00pm-1.30pm	MH & PW
	PM	Senior Hockey Training	SHS Astro	4.15pm-6.00pm	MH & HC & LM
		Rugby Training (Yr7-10)	Kettering Rd	4.15pm-5.30pm	DB
<u>Friday</u>	AM	Early Morning Swimming	SES Pool	7.00am-7.45am	AW
	Lunch	Indoor Rowing – Year 7 (start after ½ term)	SHS Gym	1.20pm-1.50pm	VS
	PM	U13 Hockey Training	SHS Astro	4.15pm-5.30pm	CR & ADDM & MZ
		U14 Hockey Training	SS Astro	4.15pm-5.45pm	LM & PW
<u>Saturday</u>		HOCKEY FIXTURES- see weekly bulletin	SEE BULLETIN	SEE BULLETIN	ALL PE STAFF
		Gymnastics All Abilities	SJS Sports Hall	9.00am-10.00am	LH
		Gymnastic Squad	SJS Sports Hall	9.30am-12.30pm	LH