

SPRING TERM



**AYLESBURY HIGH
SCHOOL**

**PE CLUBS BOOKLET
2023/24**

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CONTENTS

SPRING TERM 2023/24

- Aqua Club
- Badminton
- Basketball
- Beginners Rugby
- Boxercise
- Commercial Dance
- Core & Cardio
- Equestrian
- Football
- Handball
- Hockey
- Indoor Cricket
- Indoor Hockey
- Netball
- Run 4 Fun
- Squash
- Tennis
- Trampolining
- Ultimate Frisbee

AQUA CLUB

VENUE

AGS Swimming Pool (meet at Turnfurlong gate)

TRAINING TIMES

Thursday 3:30 - 4:45pm

OPEN TO

Year 7

FURTHER INFORMATION

This after school club is for Year 7 students who may want to improve their swimming skills, fitness or try a range of new aquatic activities. All abilities welcome. The club is led by Year 10 & 11 Trained ASA Aquatic Leaders, with qualified AHS PE/Swimming staff and Lifeguards on poolside.

AHS Swimming Teams

We take part in the Wycombe Swimming League with a number of galas at Wycombe Abbey School. Club Swimmers Register interest with Mrs Carey (ideally have current 50M times available!)

HOW TO JOIN/KIT REQUIRED

Refer to letter that was sent out with details on how to sign up. Bring a swimming kit (costume, towel, goggles and water). A Swim AHS cap will be provided.

Please note clubs run by external providers are set up on a minimum commitment basis, therefore any fees paid are non refundable

STAFF CONTACT

Mrs Carey acarey@ahs.bucks.sch.uk

BADMINTON

VENUE

Sports HALL

TRAINING TIMES

Friday 1:45 - 2:20

OPEN TO

GCSE PE Students

FURTHER INFORMATION

All GCSE PE students are welcome. A chance to get competitive video evidence or practice skills

Skills, Drills and Matches.

HOW TO JOIN/KIT REQUIRED

Turn up at the Sports Hall & add your name to the register. Wear AHS PE kit

STAFF CONTACT

Miss Cross scross@ahs.bucks.sch.uk

BASKETBALL

VENUE

Sports HALL

TRAINING TIMES

Friday 3:45 - 4:45pm Y7

Friday 4:45 - 5:45 Y8+

FURTHER INFORMATION

Inset Day training sessions

All students are welcome at the training sessions, beginners to elite.

After school sessions are run by Coach Jenner.

Teams for Years 7-11. Teams are entered into Jr NBA for Y7&8 English Schools Cup (elite level) U16.

HOW TO JOIN/KIT REQUIRED

Turn up at the Sports Hall & add your name to the register. Wear AHS PE kit

STAFF CONTACT

Miss Cross scross@ahs.bucks.sch.uk

BEGINNERS RUGBY

VENUE

Field

TRAINING TIMES

Thursday 3:30 - 4:45pm

OPEN TO

Year 7 & 8

FURTHER INFORMATION

We welcome players to come and gain an understanding of rugby. We will look at the laws of the game, passing, the tackle technique and rucking- all in an inclusive and welcoming environment.

HOW TO JOIN/KIT REQUIRED

Turn up & add your name to the register. Bring a gum shield and boots.

STAFF CONTACT

Mrs Rogers zrogers@ahs.bucks.sch.uk

BOXFLEX



VENUE

Gym

TRAINING TIMES

Thursday 1:45 - 2:20pm

OPEN TO

Year 9

This is a combined club with students from AGS

FURTHER INFORMATION

Join in with this exciting way to get fit. The club is a mix of cardio and toning exercises. A great all round body workout which aids both cardiovascular and muscular strength system.

HOW TO JOIN/KIT REQUIRED

Turn up at the Gym & add your name to the register. Wear AHS PE kit

STAFF CONTACT

Mrs Sole-Bradley
csolebradley@ahs.bucks.sch.uk

COMMERCIAL DANCE

VENUE

Harding Hall

TRAINING TIMES

Tuesday 3:30 - 5pm

OPEN TO

All year groups

FURTHER INFORMATION

The commercial dance sessions will be led by former AHS student and Dance teacher Jo Odro. You need no previous dance experience to come along and try this fun and energetic dance style!

HOW TO JOIN/KIT REQUIRED

Respond to the letter sent out each term

Please note clubs run by external providers are set up on a minimum commitment basis, therefore any fees paid are non refundable

STAFF CONTACT

Miss McKendrick

lmckendrick@ahs.bucks.sch.uk

CORE & CARDIO

VENUE

Gym

TRAINING TIMES

Wednesday 1:45 - 2:20pm

OPEN TO

All year groups

FURTHER INFORMATION

An exercise club for all years and all fitness levels, workout to music, raise your heart rate and increase your core strength!

HOW TO JOIN/KIT REQUIRED

Turn up at the Gym & add your name to the register. Wear AHS PE kit

STAFF CONTACT

Mrs Templeton
ztempleton@ahs.bucks.sch.uk

EQUESTRIAN

OPEN TO

All Years

FURTHER INFORMATION

All students are welcome. You need to have your own pony/loan pony that you can compete on and have transport to and from events.

Competitions include Dressage, Show Jumping 40cm-1.20m, Arena Eventing and Eventing. Students can enter as an individual or a team.

HOW TO JOIN/KIT REQUIRED

Please contact AHS parent Manager Hayley Godwin
hayley_godwin@hotmail.co.uk to express and interest

Please refer to the NSEA website

STAFF CONTACT

Mrs Carpenter
kcarpenter@ahs.bucks.sch.uk

FOOTBALL

VENUE

Field

TRAINING TIMES

Friday 3:45 - 4:40pm

OPEN TO

Years 7 - 11

FURTHER INFORMATION

Students from all year groups welcome. County cup teams run for U13, U15 and U16.

HOW TO JOIN/KIT REQUIRED

Turn up on the Field & add your name to the register. Wear AHS PE kit. Bring boots.

STAFF CONTACT

Mr Baird ebaird@ahs.bucks.sch.uk

HANDBALL

VENUE

Sports Hall

TRAINING TIMES

Thursday 1:45 - 2:20pm

OPEN TO

Years 7, 8 & 9 on Week A

Year 10 on Week B

FURTHER INFORMATION

Turn up at the Sports Hall & add your name to the register. You need to wear your AHS PE kit. We enter teams into the local, regional and this year National Handball competitions.

HOW TO JOIN/KIT REQUIRED

Turn up at the Sports Hall & add your name to the register. Wear AHS PE kit.

STAFF CONTACT

Mrs Hunter

khunter@ahs.bucks.sch.uk

Y7 Y8 Y9 Y10 Y11

VENUE

RAF Halton

TRAINING TIMES

Wednesday 3:40 - 5:30pm

OPEN TO

Years 7 - 11

FURTHER INFORMATION

Winter training at RAF Halton Astroturf - letter sent at start of school year with details and payment options. Training sessions held on the school field & in Sports Hall until then.

Y7-9 play in the county league, they also enter all county and district tournament and have friendlies against local teams

Y10-13 play friendlies against local teams and enter all county and district tournaments

Please note this club is set up on a minimum commitment basis, therefore any fees paid are non refundable

HOW TO JOIN/KIT REQUIRED

Respond to letter sent out at the beginning of the school year and pay via ParentMail. You will need to wear your AHS PE kit, gun shields, shin pads and astro shoes. Sticks can be borrowed from school or bring your own.

STAFF CONTACT

Mrs Sole-Bradley
csolebradley@ahs.bucks.sch.uk

INDOOR CRICKET

VENUE

Sports Hall

TRAINING TIMES

Monday 1:45 - 2:20

OPEN TO

Years 7 - 10

FURTHER INFORMATION

This session is run by an outside coach from England Cricket. We will enter both local hard and soft ball competitions

HOW TO JOIN/KIT REQUIRED

Turn up at the Sports Hall & add your name to the register. Wear AHS PE kit.

STAFF CONTACT

Mrs Sole-Bradley
csolebradley@ahs.bucks.sch.uk

INDOOR HOCKEY



VENUE

Sports Hall

TRAINING TIMES

Tuesday 1:45 - 2:20

OPEN TO

Years 11 - 13

FURTHER INFORMATION

This club is for Hockey players only with the vision to play in matches. It will be combined with students from AGS.

HOW TO JOIN/KIT REQUIRED

Turn up at the Sports Hall & add your name to the register. Wear AHS PE kit. Gum shields and shin pads are compulsory and you will not be permitted to take part without these. Feel free to bring your own stick which we can store for the day.

STAFF CONTACT

Mrs Sole-Bradley
csolebradley@ahs.bucks.sch.uk

NETBALL

VENUE

Netball Courts

TRAINING TIMES

English Schools Netball U19/U16/U14

Monday 1:45 - 2:20

Team Training All Years

Monday 3:45 - 4:45

FURTHER INFORMATION

Attendance at trials is necessary for selection for squad training. All teams are entered in the Aylesbury netball league and will play fixtures against other schools from Sept-March ending in an end of season tournament. Years 7-10 have two teams and Year 11 and Seniors have one.

HOW TO JOIN/KIT REQUIRED

Please contact Mrs Hunter for how to join. Wear AHS PE kit.

STAFF CONTACT

Mrs Hunter

khunter@ahs.bucks.sch.uk

RUN & FUN

VENUE

Field

TRAINING TIMES

Tuesday 3:40 - 4.30pm

Friday 1:45 - 2:20pm

OPEN TO

All Years

FURTHER INFORMATION

Mini Cross Country races and training. All students are welcome at the training sessions.

Participation – those keen to improve fitness; D of E participation Competitions entered

AHS Cross- Country Team – Friendlies v Cottesloe, Thornton College, Park Runs, Harrow School races, County Championships and ESAA county, regional & national finals.

HOW TO JOIN/KIT REQUIRED

Turn up at the Sports Hall & add your name to the register. Wear AHS PE kit. Wear spikes if you have them.

STAFF CONTACT

Mrs Carey acarey@ahs.bucks.sch.uk

Mrs Templeton

ztempleton@ahs.bucks.sch.uk

AHS SQUASH

VENUE

AGS Squash Courts

TRAINING TIMES

Friday 3:40 - 5pm

OPEN TO

Years 7 - 11

FURTHER INFORMATION

All students are welcome and all sessions are run by Darren Withey. See website www.darrenwithey.co.uk for further info. Teams run for Years 7-13. Friendly matches for development teams. National Schools & Bucks Junior League fixtures for elite players.

HOW TO JOIN/KIT REQUIRED

Payment in full at start of term by cheque or via BACs to
D Withey Sort Code: 110015 Acc No:
00005286

Turn up at AGS Squash Courts & add your name to the register. You may wear your own kit or AHS PE kit. Rackets & Eyewear supplied but you MUST bring indoor non-marking shoes.

Please note clubs run by external providers are set up on a minimum commitment basis, therefore any fees paid are non refundable

STAFF CONTACT

Darren Wither
dwithey@ags.bucks.sch.uk /
dcwsquash@gmail.com

SPORTS

VENUE

AHS Tennis Courts

TRAINING TIMES

Wednesday 1:40 - 2:20pm

OPEN TO

Years 7 - 10

FURTHER INFORMATION

Everyball Tennis are delighted to be in partnership with Aylesbury High School to provide a lunchtime tennis club for Years 7-10 run by one of our Senior LTA Accredited coaches. Over the Autumn term sessions will be outside weather permitting. On wet days we will move to the Sports Hall using the touch tennis format and foam balls.

Tennis fixtures

These will run throughout the Summer Term at **AHS** , with opportunities to play in friendly and league games.

HOW TO JOIN/KIT REQUIRED

All equipment will be provided however students are welcome to bring their own rackets if they would like. Please sign up via Everyball tennis website.

<https://everyballtennis.uk/civicrm/event/info?reset=1&id=195>

Please note clubs run by external providers are set up on a minimum commitment basis, therefore any fees paid are non refundable

STAFF CONTACT

Miss Nicol anicol@ahs.bucks.sch.uk

TRAMPOLINING

VENUE

Gym

TRAINING TIMES

Monday 3:30 - 4:30pm

Monday 4:40 - 5:30pm

Tuesday 3:30 - 4:30pm

Tuesday 4:30 - 5:30pm

OPEN TO

All Years

FURTHER INFORMATION

Limited places - must be pre-booked by contacting Tracy Smees. Available to all year groups and students of mixed abilities. Useful for D of E.

HOW TO JOIN/KIT REQUIRED

All trampolining sessions are payable and run half-termly. Book directly with Tracy Smees on the telephone number below.

Please note clubs run by external providers are set up on a minimum commitment basis, therefore any fees paid are non refundable

STAFF CONTACT

Tracy Smees 07956154949

ULTIMATE FRISBEE



VENUE

AGS

TRAINING TIMES

Monday 1:40 - 2:15pm (Field)

Tuesday 1:40 - 2:15pm (Sports Hall)

OPEN TO

Year 10

This is a combined club held at AGS

FURTHER INFORMATION

Run by an external coach over at AGS. Practice drills and games played.

HOW TO JOIN/KIT REQUIRED

Change at AHS at the beginning of lunch. Wear AHS PE kit.

Students must sign up for this club directly with Mrs Sole Bradley. Only students with prior permission to leave the school site may attend and registers are kept and tracked for those signed up.

STAFF CONTACT

Mrs Sole-Bradley

csolebradley@ahs.bucks.sch.uk