

**AUTUMN TERM**



**AYLESBURY HIGH  
SCHOOL**

**PE CLUBS BOOKLET  
2024/25**

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## AUTUMN TERM 2024/25

- Aqua Club
- Badminton
- Come & Play Basketball
- Come & Play Netball
- Commercial Dance
- Core & Cardio
- Equestrian
- Football
- Handball
- Move Well
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- Hockey
- Kinball
- Rugby
- Run 4 Fun
- Squash
- Strength & Conditioning
- Tennis
- Trampolining

# 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](mailto:acarey@ahs.bucks.sch.uk)

# BADMINTON

## **VENUE**

Sports Hall

## **TRAINING TIMES**

KS3 Wednesday 1:45-2:20 (Week A)

KS4 Wednesday 1:45-2:20 (Week B)

KS5 Thursday 1:45-2:20

## **FURTHER INFORMATION**

All abilities are welcomed to come and practise their skills and play games.

Teams are entered into the Victor Cup & National Schools competitions. Team trials for the elite team will be held on Thursday 26 September 3:45-5pm. Trials for local school league team will be held over a lunch time in September - date to follow.

Attendance at trials is necessary to be considered for the school team.

## **HOW TO JOIN/KIT REQUIRED**

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

## **STAFF CONTACT**

Mrs Rogers

[zrogers@ahs.bucks.sch.uk](mailto:zrogers@ahs.bucks.sch.uk)

Team enquiries: Mrs Templeton

[ztempleton@ahs.bucks.sch.uk](mailto:ztempleton@ahs.bucks.sch.uk)

## BASKETBALL

### VENUE

Sports Hall

### TRAINING TIMES

Y7 & 8 Tuesday 1:45 - 2:20

### FURTHER INFORMATION

All students are welcome at the training sessions.

### 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](mailto:csolebradley@ahs.bucks.sch.uk)

## NETBALL



### VENUE

Courts

### TRAINING TIMES

Tuesday 1:45 - 2:20pm

### OPEN TO

KS3 (Y7-9)

### FURTHER INFORMATION

All abilities welcome to come and practise and play games working on improving skills and knowledge of the game.

### HOW TO JOIN/KIT REQUIRED

Turn up at the Courts. Wear AHS PE kit

### STAFF CONTACT

Mrs Sole-Bradley  
[csolebradley@ahs.bucks.sch.uk](mailto: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](mailto: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 Mrs Darbyshire - Mackay [salina.darbyshire@sky.com](mailto:salina.darbyshire@sky.com) to express and interest

Please refer to the NSEA website

## GOOGLE CLASSROOM CODE

3yunbfg

## STAFF CONTACT

Mrs Carpenter  
[kcarpenter@ahs.bucks.sch.uk](mailto:kcarpenter@ahs.bucks.sch.uk)

# FOOTBALL

## **VENUE**

Field

## **TRAINING TIMES**

Friday 3:45 - 4:40pm

## **OPEN TO**

Years 7 - 10

## **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](mailto:ebaird@ahs.bucks.sch.uk)

# U18 FOOTBALL

## VENUE

Field

## TRAINING TIMES

Thursday 3:45-4:45 (BASE)

## OPEN TO

Y11-13

## FURTHER INFORMATION

We are lucky to have created a Partnership with BASE Academy. They will be leading the football session for the U18 team (yr11-13) for this season.

Sessions will be run by experienced coaches who have coached at a high level in football.

The session will involve skill and tactic development to prepare the team for their matches this season. Students of all abilities welcome.

## HOW TO JOIN/KIT REQUIRED

As these sessions will not be accompanied by an AHS Staff member we ask that parents fill out the google form to register their child for the club. Unfortunately if students have not been registered they will be unable to attend until the form has been completed.

<https://forms.gle/3MsJmC4iEJFpLjWA8>

Wear AHS PE kit. Bring boots.

## STAFF CONTACT

Mrs Sole-Bradley  
csolebradley@ahs.bucks.sch.uk  
Paul Batchelor BASE  
07825018306



# HANDBALL

## **VENUE**

Sports Hall

## **TRAINING TIMES**

Monday 1:45 - 2:20pm

## **OPEN TO**

Y7-10

## **FURTHER INFORMATION**

Training for U13 and U15 squad only. We enter teams into the local, regional and National Handball competitions.

Sessions are run by a coach from England Handball.

## **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](mailto:csolebradley@ahs.bucks.sch.uk)

# MOVE WELL



## **VENUE**

Gym

## **TRAINING TIMES**

Tuesday 1:45 - 2:20pm

## **OPEN TO**

All years

First session starts on 24 September

## **FURTHER INFORMATION**

Come along to experience a variety of activities to help our mental and physical health, building resilience as we go. This club is a safe space to build resilience, equipping you with strategies to help you to be the best version of yourself. Be ready to have fun and to talk to new people whilst being physically active. Let's make every day a better day!

## **HOW TO JOIN/KIT REQUIRED**

Turn up at the Gym & add your name to the register. Wear AHS PE kit. (Kit is not required for the first session on 24 September)

## **STAFF CONTACT**

Mrs Carey

[acarey@ahs.bucks.sch.uk](mailto:acarey@ahs.bucks.sch.uk)

Miss Cross

[scross@ahs.bucks.sch.uk](mailto:scross@ahs.bucks.sch.uk)

# NETBALL

## **VENUE**

Netball Courts

## **TRAINING TIMES**

English Schools Netball U19/U16/U14  
Monday/GCSE Match Play 1:45 - 2:20

Team training 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 Miss Cross for how to join. Team trials will be held in September - dates to follow. Wear AHS PE kit.

## **STAFF CONTACT**

Miss Cross  
[scross@ahs.bucks.sch.uk](mailto:scross@ahs.bucks.sch.uk)

# PE HOCKEY

## **VENUE**

AHS Netball Courts

## **TRAINING TIMES**

KS3 Thursday 1:45-2:20pm

KS4&5 Tuesday 3:34 - 4:45pm

## **FURTHER INFORMATION**

Attendance at training is necessary for selection at fixtures. Training is open to all levels of ability. No prior experience necessary.

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.

## **HOW TO JOIN/KIT REQUIRED**

Please contact Mrs Sole Bradley if you have any questions. You will need to wear your AHS PE kit. Gum shields and shin pads are compulsory Sticks can be borrowed from school or bring your own.

## **STAFF CONTACT**

Mrs Sole Bradley  
csolebradley@ahs.bucks.sch.uk  
Mrs Carbonaro  
rcarbonaro@ahs.bucks.sch.uk

# KINBALL

## **VENUE**

Sports Hall

## **TRAINING TIMES**

Tuesday 1:45 - 2:20pm

## **OPEN TO**

All year groups

## **FURTHER INFORMATION**

Come along and play some fun games of Kinball. Learn the rules and play in mini competitions against your peers. Depending of popularity of this club we may have to split year groups over A & B weeks.

## **HOW TO JOIN/KIT REQUIRED**

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

## **STAFF CONTACT**

Mrs Carpenter  
[kcarpenter@ahs.bucks.sch.uk](mailto:kcarpenter@ahs.bucks.sch.uk)



# RUGBY

## **VENUE**

Field

## **TRAINING TIMES**

Friday 1:45 - 2:20pm

## **OPEN TO**

Y7&8 run by Mrs Rogers

Y10&11 run by Y12 Leaders

## **FURTHER INFORMATION**

Come along 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. Opportunities available for some game play at Aylesbury Rugby Club.

## **HOW TO JOIN/KIT REQUIRED**

Turn up at the Sports Hall & add your name to the register. Wear AHS PE kit. Gum shields and boots compulsory.

## **STAFF CONTACT**

Mrs Rogers

[zrogers@ahs.bucks.sch.uk](mailto:zrogers@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](mailto:acarey@ahs.bucks.sch.uk)

Mrs Templeton

[ztempleton@ahs.bucks.sch.uk](mailto:ztempleton@ahs.bucks.sch.uk)



# SQUASH

## VENUE

AGS Squash Courts

## TRAINING TIMES

Tuesday 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](http://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 Withey  
[dwithey@ags.bucks.sch.uk](mailto:dwithey@ags.bucks.sch.uk) /  
[dcwsquash@gmail.com](mailto:dcwsquash@gmail.com)

# STRENGTH & CONDITIONING



## VENUE

Gym

## TRAINING TIMES

Friday 3:45 - 4:45pm

## OPEN TO

All Years

## FURTHER INFORMATION

As part of our new partnership BASE Academy will be running a fitness session for all year groups yr 7-13. No matter what your starting point is, all sessions will be accessible.

## HOW TO JOIN/KIT REQUIRED

As these sessions will not be accompanied by an AHS Staff member we ask that parents fill out the google form shared in September to register their child for the club. Unfortunately if students have not been registered they will be unable to attend until the form has been completed.

<https://forms.gle/7qBifV9JpC6wt4kS6>

Wear AHS PE kit.

## STAFF CONTACT

Mrs Sole-Bradley  
csolebradley@ahs.bucks.sch.uk  
Paul Batchelor BASE  
07825018306



# SPORTS

## VENUE

AHS Tennis Courts

## TRAINING TIMES

Friday 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=247>**

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](mailto: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