

SUMMER TERM



**AYLESBURY HIGH
SCHOOL**

**PE CLUBS BOOKLET
2024/25**

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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

ATHLETICS

VENUE

Field / Sports Hall

TRAINING TIMES

Monday 1:45 - 2:20pm Track events
Monday 3:45 - 4:45pm Field events
& Hurdles

OPEN TO

All Years

FURTHER INFORMATION

Come and practice Runs, Jumps, Throws, Relays, Hurdles - subject to weather conditions on the day.
Local friendly events at AHS -open

District Athletics League will run on Tuesdays after school at AHS Year 7/8 & Year 9/10

English schools cup team events
Year 7/8 & Year 9/10

District championships / County championships

HOW TO JOIN/KIT REQUIRED

Turn up at the Sports Hall & add your name to the register. Wear AHS PE Kit and spikes if you have them. Bring a bottle of water.

GOOGLE CLASSROOM CODE

m4sd4kj

STAFF CONTACT

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

BADMINTON

VENUE

Sports Hall

TRAINING TIMES

Y7&8 Thursday 1:45-2:20

Y9&10 Friday 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

Team enquiries: Mrs Templeton
ztempleton@ahs.bucks.sch.uk

TENNIS



VENUE

Courts

TRAINING TIMES

Y10 Monday 1:45 - 2:20pm

Y8 Tuesday 1:45 - 2:20pm

Y7 Wednesday 1:45 - 2:20pm

Y9 Thursday 1:45 - 2:20pm

OPEN TO

All year groups

FURTHER INFORMATION

All abilities welcome to come and practice their skills and play games. This is a unsupervised club. Please collect all equipment before 1.45pm from PE Office and return neatly when finished. Students are welcome to bring their own rackets if preferred..

HOW TO JOIN/KIT REQUIRED

Turn up at the Courts. Wear AHS PE kit

STAFF CONTACT

Mrs Sole-Bradley

csolebradley@ahs.bucks.sch.uk

COMMERCIAL DANCE

VENUE

Harding Hall / Sports Hall during Exams

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

CRICKET

VENUE

Sports Hall

TRAINING TIMES

Wednesday 1:45 - 2:30pm

OPEN TO

Years 7-10

FURTHER INFORMATION

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

Open to all in Y7-Y10. 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

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

HANDBALL

VENUE

Sports Hall

TRAINING TIMES

Monday 1:45 - 2:20pm

OPEN TO

Squad only training

FURTHER INFORMATION

Training for U13 and U15 squad only. 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 Sole-Bradley
csolebradley@ahs.bucks.sch.uk

U18 HOCKEY



VENUE

Handball Court

TRAINING TIMES

Thursday 1:45 - 2:20

OPEN TO

Years 12 & 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

MOVE WELL



VENUE

Gym

TRAINING TIMES

Tuesday 1:45 - 2:20pm

OPEN TO

All years

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.

STAFF CONTACT

Mrs Carey
acarey@ahs.bucks.sch.uk

NETBALL

VENUE

Netball Courts

TRAINING TIMES

English Schools Netball U19/U16/U14

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 carpenter for how to join. Wear AHS PE kit.

STAFF CONTACT

Mrs Carpenter
kcarpenter@ahs.bucks.sch.uk

ROUNDERS

VENUE

Field

TRAINING TIMES

Y9&10 Wednesday 1:45 - 2:20pm

Y7&8 Friday 1:45 - 2:20pm

FURTHER INFORMATION

All teams are entered into competitions against local schools. Fixtures and tournaments are played throughout the summer term. Selection for matches will be based on attendance at training.

HOW TO JOIN/KIT REQUIRED

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

GOOGLE CLASSROOM CODE

k7mobga

STAFF CONTACT

Mrs Templeton
ztempleton@ahs.bucks.sch.uk

RUGBY

VENUE

Field

TRAINING TIMES

Tuesday 1:45 - 2:20pm

OPEN TO

Y7-10 run by Mr Burt

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 Sole-Bradley
csolebradley@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 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

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](#).

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

TRIATHLON

VENUE

Field

TRAINING TIMES

Monday 1:45 - 2:20pm

FURTHER INFORMATION

Want to learn more about Triathlon?
Fancy giving a triathlon a go? (this could be pool based or even a duathlon)

Come along to find out triathlon skills and top tips.

This club will be run by Y9 Leaders.

HOW TO JOIN/KIT REQUIRED

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

STAFF CONTACT

Mrs Carey acarey@ahs.bucks.sch.uk

ULTIMATE FRISBEE

VENUE

Field

TRAINING TIMES

Friday 1:40 - 2:20pm

OPEN TO

Year 10 - 13

FURTHER INFORMATION

Run by sixth form students. Practice drills and games played.

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