

PE Clubs

Autumn Term 2023



Aylesbury High School

Prepare, Challenge & Inspire

For the latest school news, visit: www.ahs.bucks.sch.
Follow us on Instagram: @aylesburyhighpe



These Clubs offer an element of competition through fixtures if selected



These clubs are suitable for girls looking for skills for Duke Of Edinburgh

YOUTH SPORT TRUST
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These clubs are open to all and encourage the girls to be Active



This club has trials and those selected will be asked to continue training

Autumn Term 2023

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Aqua Club

Venue: AGS Swimming Pool (meet at Turnfurlong gate)

Training times:

Thursday 3:30-4:45pm 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.

Staff Contact: Mrs Carey acarey@ahs.bucks.sch.uk

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Badminton

Venue: AHS Sports Hall

Training times:

- Years 9 & 10 Badminton - Tuesday lunchtime
1:45 - 2:30pm
- Years 7 & 8 Badminton - Friday lunchtime
1:45 - 2:30pm

Further Information:

All students are welcome at the training sessions, there is usually a variety of abilities from participation to elite.

Badminton teams are entered in the Aylesbury league (Years 7-10) and the English Schools competitions (Years 7-11).

How to join/kit required:

Turn up to the Sports Hall and sign in. Wear AHS PE kit.

Staff Contact:

Mrs Templeton ztempleton@ahs.bucks.sch.uk

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Basketball

Venue: Sports Hall

Training times:

- Friday 3.45pm-5pm Y7
- Friday 5pm -6pm 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.

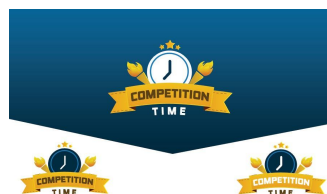
How to join/kit required:

Turn up at the Sports Hall & add your name to the register. You may wear your own kit or AHS PE kit

Staff Contact:

Miss Cross scross@ahs.bucks.sch.uk

Coach Jenner thejennerfamily@btinternet.com



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Beginners Rugby

Open To: Y7 & 8

Venue: Field

Training times: Wednesday 1:45-2:20

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:

Turn up and sign in. Bring gum shield and boots.

Staff Contact:

Miss Rogers zrogers@ahs.bucks.sch.uk

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Commercial Dance

Open To: All Years

Venue: Harding Hall

Training times: Tuesday 3:30-5pm

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:

Respond to the letter sent out each term

Staff Contact:

Miss McKendrick lmckendrick@ahs.bucks.sch.uk

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Core & Cardio

Open To: All Years

Venue: Gym

Training times: Wednesday 1:45-2:15

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:

Turn up & sign in.

Staff Contact:

Mrs Templeton ztempleton@ahs.bucks.sch.uk

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Football

Open to: Y7- 11

Venue: Field

Training times:

Friday after school 3:45 - 4.40pm Y7-11
(Field) with Mr Baird

Further Information:

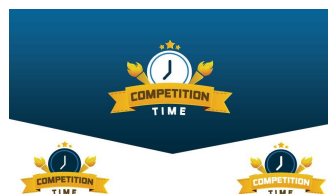
- Students in all year groups welcome
- County cup teams run for U13, U15 and U16.

How to join/kit required:

You may wear your own kit or AHS kit.

Staff Contact: Mr Baird - ebaird@ahs.bucks.sch.uk

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Handball

Venue: Sports Hall

Training times:

Thursday lunchtime 1.45-2.20pm Y7-10

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.

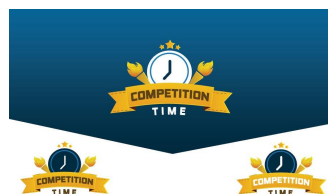
How to join/kit required:

Turn up to the Sports Hall and sign in. Wear AHS PE kit/ your own kit.

Staff Contact:

Mrs Hunter khunter@ahs.bucks.sch.uk

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Hockey

Venue: RAF Halton

Training times:

- Wednesday 3.40-5.30pm

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.

Further Information:

- 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

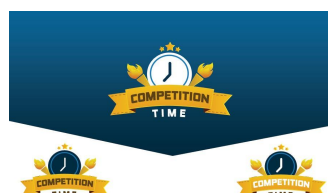
How to join/kit required:

You will receive a letter via ParentMail in September giving details of the club. You need to wear your AHS PE kit, gum shields, shin pads required, astro shoes recommended. You can borrow sticks.

Staff Contact:

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

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Kinball

Open to: Y7 & 8

Venue: Gym

Training times:

Thursday Lunchtime 1.45-2.20

Further Information:

'Come and Play club. All students and abilities welcome to participate. Relaxed atmosphere, fun warm up activity followed by a game. Focus on development of tactics, having fun and staying active.

How to join/kit required:

- Turn up and add your name to the register
- Please wear AHS kit/ your own kit

Staff Contact:

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



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Netball

Venue: AHS Netball Courts

Training times:

- English Schools netball U19/U16/U14
Monday lunchtime 1.45-2.20pm
- All years train Monday after school
3.45-4.45pm

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.

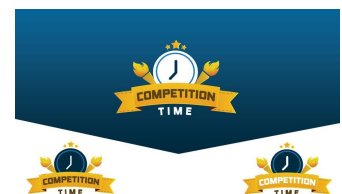
How to join/kit required:

Please contact Mrs Hunter for further information

Staff Contact:

Mrs Hunter khunter@ahs.bucks.sch.uk

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Run 4 Fun

Venue: AHS School Field

Training times:

Tuesday 3.40-4.30pm All Years

Friday 1.45-2.20pm 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 Cottlesloe, Thornton College, Park Runs, Harrow School races, County Championships and ESAA county, regional & national finals.

How to join/kit required:

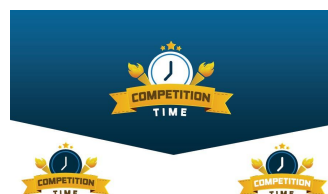
Turn up at the Sports Hall & add your name to the register. You may wear your own kit or AHS PE kit; spikes if you have them and a bottle of water.

Staff Contact:

Mrs Carey acarey@ahs.bucks.sch.uk

Mrs Templeton ztempleton@ahs.bucks.sch.uk

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Squash

Venue: AGS Squash Courts

Training times:

- Friday 3.40- 5.00pm Cost - £75 for 12 sessions

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.

Staff Contact:

Coach : Darren Withey dwithey@ags.bucks.sch.uk/
dcwsquash@gmail.com

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Tennis

Venue: AHS Tennis Courts/ Sports Hall

Training times:

Wednesday 1.40-2.20pm 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 Club and fixtures

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

How to join/kit required:

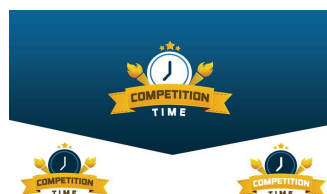
All equipment will be provided however students are welcome to bring their own rackets if they would like. Please sign up using the following link

[LunchtimeTennisSessionsWednesdaysAutumn23](#)

Staff Contact:

Miss Nicol anicol@ahs.bucks.sch.uk

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Trampolining

Open to: All years

Venue: Gym

Training times:

- Mondays 3.30 - 4.30pm
- Mondays 4.30 - 5.30pm
- Tuesdays 3.30 - 4.30pm
- Tuesdays 4.30 - 5.30pm

Further Information:

- Limited places - must be pre-booked by contacting Tracy Smees
- Available to all year groups and 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.

Staff Contact: Tracy Smees 07956154949

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OF EDINBURGH'S
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Volleyball

Open to: All years

Venue: AHS Sports Hall

Training times:

Monday 1:45-2:20

Further Information:

Come and Play club. All students welcome, participation to elite. Relaxed atmosphere, often music playing in the background. Students dictate focus of sessions in terms skills or small sided / full court games. If there are students who are keen to train and compete in matches against other local schools this is also a possibility.

Also an excellent activity for Bronze, Silver or Gold D of E.

These sessions are run by an external Volleyball coach.

How to join/kit required:

- Turn up and add your name to the register
- Please wear AHS kit/ your own kit

Staff Contact:

Mrs Carpenter kcarpenter@ahs.bucks.sch.uk

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