

**SUMMER TERM**



**AYLESBURY HIGH  
SCHOOL**

**PE CLUBS BOOKLET  
2023/24**

For the latest school news, visit:

[www.ahs.bucks.sch.](http://www.ahs.bucks.sch.)

Follow us on Instagram:

[@aylesburyhighpe](https://www.instagram.com/aylesburyhighpe)

# CONTENTS

## SUMMER TERM 2023/24

- Aqua Club
- Athletics
- Basketball
- Come & Play Tennis
- Commercial Dance
- Core & Cardio
- Cricket
- Equestrian
- Football
- Handball
- Netball
- Rounders
- Softball
- Squash
- Tennis
- Trampolining
- Triathlon
- 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](mailto:acarey@ahs.bucks.sch.uk)

# ATHLETICS

## **VENUE**

Field / Sports Hall

## **TRAINING TIMES**

Monday 3:45 - 4:45pm Athletics

Tuesday 1:45 - 2:20pm High Jump

## **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**

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

# BASKETBALL

## **VENUE**

Sports Hall

## **TRAINING TIMES**

Friday 3:30 - 5:30pm

Week A Y7

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

## TENNIS



### VENUE

Courts

### TRAINING TIMES

Friday 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

# 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



# CRICKET

## **VENUE**

Field

## **TRAINING TIMES**

Thursday 3:45 - 4:45pm

## **OPEN TO**

All year groups

## **FURTHER INFORMATION**

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

Open to all in Y7-Y10. It 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 Rogers  
zrogers@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 - 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](mailto:ebaird@ahs.bucks.sch.uk)

# HANDBALL

## **VENUE**

Sports Hall

## **TRAINING TIMES**

Thursday 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 Hunter  
khunter@ahs.bucks.sch.uk

# NETBALL

## **VENUE**

Netball Courts

## **TRAINING TIMES**

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

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

# ROUNDERS

## **VENUE**

Field

## **TRAINING TIMES**

Wednesday 3:45 - 4:45pm

## **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

# SOFTBALL

## **VENUE**

Field

## **TRAINING TIMES**

Thursday 1:45 - 2:20pm

## **FURTHER INFORMATION**

All year groups welcome. The club will be on the AHS field and the game will be taught through play. No experience required.

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

Turn up on the Field & 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)

# 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](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 Wither  
[dwithey@ags.bucks.sch.uk](mailto:dwithey@ags.bucks.sch.uk) /  
[dcwsquash@gmail.com](mailto: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=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

# TRIATHLON

## **VENUE**

Field

## **TRAINING TIMES**

Friday 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

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

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

## **STAFF CONTACT**

Mrs Rogers  
zrogers@ahs.bucks.sch.uk

# ULTIMATE FRISBEE



## **VENUE**

AGS

## **TRAINING TIMES**

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

## **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