

AUTUMN 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

BADMINTON

VENUE

Sports Hall

TRAINING TIMES

KS5 Monday 1:45-2:20

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

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

FURTHER INFORMATION

All abilities are welcomed to come and practice 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

Team enquiries: Mrs Templeton

ztempleton@ahs.bucks.sch.uk

BASKETBALL

VENUE

Sports Hall

TRAINING TIMES

Friday

Y7 & 8 3:30-4:30pm

Y9+ 4:30-5:30pm

FURTHER INFORMATION

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

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.

Year 7&8 -

<https://forms.gle/AxATuWbjg8c2UETRA>

Year 9+

<https://forms.gle/SJNfCjUr4PfcfmWbA>

Wear AHS PE kit.

STAFF CONTACT

Mrs Sole-Bradley
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 practice 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

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 Mrs Darbyshire - Mackay 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

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

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

Thursday 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

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

Miss Cross

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

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

RUGBY

VENUE

Field

TRAINING TIMES

Friday 1:45 - 2:20pm

OPEN TO

Y7&8

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

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



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 Withey
dwithey@ags.bucks.sch.uk /
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



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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

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