

## Sprowston Extra-Curricular Sports Clubs January-April 2019 – All are free, just turn up

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8am – 8.40am</b>	<b>Open sports</b> Sports hall - Mr Panayi	<b>Open sports</b> Sports hall - Mr Panayi	<b>Open sports</b> Sports hall - Mr Panayi	<b>Open sports</b> Sports hall - Mr Panayi	<b>Open sports</b> Sports hall - Mr Panayi
<b>Lunch time 12.30 – 1.15</b>	<b>Girls only fitness suite</b> – Miss Kersey  <b>Y10/Y11 Basketball</b> Gym – Mr Richards/Mr Panayi  <b>KS3 boys handball club</b> Sports hall - Mr Schamp	<b>GCSE/BTEC fitness suite</b> - Mr Schamp  <b>Swimming club</b> Pool - Mrs Dyer  <b>KS4 boys handball club</b> Sports hall-Mr Richards <b>Girls basketball (all years)</b> Gym –Mr Panayi	<b>Fitness suite</b> - Mr Schamp  <b>Y7/8 Netball</b> Sports hall – Ms Kersey/Mrs Dyer	<b>Fitness suite –</b> Mr Schamp  <b>Y7 &amp; Y8 Basketball</b> Sports hall Mr Panayi/Mr Richards	<b>Fitness suite –</b> Mr Panayi  <b>Girls Handball club</b> Sports hall – Miss Kersey/Mrs Dyer
<b>After School 3.25pm – 4.30pm</b>	<b>Girls football (all years)</b> Ms Kersey/CSF coaches	<b>Netball (all years)</b> Ms Kersey/Mrs Dyer	<b>Girls rugby</b> Mrs Dyer (when not on fixtures)	<b>Table tennis</b> Main hall – Mr Schamp	<b>Girls cricket</b> Cricket coach  <b>Girls Active</b> Miss Kersey/Mrs Dyer/Girl activator student leaders
	<b>Rugby training for boys will be on different days whenever staffs are available and not playing rugby or football fixtures. Check with your PE teacher on Mondays to find out when it is on that week</b>				