

Co-Curricular Directory Michaelmas Term 2025



I would like to welcome pupils, colleagues and parents to our co-curricular activity programme. This document summarises all the training, clubs, societies and activities for the Michalemas Term 2025 (all listed events are subject to change, but pupils will be informed prior to changes). Pupils should review the clubs list and consider which clubs they would like to do.

The form to sign up will be sent out to pupils.

With best wishes,

Bobby Skelton
Assistant Head Co-Curricular

Structure of the Week | College

M	onday
Swin	n Training
Boarde	rs' Breakfast
08:30	Tutor and Registration
08:40	Head Master's Assembly
09:00	Period 1
09:55	Period 2
10:45	Break
11:10	Period 3
12:05	Period 4
12:55	Lunch 1
13:25	Lunch 2
13:55	Activities
14:30	Period 5 & Registration
15:25	Period 6
16:15	Activities
17:40	School Ends
17:45	Boarders' Supper, Activities & Swim

Tu	esday		
Swim Training			
Boarders' Breakfast			
08:30	Tutor and Registration		
09:00	Period 1		
09:55	Period 2		
10:45	Break		
11:10	Period 3		
12:05	Period 4		
12:55	Lunch 1		
13:25	Lunch 2		
13:55	Period 5 & Registration		
14:50	Sport &		
15:25	Wellbeing		
16:15			
17:40	School Ends		
17:45	Boarders' Supper, Activities & Swim Training		

Wed	dnesday
Swin	n Training
Boarde	rs' Breakfast
08:30	House Time
09:00	Period 1
09:55	Period 2
10:45	Break
11:10	Period 3
12:05	Period 4
12:55	Lunch 1
13:25	Lunch 2
13:55	Activities
14:30	Period 5 & Registration
15:25	Period 6
16:15	Activities
17:40	School Ends
17:45	Boarders' Supper, Activities & Swim Training

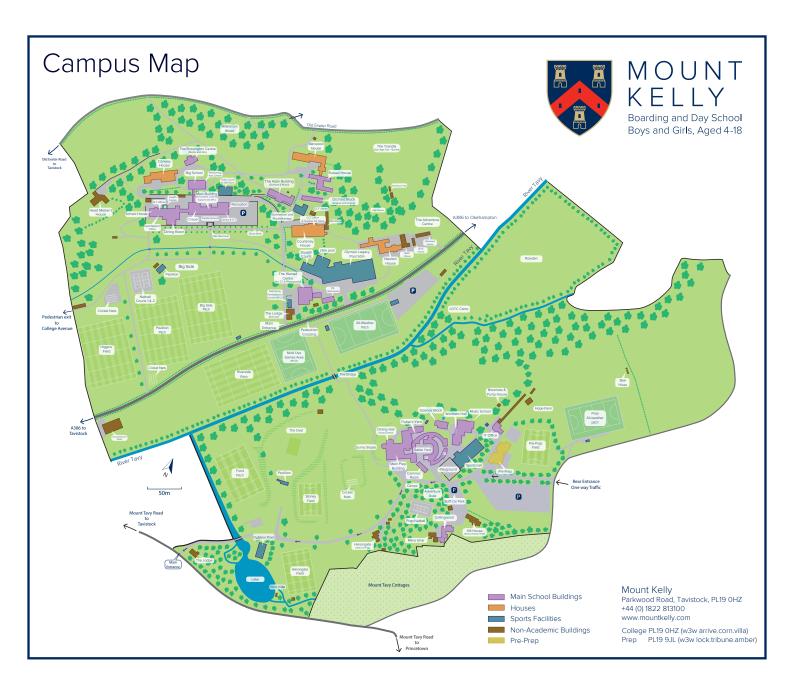
Th	ursday	
Swir	m Training	
Boarders' Breakfast		
08:30	Tutor and Registration	
09:00	Period 1	
09:55	Period 2	
10:45	Break	
11:10	Period 3	
12:05	Period 4	
12:55	Lunch 1	
13:25	Lunch 2	
13:55	Activities	
14:30	Period 5 & Registration	
15:25	Period 6	
16:15	Sport & Wellbeing or Swimming	
17:40	School Ends	
17:45	Boarders' Supper, Activities & Swim Training	

F	riday
Swin	n Training
Boarde	rs' Breakfast
08:30	Tutor and Registration
08:40	Chapel
09:00	Period 1
09:55	Period 2
10:45	Break
11:10	Period 3
12:05	Period 4
12:55	Lunch 1
13:25	Lunch 2
13:55	Period 5 & Registration
14:50	Service or
15:25	Swimming
16:15	
17:40	School Ends
17:45	Boarders' Supper, Activities & Swim Training

Saturday

From Year 7, our sports teams play a number of Saturday morning fixtures and pupils that are selected for a team are expected to play. Saturday morning training runs for all our performance swimmers and footballers, unless they are engaged in competition or matches.

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Monday

	Timings	Activity	Venue	Year Groups
Before School	05:50 - 07:50	Elite Training 1 &2	Swimming Centre	Squad
ne	13:05 - 14:05	PD Training	Swimming Centre	Squad
Lunchtime	13:05 - 14:05	Sprint Training	Swimming Centre	Squad
וי	13:05 - 13:50	Cricket Nets	Sports Hall	Selected Only
	13:55 - 14:30	Play rehearsals	Big School	9 - 13
	16:15 - 17:35	Chess	M9	9 - 13
	16:15 - 17:35	Dance - Jazz & Musical Theatre*	Big School	9 - 13
	16:15 - 17:35	College Band	Music	9 - 13
	16:15 - 17:35	Debating/MUN	M4	9 - 13
	16:15 - 17:35	Academic Clinics	HOF's	9 - 13
	16:15 - 17:35	Book Club	Orchard Block	9 - 11
	16:15 - 17:35	Computing Club	TBC	9-11
u G	16:15 - 17:35	Art & DT Workshops	Westall Centre	11 & 13
Afternoon	16:15 - 17:35	UCAS Drop In	Sixth Form Centre	12 & 13
fter	16:15 - 17:35	Science Club	S1	9 - 11
Ä	16:15 - 17:35	Biomedical society	S2	12 - 13
	16:15 - 17:35	Entrepreneurial club	M3	9-11
	16:15 - 17:35	Squash	College Courts	9 - 13
	16:15 - 17:35	Core Sport Fitness	Astro	11 - 13
	16:30 - 18:30	Middle Training	Swimming Centre	Squad
	16:30 - 18:30	Distance Training	Swimming Centre	Squad
	16:30 - 17:30	Elite 2 Gym	Gym	Squad
	16:15 - 17:35	EAL Clinic	02	9 - 13
	17:00 - 18:30	PP Training	Swimming Centre	Squad
_	18:30 - 19:30	TPP Juniors <mark>Gym</mark>	Gym	9-11
lool	18:00 - 20:00	Performance Football (HP)	MUGA	Squad
After School	18:00 - 20:00	Performance Football (Potential)	MUGA	Squad
te	18:30 - 20:30	Elite 1&2 Training	Swimming Centre	Squad
Afi	19:30 - 20:30	Distance Gym	Gym	Squad
	19:30 - 20:30	Boarders Gym	Gym	9 - 13

Tuesday

	Timings	Activity	Venue	Year Groups
0	05:50 - 07:50	Elite 1	Swimming Centre	Squad
ç	05:50 - 07:50	Distance Training	Swimming Centre	Squad
Before School	05:50 - 07:50	Sprint Training	Swimming Centre	Squad
for	07:00 - 08:15	Cricket Nets	Sports Hall	Selected Onl
Be			48	
me	13:00 - 14:50	Performance Football Gym	Gym	Squads
Ę	ASTRACTOR OF			20
Lunchtime	13:05 - 14:05	Core Sport Clinic - Rugby	Riverside	Selected Onl
	14:45 - 15:45	Middle & Distance Gym	Gym	Squad
	14:40 - 16:15	Senior Boys' Rugby	Big Side	11-13
	14:40 - 16:15	Inters Boys' Rugby	Paviliion	9 - 10
	14:40 - 16:15	Inters Girls' Hockey	Main Astro/ MUGA	9 - 10
	14:40 - 16:15	Badminton	Sports Hall	11 - 13
	14:40 - 17:35	Recreational Running	Moor	12 & 13
	14:40 - 17:35	Walk on The Moor	Moor	9 - 13
	14:40 - 16:15	Triathlon	Bike Room/Moor	Selected Onl
	14:40 - 16:15	Tennis (First Half of Term Only)	College Courts	9 - 13
	14:40 - 16:00	Performance Football (HP)	Higgins	Squad
	14:45 - 16:45	Distance Training	Swimming Centre	Squad
	14:45 - 16:45	Elite 1&2 Training	Swimming Centre	Squad
_	15:45 - 16:45	Sprint Gym	Gym	Squad
Afternoon	16:00 - 17:35	Senior Girls' Hockey	Main Astro	11-13
ern	16:00 - 17:35	Performance Football Analysis (HP)	M4	Selected Onl
Aft	16:00 - 17:35	Performance Football (Potential)	Herongate	Selected Onl
	16:35 - 17:35	Squash	College Courts	9 -11
	16:35 - 17:35	Play rehearsals	Big School	9 - 13
	16:35 - 17:35	Table Tennis	Sports Hall Balcony	9 - 11
	16:35 - 17:35	Senior Boys' Football	Riverside	11 - 13
	16:35 - 17:35	Inters Boys' Football	MUGA	9 - 10
	16:35 - 17:35	Tennis (First Half of Term Only)	College Courts	9 - 13
	16:35 - 17:35	Basketball	Sports Hall	9 - 13
	16:35 - 17:35	Supervised Study (Years 11 & 13)	Library	11 & 13
	16:45 - 18:45	Sprint Training	Swimming Centre	Squad
	16:45-18:45	Middle Training	Swimming Centre	Squad
	16:45 - 18:45	PP Training	Swimming Centre	Squad
	16:45 - 17:45	Elite 1 Gym	Gym	Squad
	18:00 - 19:00	TPP Seniors Gym	Gym	Selected Onl
hoc	18:45 - 20:30	PD Training	Swimming Centre	Squad
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After School			The state of the s	
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Wednesday

	Timings	Activity	Venue	Year Groups
Ю	05:50 - 07:50	Elite 2 Training	Swimming Centre	Squad
ch	05:50 - 07:50	PP Training	Swimming Centre	Squad
e S	05:50 - 07:50	Middle Training	Swimming Centre	Squad
Before School	07:00 - 08:00	Cricket S&C Gym	Gym	Selected Only
a)	13:05- 14:05	Middle Training	Swimming Centre	Squad
<u>ä</u>	13:05-14:05	Elite 1&2 Training	Swimming Centre	Squad
j	13:05-14:05	Sprint Gym	Gym	Squad
Lunchtime	13:55 - 14:30	Chamber Choir	Chapel	9 - 13
_	13:55- 14:30	Book Club	Orchard Block	9 - 11
	16:15 - 17:35	Play rehearsal	Big School	9 - 13
	16:15 - 17:35	Econmics Society	M3	12 & 13
	16:15 - 17:35	Art & DT Workshop	Westall Centre	11 & 13
	16:15 - 17:35	Pottery	Westall Centre	9 & 10
	16:15 - 17:35	UCAS Drop In	Sixth Form Centre	12 & 13
	16:15 - 17:35	Darts Club	Orchard Block	9 - 13
5	16:15 - 17:35	Academic Clinics	HOF's	9 - 13
Afternoon	16:15 - 17:35	Fives	Fives Courts	Selected Only
Ę	16:15 - 17:35	Judo*	Sports Hall	9 -13
¥	16:30 - 18:00	PD Training	Swimming Centre	Squad
	16:30 - 18:00	Sprint Training	Swimming Centre	Squad
	16:30 - 18:00	Performance Football (HP)	Higgins/MUGA	Squad
	16:15 - 18:15	Performance Football (Potential)	Higgins/MUGA/Prep	Squad
	16:15- 17:35	Yoga/Pilates*	Russell Common Room	9 - 13
	16:15- 17:35	Anime	M6	9 - 13
	16:15- 17:35	E gaming	M5	9 -11
	17:35 - 19:00	Senior Netball Academy	Sports Hall	9 -13
5	17:35 - 19:00	Senior Boys' Hockey Academy	Main Astro	9 - 13
After School	18:00 - 20:00	Distance Training	Swimming Centre	Squad
r Sc	18:00 - 20:00	PP Training	Swimming Centre	Squad
ffe	20:00 - 21:00	Boarders Gym	Gym	9 - 13
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Thursday

	Timings	Activity	Venue	Year Groups
ō	05:50 - 07:50	Distance Training	Swimming Centre	Squad
ફ	05:50 - 07:50	Middle Training	Swimming Centre	Squad
a N	05:50 - 07:50	Sprint Training	Swimming Centre	Squad
Before School	07:00 - 08:15	Cricket Nets	Sports Hall	Selected Only
ñ			a a	
	13:05 - 14:05	Elite 1 Gym	Gym	Squad
	13:05 - 13:50	Cricket Nets	Sports Hall	Selected Only
e	13:05 - 14:05	PD Training	Swimming Centre	Squad
휼	13:05 - 14:05	Distance Training	Swimming Centre	Squad
Lunchtime	13:05 - 14:05	PP Training	Swimming Centre	Squad
3	13:55 - 14:30	Core Sport Clinic - Hockey	Main Astro	Selected Only
	13:55 - 14:30	Core Sport Clinic - Rugby	Riverside	Selected Only
	13:55 - 14:30	Chamber Choir	Chapel	9 - 13
	15:00 - 16:30	TPP Seniors Gym	Gym	Selected Only
	16:15 - 17:35	Performance Football Futsal (HP)	Squash Courts/Small Pitch	Squad
	16:15 - 17:35	Senior Boys' Rugby	Big Side	11-13
	16:15 - 17:35	Inters Boys' Rugby	Pavilion/Riverside	9 - 10
	16:15 - 17:35	Senior Girls' Hockey	Main Astro	11-13
Ę	16:15 - 17:35	Inters Girls' Hockey	Main Astro	9 - 10
Afternoon	16:15 - 17:35	Recreational Football	MUGA/Small Pitch	9 - 13
ter	16:15 - 17:35	Tennis (First half of term only)	College Courts	9 - 13
₽	16:15 - 17:35	Basketball	Sports Hall	9 - 13
	16:15 - 17:35	Supervised Study (Years 11 & 13)	Library	11 & 13
	16:15 - 17:35	E-gaming	M5	9 - 13
	16:15 - 17:30	Play rehearsal	Big School	9 - 13
	16:30 - 18:30	Elite 1&2 Training	Swimming Centre	Squad
- IO	18:00 - 19:00	Performance Football Gym	Gym	Squad
After School	18:30 - 20:30	Sprint Training	Swimming Centre	Squad
S	18:30 - 20:30	Middle Training	Swimming Centre	Squad



Friday

	Timings	Activity	Venue	Year Groups
00	05:50 - 07:50	Distance/Middle/Elite 2 Extra Morning (TBC)	Swimming Centre	Squad
çhç	07:00 - 08:00	Performance Football (Potential) Gym	Gym	Squad
Before School				
Lunchtime B	13:05 - 13:50	TPP Juniors Gym	Gym	Selected Only
	14:40 - 17:35	DofE & Volunteering	Service Plan	9 - 10
	14:40 - 17:35	Market Garden	Market Garden (Prep)	9 - 10
	14:40 - 17:35	Supervised Study	Rossington	11
	14:40 - 17:35	Study Skills	M11	9 -10
	14:40- 17:35	French & Spanish GCSE Speaking 1-1	M6	11
_	14:40 - 17:35	CCF Years 10 - 13	Grounds/CCF	10 -13
noo	12:35 - 17:35	DW - Year 12	Boat House	12
Afternoon	14:40 - 17:35	Performance Football (HP)	Higgins	Squad
Afte	14:45 - 16:45	Elite 1&2 Training	Swimming Centre	Squad
_	14:45 - 16:45	Middle Training	Swimming Centre	Squad
	14:45 - 15:45	Sprint Gym	Gym	Squad
	16:00 - 17:00	TPP Seniors Gym	Gym	Selected Only
	16:45 - 17:45	PD Training	Swimming Centre	Squad
	16:45 - 18:45	Distance Training	Swimming Centre	Squad
	16:45 - 18:45	Sprint Training	Swimming Centre	Squad
7	17:00 - 18:00	Elite 2 Gym	Gym	Squad
After School	18:45- 20:15	PP Training	Swimming Centre	Squad



Saturday

	Timings	Activity	Venue	Year Groups
	06:00 - 08:00	Middle Training	Swimming Centre	Squad
	06:00 - 08:00	Sprint Training	Swimming Centre	Squad
	06:00 - 08:00	Distance Training	Swimming Centre	Squad
	07:00 - 08:00	PP Gym	Gym	Squad
e o	08:00 - 10:00	Elite 1&2 Training	Swimming Centre	Squad
Ŏ.	08:00 - 09:00	Middle Gym	Gym	Squad
fer	09:00 - 10:00	Distance Gym	Gym	Squad
₹	10:00 - 11:00	Elite 1 Gym	Gym	Squad
in g	10:00 - 12:00	PP Training	Swimming Centre	Squad
Morning/ Afternoon	10:00 - 12:00	PD Training	Swimming Centre	Squad
	09:00 - 11:00	Performance Football (HP & Potential)	Higgins/MUGA	Squad

Fixtures, Competitions, Trips and Expeditions as per SOCs and Calendars