

Sports Enrichment Clubs, Autumn/Winter 2017/2018

		Outdoor Courts	Sports Hall	Upnah GYM	OTHER
Monday	8am – 8.45am	<ul style="list-style-type: none"> Senior Hockey (Years 10-13) MT13 & JA 	<ul style="list-style-type: none"> Senior Hockey (Years 10-13) MT13 & JA (Nov-Feb) 		
	1.45pm – 2.30pm	<ul style="list-style-type: none"> U12 (Y7) Hockey AKH U13 (Y8) Hockey + U14 (Y9) Hockey MT13/JA 	<ul style="list-style-type: none"> U15 (Y10) Netball HMT/VT 	<ul style="list-style-type: none"> Rowing (all years) CW 	
	3.45pm - 4.45pm	<ul style="list-style-type: none"> Y7/Y6 Football SC (Sept-Oct + Feb-March) 	<ul style="list-style-type: none"> Y7/Y6 Football SC (Nov-Feb) 		
Tuesday	8am – 8.45am		<ul style="list-style-type: none"> Senior Netball Fitness AKH / JR 		
	1.45pm – 2.30pm	<ul style="list-style-type: none"> U14 (Y9) Netball KJ / HMT 	<ul style="list-style-type: none"> Badminton (all years) JA 		<ul style="list-style-type: none"> Senior running club (off site) - ML Climbing Wall – JL
	3.45pm – 4.45pm	<ul style="list-style-type: none"> Y7/Y6 Hockey SB / JC / AKH (Sept-Oct) 	<ul style="list-style-type: none"> Y6/ Y5 Hockey SB/JC (Nov- March) 		<ul style="list-style-type: none"> Archery JL Rowing Club (invitation only) CW

Wednesday	1.45pm – 2.30pm	JUNIOR SCHOOL LESSONS	<ul style="list-style-type: none"> • Volleyball (all years) JA • Indoor Athletics (certain year groups will be invited for a short training block throughout the year) JA 		<ul style="list-style-type: none"> • Football Club Nottm Forest FC coaches • Climbing Wall - JL
	4.00pm – 5.30pm		U16, U18 Senior Netball AKH / VT		
Thursday	1.45pm – 2.30pm	<ul style="list-style-type: none"> • U12 (Y7) Netball – KJ / CW • U13 (Y8) Netball – AKH / CW 			<ul style="list-style-type: none"> • Senior running club (off site) - ML
	4.00pm				
Friday	1.45pm – 2.30pm		<ul style="list-style-type: none"> • CRICKET (all years) Trent bridge coach 	<ul style="list-style-type: none"> • GYMNASTICS (all years) External Gym coach 	
	4.00pm	<ul style="list-style-type: none"> • Y5/ Y6 Netball Club VT 	<ul style="list-style-type: none"> • Y5/Y6 Netball Club (winter months) 		<ul style="list-style-type: none"> • Rowing Club at Holme Pierpont (invitation only) CW

At Nottingham Girls' High School, we have a reputation of being the best in lots of sports throughout Nottingham
So if you are not already involved.....

Get involved, be a part of it and leave your legacy!
“THIS NGHS GIRL CAN”

As part of our commitment to fundraising and to give you a chance to get active, please feel free to come over and borrow a ball with your friends, pick a table tennis bat in the hall etc and donate a little of your spare change in our honesty box.....Just make sure you put things away/bring them back when you finish!!!! ;)

Mrs Hall, Mrs Jephson, Miss Abbott & Miss Talbot