

Penrice Sports Clubs

Autumn Term 2022



Day	Club	Year Groups	Venue	Changing Room
Monday	Activate	<i>All Years (NS,NM)</i>	Sports Hall	Sports Hall Changing Rooms
	Cross Country Team	<i>All Years (Newquay and Par Athletics Club -AM)</i>	Sports Field	Sports Hall Changing Rooms
Tuesday	Rugby	<i>Yr 7/8/9 (AM, AJ, RJ, OB, AE)</i>	Playing Fields	Sports Hall Changing Rooms
	Club Netball	<i>Yr 8/10/11 (CR, SSK)</i>	Courts/Sports Hall	Sports Hall Changing Rooms
	Boys Hockey	<i>Yr 7/8/9 (ST, DR)</i>	Astro	Zone Changing Rooms
	Girls Fitness	<i>Yr 8/9/10 (SJ)</i>	The Zone	Zone Changing Rooms
	Girls Football	<i>(NM)</i>	Playing Fields	Zone Changing Rooms
Wednesday	Girls Strength and Conditioning (3-4.15)	<i>Yr 8/9/10 (HS/CB/MSH)</i>	The Zone	Zone Changing Rooms
	Basketball (3-4.15)	<i>Yr 8/9 (AM, AE,)</i>	Sports Hall	Sports Hall Changing Rooms
	5 a side Football (3-4.15)	<i>Yr 9/10 (JS, GP, PB, ASu)</i>	Astro	Sports Hall Changing Rooms
	Penrice Plus Girls Football (3-4.15)	<i>Penrice Plus (RW, VGP)</i>	Playing Fields	Zone Changing Rooms
	Couch to 5k/Cross Country (3-4.15)	<i>Penrice Plus (SA, ZG, PJ)</i>	Playing Fields	Zone Changing Rooms
Thursday	Rugby	<i>8/9/10/11 (AM, AJ, RJ, JH, OB)</i>	Playing Fields	Sports Hall Changing Rooms
	Netball	<i>Yr 7/9 (SSK)</i>	Courts	Sports Hall Changing Rooms
	Girls Hockey	<i>Yr 7/8/9 (KH, KW, NM)</i>	Astro	Sports Hall Changing Rooms
	Boys Gym (3-4.15)	<i>Yr 9/10 (MSu, TG, AN)</i>	The Zone	Zone Changing Rooms
	Volleyball (3-4.15)	<i>Y 8/9/10 (DP, JHo)</i>	Sports Hall	Sports Hall Changing Rooms
Friday	Rugby	<i>Yr 7 (OB,AJ)</i>	Playing Fields	Sports Hall Changing Rooms
	Badminton (3-4.15)	<i>All Years (OO, MU)</i>	Sports Hall	Sports Hall Changing Rooms
	Activate	<i>All Years (NS- SSK)</i>	Gym/ Fields	Gym Changing Rooms
	Fun Netball	<i>All years (NM)</i>	Courts	Gym Changing Rooms