

# Sir Henry Floyd Grammar School Sports Clubs

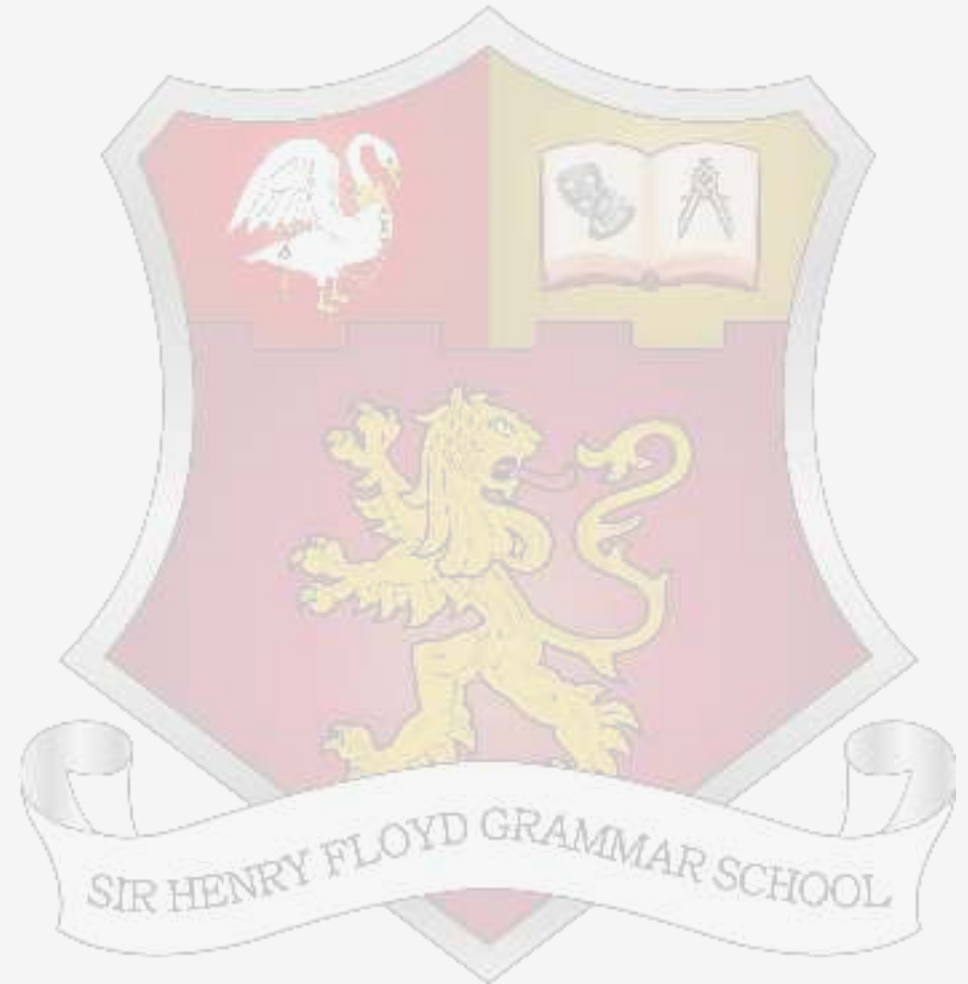
Co-Curricular Sports Club Programme – Spring 2021



# Important Information

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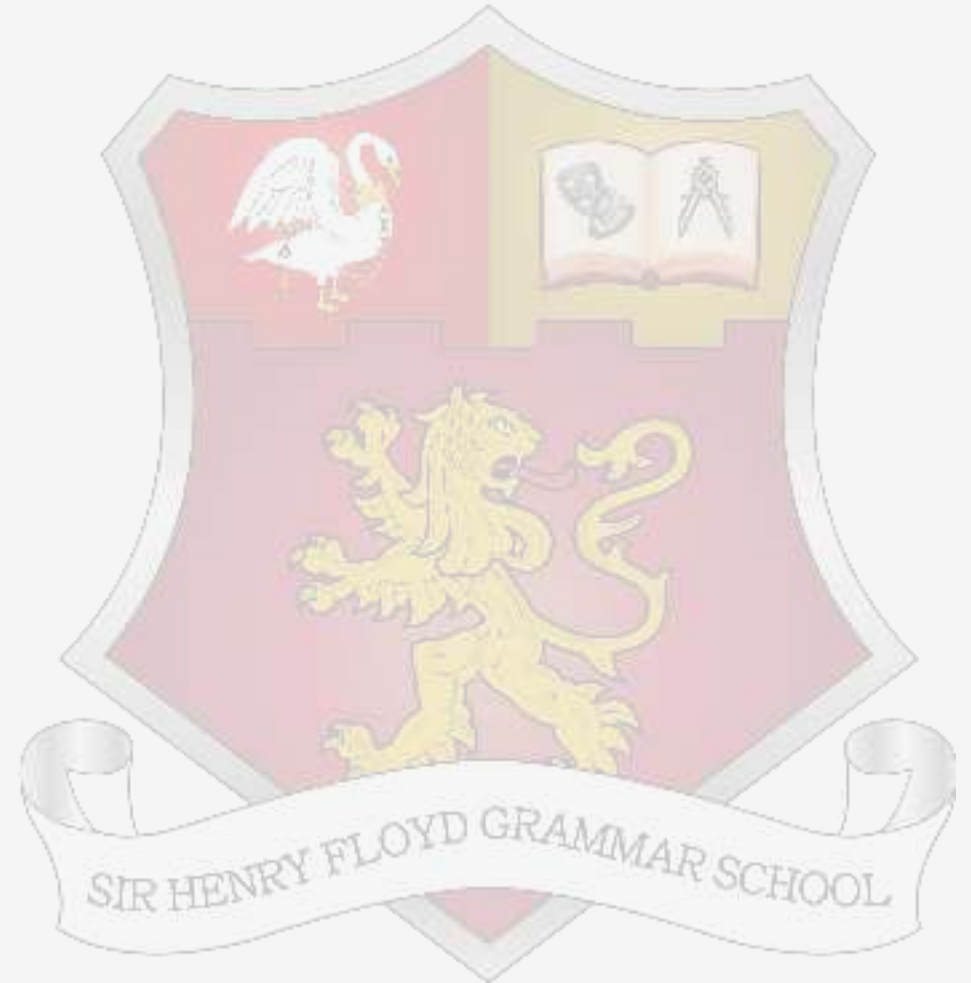
- Club places are based on a first come first serve basis
- Sign up on your ParentMail PMX account
- Squad and performance clubs are invite only
- Clubs are available for a full term
- Students **MUST** wear correct SHFGS PE kit
- In order to sustain and fund the specialist coaching staff, a voluntary contribution is payable.
- Booking and payment must be made prior to starting a club (to ensure registers are complete)
- Clubs are open to both boys and girls (except for those which are single sex such as; Girls Personal Training or Boys Futsal.
- Clubs are **only** open to students in Years 7-10
- Some clubs have a maximum capacity in which case students will be placed on a reserve list for future sessions (see club details for information).



# ParentMail PMX Sign-Up

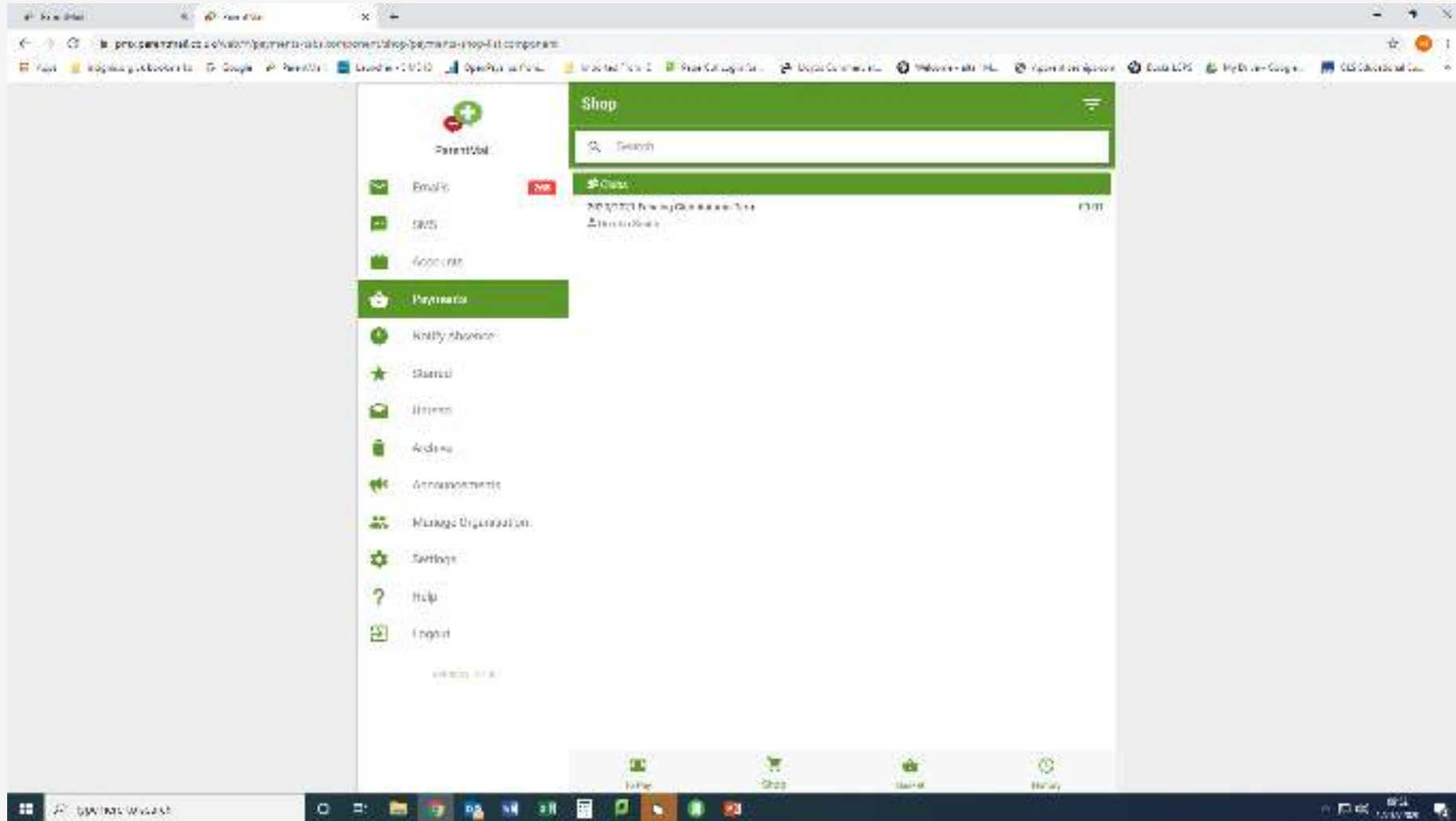
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- Log into your Parentmail PMX account
- Select "Payments" section > select shopping trolley icon at foot of the page
- Select relevant club payment option (e.g. 2020/21 Fencing Autumn Term)
- Add to basket and arrange payment
- Please note if payment option is no longer visible maximum participant numbers must have been reached



# Parentmail PMX Account

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Monday

# Girls Personal Training Club

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:

1 Coached by Angie Lunnon who is a fully qualified personal trainer and sports massage therapist. **(Max Numbers – 15)**

2 Link: <http://www.angielunnonpt.co.uk/>

3 This is a **'Girls Only'** club for students that wish to learn about the benefits of personal training and build functional strength and fitness.

4 Every Monday in the strength and conditioning suite from 3.45-4.45pm.

5 Dates of activity: **Apr** 19<sup>th</sup>, 26<sup>th</sup> **May** 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> **Jun** 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> **Jul** 5<sup>th</sup>, 12<sup>th</sup>



# Table Tennis Social Club

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:

1 Led by professional coaches from the Nik Li Table Tennis Academy. **(Max Numbers – 20)**

2 Link: <https://www.nlta.co.uk/>

3 This is an **'Open for All'** club for students that wish to learn more about the game of table tennis and develop their skills and techniques further in a friendly and welcoming environment.

4 Every Monday in the old gym from 3.45-4.45pm.

5 Dates of activity: **Apr** 19<sup>th</sup>, 26<sup>th</sup> **May** 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> **Jun** 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> **Jul** 5<sup>th</sup>, 12<sup>th</sup>



Tuesday



# Boys Futsal Club

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:

**1** Led by James Dobson (a professional footballer for Daggenham and Redbridge FC) from Football Icon Academy. **(Max Numbers – 16)**

**2** Link: <https://www.footballicon.com/>

**3** This is a **'Boys Only'** club for students that wish to learn more about the game of futsal and develop their skills and techniques further in a friendly and welcoming environment.

**4** Every Tuesday in the sports hall from 3.45-4.30pm.

**5** Dates of activity: **Apr** 20<sup>th</sup>, 27<sup>th</sup> **May** 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> **Jun** 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> **Jul** 6<sup>th</sup>, 13<sup>th</sup>



# Table Tennis Performance Club

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:

1 Led by professional coaches from the Nik Li Table Tennis Academy.

2 Link: <https://www.nlta.co.uk/>

3 This is an **'Invite Only'** club for students that have been highlighted as having the skill and technique to develop into a school, county and regional level performer.

4 Every Tuesday in the old gym from 3.45-4.45pm.

5 Dates of activity: **Apr** 20<sup>th</sup>, 27<sup>th</sup> **May** 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> **Jun** 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> **Jul** 6<sup>th</sup>, 13<sup>th</sup>



Wednesday

# Fencing Club

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**1** Led by professional coaches from the Luso International Fencing  
**(Max Numbers – 15)**

**2** Link: [www.lusointernationalfencing.com](http://www.lusointernationalfencing.com)

**3** This is an **'Open for All'** club for students that wish to learn more about the sport of fencing and develop their skills and techniques further in a friendly and welcoming environment.

**4** Every Wednesday in A7 from 3.45-4.45pm.

**5** Dates of activity: **Apr** 21<sup>st</sup>, 28<sup>th</sup> **May** 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> **Jun** 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> **Jul** 7<sup>th</sup>, 14<sup>th</sup>



# Tennis Club

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:

- 1** Led by an LTA Level 5 Master Performance Coach from Everyball Tennis, Halton Tennis Centre. **(Max Numbers – 12)**
- 2** **Link:** <http://everyball.uk/club-venues/community-aylesbury>
- 3** Open for all students, from those who would like to develop their tennis and gain further experience to those who are keen to improve their existing skills at school/club level.
- 4** Every Wednesday from 3.45-4.45pm. **Unlike other clubs payment is made direct to Halton Tennis via the above link.**
- 5** Dates of activity: **Apr** 21<sup>st</sup>, 28<sup>th</sup> **May** 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> **Jun** 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> **Jul** 7<sup>th</sup>, 14<sup>th</sup>



# Goalkeeping Clinic

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1 Led by Joel Canning a specialist goalkeeper coach from GK Icon Aylesbury.

2 Link: [www.gkicongoalkeeping.com](http://www.gkicongoalkeeping.com)

3 This is an **'Invite Only'** club for students that are current specialist goalkeepers in the SHFGS football squads.

4 Every Wednesday on the sports field from 3.45-4.45pm.

5 Dates of activity: **Apr** 21<sup>st</sup>, 28<sup>th</sup> **May** 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> **Jun** 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> **Jul** 7<sup>th</sup>, 14<sup>th</sup>



# Yoga Club

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**1** Led by Sarah O'Hanlon, a specialist Yoga instructor. (**Max Numbers – 15**)

**2** Link: <https://www.yogapath.co.uk/>

**3** This is an '***Open for All***' club for students that wish to learn more about yoga and develop their technique further in a friendly and welcoming environment.

**4** Every Wednesday in the Old Gym from 3.45-4.45pm.

**5** Dates of activity: **Apr** 21<sup>st</sup>, 28<sup>th</sup> **May** 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> **Jun** 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> **Jul** 7<sup>th</sup>, 14<sup>th</sup>



Thursday



# Girls Futsal Club

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:

1 Led by James Dobson (a professional footballer for Daggenham and Redbridge FC) from Football Icon Academy. **(Max Numbers – 16)**

2 Link: <https://www.footballicon.com/>

3 This is a '**Girls Only**' club for students that wish to learn more about the game of futsal and develop their skills and techniques further in a friendly and welcoming environment.

4 Every Thursday in the sports hall from 3.45-4.30pm.

5 Dates of activity: **Apr** 22<sup>nd</sup>, 29<sup>th</sup> **May** 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> **Jun** 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> **Jul** 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>



# Boys Personal Training Club

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:

- 1 Coached by Angie Lunnon who is a fully qualified personal trainer and sports massage therapist. **(Max Numbers – 15)**
- 2 Link: <http://www.angielunnonpt.co.uk/>
- 3 This is a **'Boys Only'** club for students that wish to learn about the benefits of personal training and build functional strength and fitness.
- 4 Every Thursday in the strength and conditioning suite from 3.45-4.45pm.
- 5 Dates of activity: **Apr** 22<sup>nd</sup>, 29<sup>th</sup> **May** 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> **Jun** 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> **Jul** 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>



Friday

# Golf Club

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:

1 Coached by Kevin Bohan who is a PGA Professional golf instructor and Professional Level 1 Trackman graduate. **(Max Numbers – 10)**

2 Link: <https://www.kevinbohanguolf.co.uk/>

3 This is an **'Open for All'** club for students that wish to learn more about golf and develop their skills and techniques further in a friendly and welcoming environment

4 Every Friday on the sports field (weather permitting) and in the sports hall (in poor Weather) from 3.45-4.45pm.

5 Dates of activity: **Apr** 23<sup>rd</sup>, 30<sup>th</sup> **May** 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> **Jun** 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> **Jul** 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>



# Krav Maga

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**1** Coached by CS Krav Maga, an official Krav Maga Global School based in Buckinghamshire **(Max Numbers – 30)**

**2** Link: <https://www.cskravmaga.co.uk/>

**3** This is an **'Open for All'** club for students that wish to learn how to avoid confrontation or at worst finish it and escape quickly and safely. Krav Maga uses your bodies natural reactions to counter attack or pre-empt aggressive behavior.

**4** Every Friday in A7 from 3.45-4.45pm.

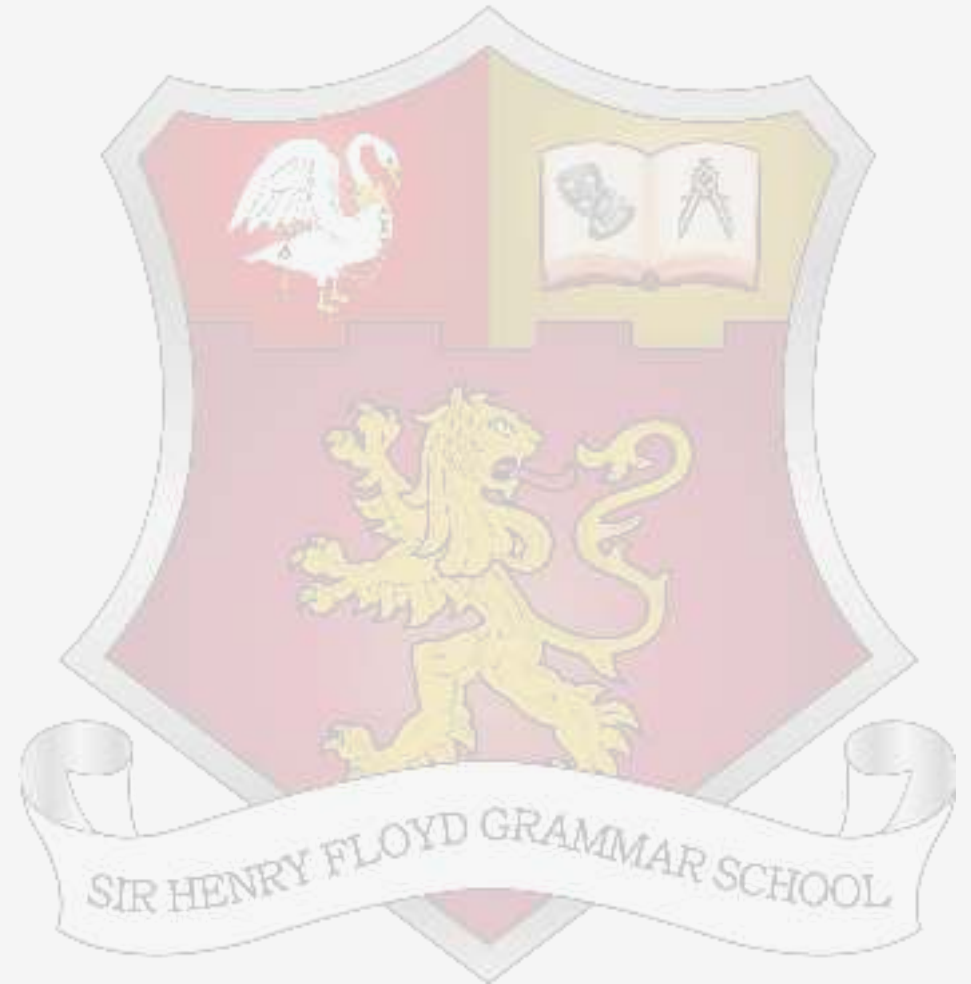
**5** Dates of activity: **Apr** 23<sup>rd</sup>, 30<sup>th</sup> **May** 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> **Jun** 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> **Jul** 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>



# Important Information

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- Students **MUST** ensure that all valuables are taken with them to their activity.
- Students **MUST** meet at the designated coaching area and register with their coach prior to activity.
- Students behavior **MUST** be exemplary at **ALL** times. Coaches **MUST** be treated with respect and dignity, failure to do so could result in a student being removed from the activity and sanctioned as per the schools' behavior management policy.



To keep up to date with all sport related news follow us on  
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If you have any questions regarding the SHFGS Sports Clubs please contact the  
Director of Sport, **Mr Boulton**, via the school office or at [gboulton@shfgs.co.uk](mailto:gboulton@shfgs.co.uk)

- Learn
- Perform
- Compete

