

NSB Sport

Summer Extra Curricular Programme 2023 - 2024

Monday

Before School 7:30 - 8:30

Activity	Staff	Location
Lane Swimming	JLA	Pool
Bball Shooting	GBU	Sportshall

Lunch 1:05 - 2:05

Activity	Staff	Location
Squad Polo	JLA	Pool
Team S&C (Invite only)	AMB	Wts Room
Y7+8 Javelin	GBU	Middle level

Evening 3:35 - 5:00

Activity	Staff	Location
Y7 Polo	JLA	Pool
Y10-13 Weights	GBR	Wts Room
Y7-10 Sprinting	PBE & JHE	Track
Y7-10 Middle distance	LGE & GBU	Track
Y7-10 Hurdles	JTA	Track
NS Cricket (Mixed)	ANO	MUGA
Y10 Cricket	PBV	ON's
* U13 football	JME	AWP

Tuesday

Morning Swim	JLA	Pool
Bball shooting (Invite only)	GBU	Sportshall

Y9 - Learn to lift	AMB	Wts Room
Y7+8 Gealic football	MQU	1st XV
Y7-10 Long Jump / Triple Jump	PBE/JHE	Pits
NS water polo	JLA	Pool

Y7 Polo	JLA	Pool
Senior Rugby	AMB	Wts Room + Blue room
Y7 Cricket	GBR	ON's
High jump	JWI	AWP
Shot Put	CDR	Throw area
* U13 B Football	PLA	AWP

Wednesday

Lane Swim	JLA	Pool
Bball shooting	GBU	Sportshall
Y9 S+C (Invite only)	GBR	Wts room

Squad Polo	JLA	Pool
Y10 Fitness	AMB	Wts Room
Flag Football	SMU	AWP
Y7-10 cricket fielding	GBR	Top level
Y7-9 Hockey	CRE	MUGA

Y8 Polo	JLA	Pool
Y10-13 Weights	AHO	Wts Room
Y7-10 Sprinting	PBE & JHE	Track
Y7-10 Middle distance	LGE & GBU	Track
Y7-10 Hurdles	JTA	SPH
Y9 Cricket	JME	ON's
Rec cricket	PBV	MUGA
* U12B	PLA	AWP

Thursday

Morning Swim	JLA	Pool
Bball Shooting (Invite only)	GBU	Sportshall

Squad Polo	JLA	Pool
Polo / Bball S&C	AMB	Wts Room
Y7-10 Long Jump / Triple Jump	PBE/JHE	Pits
NS water polo	JLA	Pool
Y9+10 Javelin	GBU	Middle level

Y9 Polo	JLA	Pool
Squad Tennis	LWE	Tennis Courts
Y8 Cricket	JED	ON's
NS flag football (Mixed)	ANO	AWP
Discus	CDR	Throw area
NS Rounders	EBR & KJW	Top level

Friday

Lane Swimming	JLA	Pool
Bball Shooting	GBU	Sportshall

Learn to Swim	JLA	Pool
Y10-13 H.I.I.T	AMB	Wts Room
Hurdles	JTA	Track
SAQ	GBR	AWP

Y10-13 Weights	AHO	Wts Room
----------------	-----	----------

* These sessions will end after the National Finals in May