



**PENRYN
COLLEGE**

Clubs & Activities

SPRING TERM 2023



PE - Monday

Club	Year	Venue	Time	Meet	Staff
Girls Cricket	All	Sports Hall	7.30 - 8.15	PE.B	Mr Bidgood
Badminton	7-10	Sports Hall	3.40-4.40	PE.A	Mr Bowers
Girls Hockey	7-10	Hockey Astro	3.40-4.40	PE.B	Miss Lushington & Miss Lane
Tennis	9-11	TISA	3.40-4.40	PE.B	Miss Finch
Tennis Squads	Invite Only	TISA	4.45-5.45	PE.B	Miss Finch
Rugby 7s	Invite Only	Field	3.40-4.40	PE.C	Mr Tucker
Rowing	Invite Only	Fitness Suite	3.40-4.40	PE.A	Rowing Club

PE - Tuesday

Club	Year	Venue	Time	Meet	Staff
Tabata Tuesday	All	Fitness Suite	7.45-8.15	Fitness Suite	Mr Prynn & Mr Tucker
Football	7	STP	3.40-4.40	PE.C	Mr Nancarrow & Mr Bowers
Football	9	STP	3.40-4.40	PE.C	Mr Bidgood & Mr Prynn
Football	10	STP	3.40-4.40	PE.C	Mr Shepherd & Mr Ash
Ski Fit/Rugby S&C	Invite Only	Fitness Suite/Activity Studio	3.40-4.40	PE.A	Mr O'Regan & Mr Herring
Rugby Academy	Invite Only	STP	4.45-5.30	PE.C	Mr Tucker
County Netball Squads	Invite Only	TISA	3.40-4.40	PE.B	Miss Elliot, Miss Lushington & Mrs Frucella

PE - Wednesday

Club	Year	Venue	Time	Meet	Staff
Basketball	7-9	Sports Hall	3.40-4.40	PE.C	Mr Holmes & Mr Tucker
Boys Hockey	9/10	Hockey Astro	3.40-4.40	PE.B	Mr Shepherd
Get Ahead Sports Science	10/11	PE.1	3.40-4.40	PE.1	Miss Lunshington
Performance Rugby	10/11	Fields	Period 6/7	PE.C	Mr Tucker
GCSE Revision	11	PE.1	3.40-4.30	PE.1	Miss Lane
Girls Rugby	All	Fields	3.40-4.40	PE.B	Miss Elliot & Mr O'Regan
Cross Country	All	Fields	3.40-4.40	PE.C	Mr Nancarrow
U13 Football Academy	Invite Only	STP	3.40-4.40	PE.A	Mr Bidgood & Mr Prynn
U15 Football Academy	Invite Only	STP	Period 6/7	PE.C	Mr Prynn & Mr Ash
U16 Basketball	Invite	Sports Hall	Period 6/7	PE.A	Mr Holmes

Y11 PERFORMANCE SPORT FIXTURES WEDS PM

PE - Thursday

Club	Year	Venue	Time	Meet	Staff
Athletics	Invite	Sports Hall	7.30-8.15	PE.A	Mr Nancarrow
Rugby Speed Session	All	Sports Hall	7.30-8.15	PE.A	Mr Tucker
Girls Basketball	7/8	Sports Hall	3.40-4.40	PE.A	Mr Holmes & Miss Elliot
Tennis	7/8	TISA	3.40-4.40	PE.B	Mrs Frucella
Football	8	STP	Period 3/4	PE.C	Mr Ash, Mr Prynn & Mr Bowers

FIXTURES EVENING: TEAMSHEETS POSTED OUTSIDE THE PE OFFICE

PE - Friday

Club	Year	Venue	Time	Meet	Staff
Girls Football	7-10	STP	3.40-4.40	PE.B	Miss Lane & Mr Bowers
Boys Hockey	7/8	Hockey Astro	3.40-4.40	PE.C	Mr Shepherd & Mr Nancarrow
Netball Fitness	9-11	Fitness	7.30-8.15	PE.A	Miss Elliot
Cricket Nets	All	Sports Hall	3.40-4.40	PE.A	Mr Bidgood & Mr Tucker
Netball Games	All	TISA	3.40-4.40	PE.B	Miss Lushington & Miss Elliot
Football Academy S&C	Invite Only	Fitness/Activ. Suite	3.40-4.30	PE.A	Mr Prynn & Mr Ash

