



## Sports Co-Curricular Activities (CCAs) Term 1, 2016/17

CCAs operate 18<sup>th</sup> September – 8<sup>th</sup> December 2016

### Sunday CCAs

Activity	Description	Year Group	Teacher	Venue	Comment
<b>Track and Field Boot Camp</b> (6:30am – 7:30am) (Sunday)	Designed primarily for aspiring Track and Field athletes, these conditioning sessions will get you in shape to improve your performance and to set the pace. BSME athletes particularly encouraged!	Years 5-13	Jamie Johnston	TFSA	
<b>Secondary Swimming</b> (6:30am – 7:30am) (Sunday)	Swim training and conditioning for Secondary Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	as arranged	TBC	Main Pool	
<b>BSME U13 Boys Volleyball</b> (Lunch 1:10pm – 1:45pm) (Sunday)	Skills development sessions for BSME U13 volleyball players. Students will be selected at pre-season try-outs.	as arranged	Jamie Johnston	TFSA	



<b>U9/U11 Girls Football Fixtures (Sunday)</b>	Fixture day for Girls U9 and U11 ADISSA football teams. Students will be selected at pre-season try-outs.	as arranged	Laura Doyle & Darren Sennit	Field	
<b>U14/U19 UAE Touch Fixtures (Sunday)</b>	Fixture day for Girls U14 and U19 ADISSA football teams. Students will be selected at pre-season try-outs.	as arranged	Jamie Johnston & Jason Keenan	Al Ghazal	
<b>Sports4Life Gymnastics (Sunday)</b>	Hourly sessions from 15:00 until 18:00. An introduction to gymnastics activities for our younger students. All participants will learn basic elements from floor and apparatus disciplines. There is a fee for this activity. For bookings and further information, please contact : Salim Djemai <a href="mailto:contactus@sports4life.ae">contactus@sports4life.ae</a>	as arranged	External Provision	Shed	
<b>Sports4Life Ballet (Sunday)</b>	Hourly sessions from 15:00 until 18:00. An introduction to ballet. There is a fee for this activity. For bookings and further information, please contact : Salim Djemai <a href="mailto:contactus@sports4life.ae">contactus@sports4life.ae</a>	as arranged	External Provision	Shed	
<b>Sports4Life Taekwondo (Sunday)</b>	Hourly sessions from 15:00 until 18:00. Taekwondo for all abilities. There is a fee for this activity. For bookings and further information, please contact : Salim Djemai <a href="mailto:contactus@sports4life.ae">contactus@sports4life.ae</a>	as arranged	External Provision	Shed	
<b>PASS Football (Sunday)</b>	Hourly sessions from 17:00 until 19:00. An introduction to football activities. There is a fee for this activity. For bookings and further information, please contact : Seth Amoafa <a href="mailto:seth@proactive.ae">seth@proactive.ae</a>	as arranged	External Provision	Field	
<b>ASA Swimming (Sunday)</b>	Hourly sessions from 15:00 until 18:00. Learn to Swim and Stroke Development. There is a fee for this activity. For bookings and further information, please contact : Melissa Hilu <a href="mailto:info@arabianswimacademy.com">info@arabianswimacademy.com</a>	as arranged	External Provision	Sm. Pool	



<b>Neptunes</b>  <b>(Sunday)</b>	Hourly sessions from 15:00 until 18:00. Students will receive expert coaching working at a variety of different levels. There is a fee for this activity. For bookings and further information, please contact : Jan Naylor <a href="mailto:neptuneswim@yahoo.co.uk">neptuneswim@yahoo.co.uk</a>	as arranged	External Provision	Main Pool	
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### Monday CCAs

<i>Activity</i>	<i>Description</i>	<i>Year Group</i>	<i>Teacher</i>	<i>Venue</i>	<i>Comment</i>
<b>BSME U11 Boys Basketball</b> <b>(6:30am – 7:30am)</b> <b>(Monday)</b>	Skills development sessions for BSME U11 Basketball players. Students will be selected at pre-season try-outs.	as arranged	Jamie Johnston	TFSA	
<b>Primary Swimming</b> <b>(6:30am – 7:30am)</b> <b>(Monday)</b>	Swim training and conditioning for Primary Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	as arranged	Susan Hook	Main Pool	
<b>BSME U15 Boys Volleyball</b> <b>(Lunch 1:10pm – 1:45pm)</b>	Skills development sessions for BSME U15 volleyball players. Students will be selected at pre-season try-outs.	as arranged	Jamie Johnston & Shelagh Deegan	TFSA	
<b>Netball</b>		as arranged		TFSA/cage	



<b>(Monday)</b>	Team training and skills work for our Team Falcon teams in preparation for their participation in the ADISSA league. Students will be selected at pre-season try-outs.		All female PE team, Hayley Cochlin, Fiona Smyllie, Angela Burns & Ruth Bothwick		
<b>U12/U19 boys football fixtures</b> <b>(Monday)</b>	Fixture day for U12/U19 Boys Football teams	as arranged	Paul Cochlin, Andy Fairbank Tony Biddle Abdulraheem Al Ahmad	Field	
<b>U14/U16 Boys Football Training</b> <b>(Monday)</b>	Team training and skills work for our Team Falcon teams in preparation for their participation in the ADISSA league. Students will be selected at pre-season try-outs	as arranged	Andy Zindilis, Conor Meehan & Ryan Baker	Field	
<b>Swim Team</b> <b>(Monday)</b>	Swim training and conditioning for the Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	as arranged	Susan Hook	Main Pool	
<b>Sports4Life Gymnastics</b> <b>(Monday)</b>	Hourly sessions from 15:00 until 18:00. An introduction to gymnastics activities for our younger students. All participants will learn basic elements from floor and apparatus disciplines. There is a fee for this activity. For bookings and further information, please contact : Salim Djemai <a href="mailto:contactus@sports4life.ae">contactus@sports4life.ae</a>	as arranged	External Provision	Shed	
<b>ASA Swimming</b> <b>(Monday)</b>	Hourly sessions from 15:00 until 18:00. Learn to Swim and Stroke Development. There is a fee for this activity. For bookings and further information, please contact : Melissa Hilu <a href="mailto:info@arabianswimacademy.com">info@arabianswimacademy.com</a>	as arranged	External Provision	Sm. Pool	



<b>Neptunes</b> <i>(Monday)</i>	Hourly sessions from 15:00 until 18:00. Students will receive expert coaching working at a variety of different levels. There is a fee for this activity. For bookings and further information, please contact : Jan Naylor <a href="mailto:neptuneswim@yahoo.co.uk">neptuneswim@yahoo.co.uk</a>	as arranged	External Provision	Main Pool	

## Tuesday CCAs

<i>Activity</i>	<i>Description</i>	<i>Year Group</i>	<i>Teacher</i>	<i>Venue</i>	<i>Comment</i>
<b>BSME U13 Boys Volleyball</b> (6:30am – 7:30am) <i>(Tuesday)</i>	Skills development sessions for BSME U13 volleyball players. Students will be selected at pre-season try-outs.	as arranged	Jamie Johnston & Ryan Baker	TFSA	
<b>Primary Swimming</b> (6:30am – 7:30am) <i>(Tuesday)</i>	Swim training and conditioning for Primary Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	as arranged	TBC	Main Pool	
<b>BSME U15 Girls Netball</b>	Skills development sessions for BSME U15 Netball players. Students will be selected at pre-season try-outs.	as arranged		Field	



<b>(Lunch 1:10pm – 1:45pm) (Tuesday)</b>			Anna Carey/Kath Harvey		
<b>U14 boys football fixtures (Tuesday)</b>	Fixture day for U14 Boys Football teams	as arranged	Andy Zindilis, Conor Meehan & Ryan Baker	ZSC	
<b>U12/U14 girls netball fixtures (ZSC) (Tuesday)</b>	Fixture day for U12 and U14 Netball teams	as arranged	All female PE team, Hayley Cochlin & Fiona Smyllie	TFSA	
<b>Swim Development (Tuesday)</b>	Stroke development and conditioning sessions for intermediate swimmers.	as arranged	Sue Hook	Main Pool	
<b>Sports4Life Gymnastics (Tuesday)</b>	Hourly sessions from 15:00 until 18:00. An introduction to gymnastics activities for our younger students. All participants will learn basic elements from floor and apparatus disciplines. There is a fee for this activity. For bookings and further information, please contact : Salim Djemai <a href="mailto:contactus@sports4life.ae">contactus@sports4life.ae</a>	as arranged	External Provision	Shed	
<b>ASA Swimming (Tuesday)</b>	Hourly sessions from 15:00 until 18:00. Learn to Swim and Stroke Development. There is a fee for this activity. For bookings and further information, please contact : Melissa Hilu <a href="mailto:info@arabianswimacademy.com">info@arabianswimacademy.com</a>	as arranged	External Provision	Sm. Pool	



<b>PASS Football</b> <i>(Tuesday)</i>	Hourly sessions from 17:00 until 19:00. An introduction to football activities. External Provision. There is a fee for this activity. For bookings and further information, please contact : Seth Amoafa <a href="mailto:seth@proactive.ae">seth@proactive.ae</a>	as arranged	External Provision	Field	
<b>Neptunes</b> <i>(Tuesday)</i>	Hourly sessions from 15:00 until 18:00. Students will receive expert coaching working at a variety of different levels. There is a fee for this activity. For bookings and further information, please contact : Jan Naylor <a href="mailto:neptuneswim@yahoo.co.uk">neptuneswim@yahoo.co.uk</a>	as arranged	External Provision	Main Pool	
<b>Little Ruckers</b> <i>(Tuesday)</i>	Non-contact fun games and skills for Years 1 and 2, loosely based around rugby. There is a charge for this activity. For further information, please contact Stephen Hamilton: <a href="mailto:stephen@discover-sports.ae">stephen@discover-sports.ae</a>	Year 1 and 2	External Provision	Field	

### Wednesday CCAs

<i>Activity</i>	<i>Description</i>	<i>Year Group</i>	<i>Teacher</i>	<i>Venue</i>	<i>Comment</i>
<b>BSME U15 Boys Volleyball</b> <b>(6:30am – 7:30am)</b> <i>(Wednesday)</i>	Skills development sessions for BSME U15 volleyball players. Students will be selected at pre-season try-outs.	as arranged	Jamie Johnston & Ryan Baker	TFSA	
	Neptunes morning swim session. By arrangement only.	as arranged		Main Pool	



<b>Neptunes JAG (6:30am – 7:30am) (Wednesday)</b>	There is a fee for this activity. For bookings and further information, please contact : Jan Naylor <a href="mailto:neptuneswim@yahoo.co.uk">neptuneswim@yahoo.co.uk</a>		External Provision		
<b>BSME U11 Boys Basketball (Lunch 1:10pm – 1:45pm) (Wednesday)</b>	Skills development sessions for BSME U11 basketball players. Students will be selected at pre-season try-outs.	as arranged	Jamie Johnston & Ryan Baker	TFSA	
<b>U16 Boys Football Fixtures (Wednesday)</b>	Fixture day for U16 Boys Football teams.	as arranged	TBC	Field	
<b>U12/U19 Boys Football Training (Wednesday)</b>	Team training and skills work for our Team Falcon teams in preparation for their participation in the ADISSA league. Students will be selected at pre-season try-outs	as arranged	Paul Cochlin, Andy Fairbank Tony Biddle Abdulraheem Al Ahmad	Field	
<b>U16/U19 girls netball fixtures (ZSC) (Wednesday)</b>	Fixture day for U16/U19 Girls netball teams.	as arranged	Louise Brown & Anna Carey	ZSC	
<b>U9/U11 UAE Touch Fixtures (Wednesday)</b>	Fixture day for U9/U11 Boys Football teams	as arranged	Jon Boulton, Martin Rawstrom, Michelle	Al Ghazal	





			Moyles & Gareth Hodges		
<b>Swim Team</b> <i>(Wednesday)</i>	Swim training and conditioning for the Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	as arranged	TBC	Main Pool	
<b>ASA Swimming</b> <i>(Wednesday)</i>	Hourly sessions from 15:00 until 18:00. Learn to Swim and Stroke Development. There is a fee for this activity. For bookings and further information, please contact : Melissa Hilu <a href="mailto:info@arabianswimacademy.com">info@arabianswimacademy.com</a>	as arranged	External Provision	Sm. Pool	
<b>Neptunes</b> <i>(Wednesday)</i>	Hourly sessions from 15:00 until 18:00. Students will receive expert coaching working at a variety of different levels. There is a fee for this activity. For bookings and further information, please contact : Jan Naylor <a href="mailto:neptuneswim@yahoo.co.uk">neptuneswim@yahoo.co.uk</a>	as arranged	External Provision	Main Pool	
<b>Sports4Life Rhythmic Gymnastics</b> <i>(Wednesday)</i>	Hourly sessions from 15:00 until 18:00. An introduction to rhythmic gymnastics activities. There is a fee for this activity. For bookings and further information, please contact : Salim Djemai <a href="mailto:contactus@sports4life.ae">contactus@sports4life.ae</a>	as arranged	External Provision	TFSA	
<b>Sports4Life Jiu Jitsu</b>	Hourly sessions from 16:00 until 18:00. Jiu Jitsu for all abilities.	as arranged		TFSA	



<b>(Wednesday)</b>	There is a fee for this activity. For bookings and further information, please contact : Salim Djemai <a href="mailto:contactus@sports4life.ae">contactus@sports4life.ae</a>		External Provision		
<b>Sports4Life Gymnastics (Wednesday)</b>	Hourly sessions from 15:00 until 18:00. An introduction to gymnastics activities for our younger students. All participants will learn basic elements from floor and apparatus disciplines.  There is a fee for this activity. For bookings and further information, please contact : Salim Djemai <a href="mailto:contactus@sports4life.ae">contactus@sports4life.ae</a>	as arranged	External Provision	Shed	

### Thursday CCAs

<i>Activity</i>	<i>Description</i>	<i>Year Group</i>	<i>Teacher</i>	<i>Venue</i>	<i>Comment</i>
<b>Primary Swimming (6:30am – 7:30am) (Thursday)</b>	Swim training and conditioning for Primary Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	as arranged	TBC	Main Pool	
<b>U14 Cricket Fixtures (Thursday)</b>	Alternate training/fixture day for U14 Cricket team	as arranged	Mark Collinson	TBC	
		as arranged		TFSA	



<b>BSME U13/U15 Boys Volleyball (Thursday)</b>	Team training and skills work for our Team Falcon teams in preparation for their participation in the BSME Games. Students will be selected at pre-season try-outs		Jamie Johnston		
<b>Volleyball (Thursday)</b>	A relaxed social volleyball session for all	Secondary students and parents welcome	Jamie Johnston	TFSA	
<b>Neptunes (Thursday)</b>	Hourly sessions from 15:00 until 18:00. Students will receive expert coaching working at a variety of different levels. There is a fee for this activity. For bookings and further information, please contact : Jan Naylor <a href="mailto:neptuneswim@yahoo.co.uk">neptuneswim@yahoo.co.uk</a>	as arranged	External Provision	Main Pool	
<b>Sports4Life Taekwondo (Thursday)</b>	Hourly sessions from 15:00 until 18:00. Taekwondo for all abilities. There is a fee for this activity. For bookings and further information, please contact : Salim Djemai <a href="mailto:contactus@sports4life.ae">contactus@sports4life.ae</a>	as arranged	External Provision	Shed	