



BOYS' EXTRA CURRICULAR PROGRAMME – MICHAELMAS TERM

	<u>LUNCH TIME</u>	<u>AFTER SCHOOL</u> Week beginning 1 September – 10 November	<u>AFTER SCHOOL</u> Week beginning 10 November – 18 December
MONDAY	Invitational Badminton Master Class (Diep)	1 st XV, 2 nd XV & U16 (JDF & NMC) U15 & U14 Football (JAL, KTO & SWD)	
TUESDAY	1 st XV, 2 nd XV & U16 Fitness (JDF) Squash Club (NMC) U12, U13 & U14 Indoor Hockey (CJD)	U15 Rugby (JR & JDF) 1 st XI, 2 nd XI & U16 Football (DE & Diep) U13 Rugby (JAL)	
WEDNESDAY	U15 & U14 Fitness (JAL)	U12 Rugby (BTM & JDF) U15, U14, U13 & U12 Hockey (CJD, JR, EGS & SW) All Years Basketball (NMC & Diep) U14, U15 & U16 Trampoline (RH)	U15, U14, U13 & U12 Hockey (CJD, EGS, JR & SW) All Years Basketball (NMC & Diep) U14, U15 & U16 Trampoline (RH)
THURSDAY	U13 & U12 Fitness (JDF & NMC) 1 st XI, 2 nd XI, U16 and U15 Indoor Hockey (CJD)	1 st XV, 2 nd XV & U16 (JDF & JAL) U14 Rugby (NMC & KTO)	
FRIDAY	1 st XV Lineout Training (JDF) Invitational Badminton Master Class (Diep)	All Years Badminton (KB & CB) 1 st XI, 2 nd XI & U16 Hockey (CJD, NMC, SW & EGS) U12 & U13 Football (DE, Diep & JAL)	All Years Badminton (KB & CB) 1 st XI, 2 nd XI & U16 Hockey (CJD, NMC, SW & EGS) U12 & U13 Football (JAL & DE)